



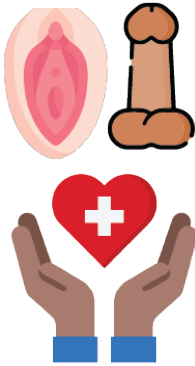
**Developmental
Disabilities
Planning Council**

Easy Read Edition

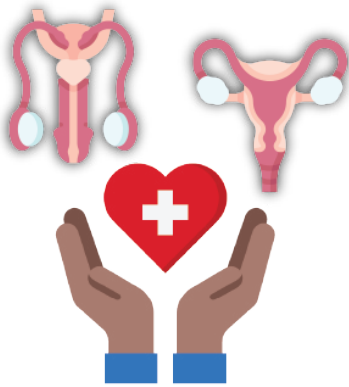
A Self-Advocate's Guide to Safer Sex

Part 7: Getting sexual and reproductive health care

Part 7: Getting sexual and reproductive health care



Sexual health care is health care to make sure your genitals (sexual body parts) are healthy.



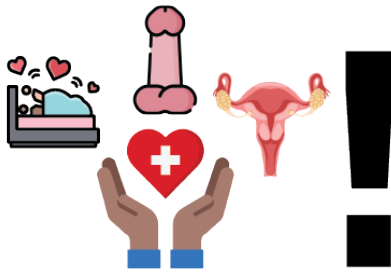
Reproductive health care is health care to make sure your reproductive system (the parts of your body involved in pregnancy) is healthy.

HELLO

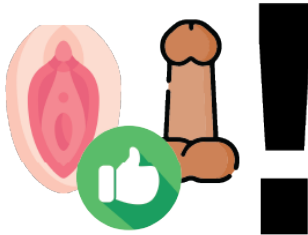
my name is

sexual and
reproductive
health care

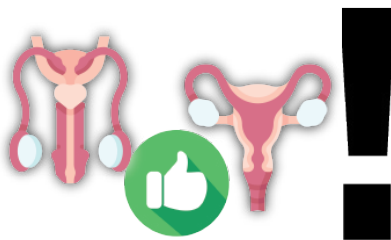
We will call sexual health care and reproductive health care “**sexual and reproductive health care**” for short.



Sexual and reproductive health care is important.



It is important to make sure your genitals are healthy.



It is important to make sure your reproductive system is healthy.



These things are important to having a healthy sex life.

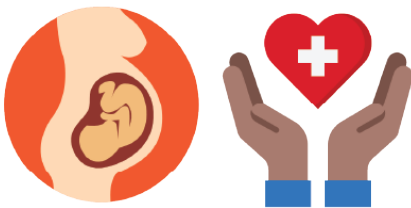
Some kinds of sexual and reproductive health care are:



- Getting tested and treated for sexually transmitted infections.



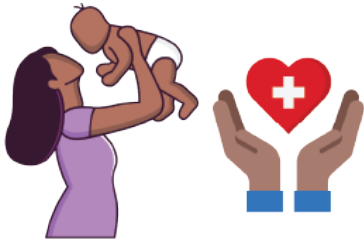
- Getting condoms and birth control.



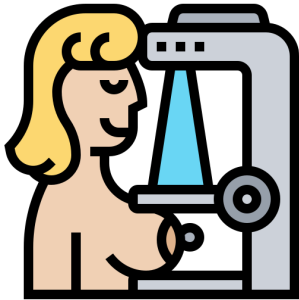
- Getting health care during pregnancy (sometimes called prenatal care).



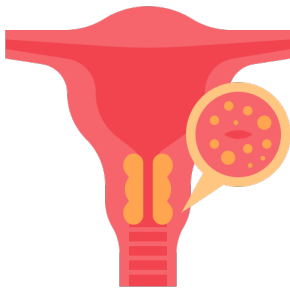
- Getting an abortion.



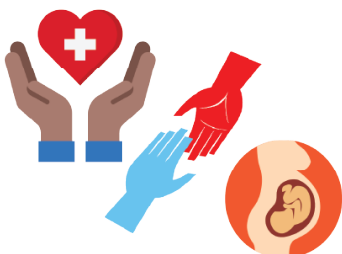
- Getting health care after giving birth (sometimes called antenatal care).



- Getting a mammogram. A mammogram is a test that looks for cancer in your breasts.



- Getting a Pap smear. A Pap smear is a test that looks for cancer in your vagina and cervix.



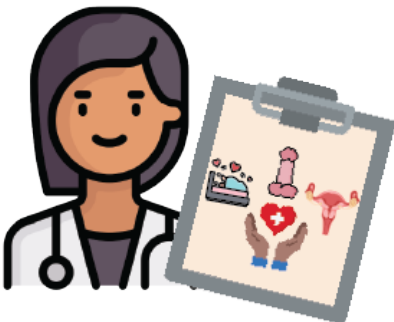
- Getting health care to help you become pregnant (sometimes called assisted reproductive technologies, or ART).



Different types of doctors can give sexual and reproductive health care.

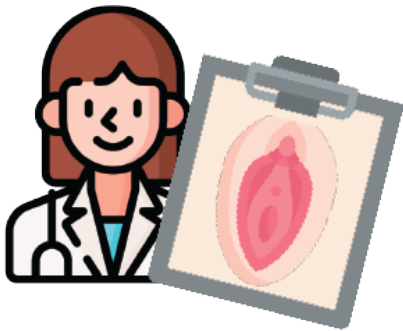


Sometimes, your primary care doctor (the doctor you see for general health care) can provide sexual and reproductive health care.

