

Gynecologic care for all genders: Bridging gaps in inclusive healthcare.

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Introduction

Gender identity plays a critical role in the way individuals experience healthcare, particularly in the field of gynecology. Traditionally, gynecologic care has been designed around the assumption that all patients identify as cisgender women. However, the growing recognition of gender diversity—encompassing transgender men, non-binary individuals, and gender-nonconforming people—has highlighted the need for inclusive, respectful, and tailored gynecologic services that affirm each patient's identity while addressing their medical needs. [1,2].

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Inclusive care begins with the basics—using a patient's chosen name and pronouns, and avoiding assumptions based on appearance or medical history. Intake forms and electronic health records should be updated to reflect a range of gender identities, allowing patients to self-identify in ways that are meaningful to them. Clinical staff, from reception to nurses and doctors, must be trained in cultural competence and trauma-informed care to foster trust and open communication. [5,6].

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better-informed protocols and guidelines. [7,8].

Mental health is another crucial component of gynecologic care for gender-diverse individuals. The stress of navigating a healthcare system that often marginalizes or misunderstands their identity can exacerbate mental health concerns. Gynecologic visits may trigger anxiety, fear of discrimination, or past trauma. Building a supportive care team that includes mental health professionals familiar with LGBTQ+ issues can significantly improve patient outcomes and satisfaction. Access to care remains a significant barrier. Many transgender and non-binary people report delaying or avoiding gynecologic care due to fear of mistreatment or lack of knowledgeable providers. Insurance policies may also be restrictive, denying coverage for procedures that don't align with the individual's legal gender marker. Advocating for policy changes at institutional and governmental levels is crucial to ensure equitable healthcare access. [9,10].

Conclusion

Recognizing and affirming gender identity in gynecologic care is not only a matter of respect—it is a clinical imperative. Comprehensive, inclusive care improves both physical and mental health outcomes and fosters trust in the healthcare system. As society becomes increasingly aware of the spectrum of gender identities, the field of gynecology must evolve to meet the needs of all individuals it serves.

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