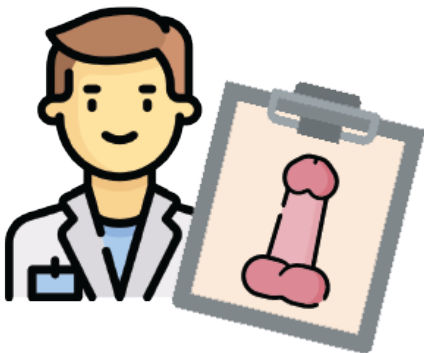


Other times, you will have to see a different doctor.

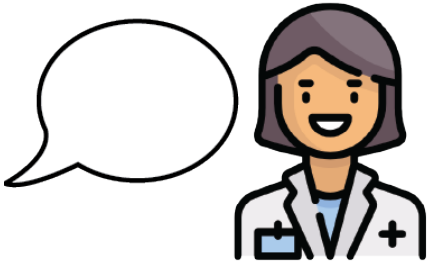
There are two main types of doctors that deal with sexual and reproductive health care.



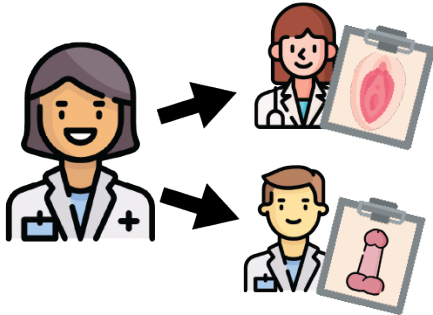
- The first are obstetrician-gynecologists. Obstetrician-gynecologists are also called OBGYNs. OBGYNs mainly care for people who have vaginas.



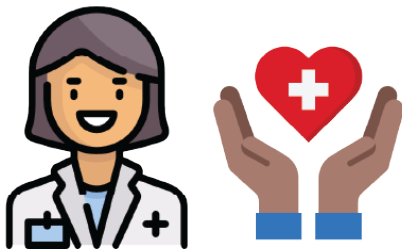
- The second is urologists. Urologists mainly care for people who have penises.



If you need to see an OBGYN or urologist, talk to your primary care doctor.



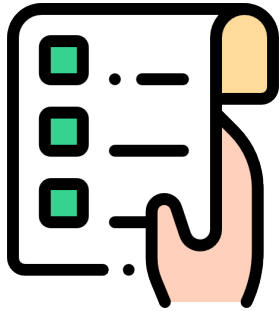
Your primary care doctor can send you to an OBGYN or urologist.



Or, depending on what care you need, your primary care doctor may be able to give you the care.



If you are transgender or nonbinary, you will want to find an OBGYN or urologist who knows how to care for transgender and nonbinary patients.



There are a few ways you can do this.



If you already have a referral to a doctor, you can call their office and ask if the doctor knows how to care for transgender and nonbinary patients.

You can ask questions like:



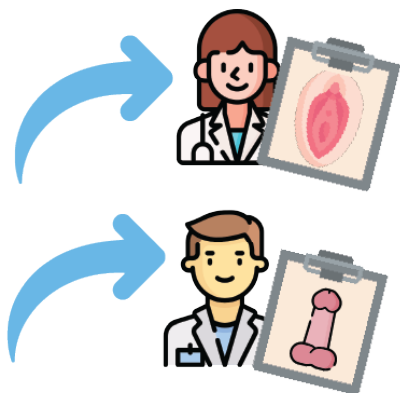
- Has this doctor cared for transgender or nonbinary patients before?



- Does this doctor have any training in caring for transgender and nonbinary patients?



- Can this doctor care for me if I am on hormone replacement therapy?
Or, can this doctor care for me if I have had transition-related surgery?



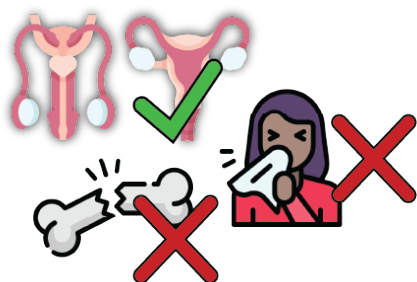
If you are getting transition-related health care through a clinic, you can ask the clinic for a referral to an OBGYN or urologist.



Often, transition-related health care clinics have names of OBGYNs and urologists who work with transgender and nonbinary patients.



You can go to a sexual health clinic or an LGBTQ+-specific clinic.



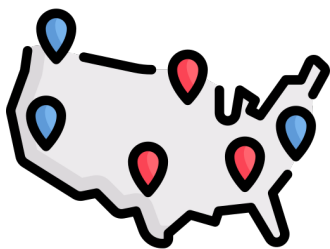
Sexual health clinics only provide sexual and reproductive health care.



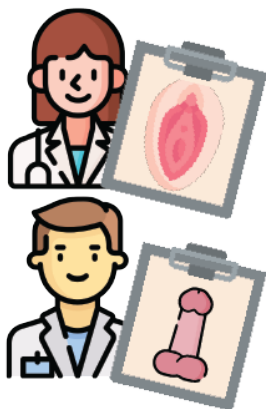
LGBTQ+-specific clinics provide health care designed for LGBTQ+ people.



One example of a sexual health clinic is Planned Parenthood.



Planned Parenthood is a network of sexual health clinics all around the US.



Many Planned Parenthood clinics can provide transition-related health care, like hormones, and OBGYN or urology care.