



Top 10 Issues People who are Bisexual Should Discuss with their Healthcare Provider

These are the most important topics that [Gay and Lesbian Medical Association](#) healthcare providers have identified for patients who identify as a bisexual, as adapted by One Colorado. These items may not apply to everyone and are not listed in rank order.

- 1. Coming Out to your Provider:** It's important that your provider knows your sexual behaviors so they can provide you the best care, as bisexual people have different health risk factors than others depending on their practices. If your provider doesn't seem comfortable with your identity, there are likely other providers in your network to replace them who can provide the quality of care you deserve.
- 2. Safe(r) Sex:** [Bisexual people are at an increased risk of acquiring many sexually transmitted infections](#), which can be prevented through safer sex practices. This might include condom use, PrEP, regular testing, and practicing open communication with sexual partners. Talk to your provider about what safer sex practices might work well for you and your partner(s), and how that might change depending on who your partners may be.
- 3. Viral Hepatitis: Immunization & Screening:** [Bisexual men who have sex with men \(MSM\) are at an increased risk of acquiring hepatitis, notably subtypes B and C](#). This is a viral infection of the liver that may lead to long-term liver failure or cancer. Stay up to date with your immunizations against hepatitis A and B, and talk to your provider about screening for all three types. If you are positive for hepatitis C, your provider can connect you to highly effective, modern treatment.
- 4. Human Papillomavirus (HPV):** HPV is a virus that can cause anal and genital warts as well as some anal and oral cancers. [Particularly, bisexual MSM are often overlooked in HPV vaccination](#). Your provider can administer immunizations for common HPV subtypes that cause these cancers. If you test positive for HPV, there are treatments available.
- 5. Sexually Transmitted Infections (STIs) & HIV:** [Rates of chlamydia & gonorrhoea, syphilis, HIV, and pubic lice are higher among MSM, and bacterial vaginosis, trichomoniasis, and herpes among women who have sex with women \(WSW\)](#). It's important to get screened often for these STIs. The more partners you have, the more often you should be screened, especially as some of these infections may have no symptoms in some people. Pre-exposure prophylaxis (PrEP) is a once daily pill that can dramatically reduce the risk of acquiring HIV. Talk to your provider if this is the right medication for you. If you test positive for any STIs or HIV, your provider can discuss treatment options available to you.
- 6. Mental Health:** [Chronic minority stress, along with potential loss of social supports after coming out or concealing your identity, leads to higher rates of anxiety and depression among people who are bisexual](#). Be open with your provider about your mental health goals and different ways to achieve them together.



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7. **Substance & Alcohol Use:** [Heavy drinking, binge drinking](#), and [substance use](#) are more common among people who are bisexual compared to heterosexuals. This may be due to minority stress, discrimination, and/or internalized homophobia. Excessive drinking is associated with higher rates of cancers, liver disease, and other health problems. Many risks may come with substance use, depending on what is being used. Talk to your provider about what cessation or healthier use might look like for you.
8. **Tobacco Use:** [Bisexuals, on average, tend to use tobacco at higher rates than heterosexual people](#). This may be due to similar reasons as stated above. Tobacco use is associated with higher rates of cancers, heart disease, emphysema, and high blood pressure to name a few. Talk to your provider about cessation or healthier ways of using.
9. **Fitness:** [Problems with body image are common among MSM, leading to higher rates of eating disorders like bulimia and anorexia nervosa](#). Conversely, [WSW report more difficulties with obesity](#). While regular exercise and a wholesome diet are key elements of good health, it's important to communicate with your provider about what healthy diet and exercise look like for you. The use of anabolic steroids and certain supplements is also dangerous.
10. **Breast & Cervical Cancer; Prostate, Testicular, & Colon Cancer:** [MSM may be at increased risk of prostate, testicular, and colon cancers; WSW may be at increased risk of breast and cervical cancers](#). This is due to an increased risk of alcohol use, substance use, depression, disordered eating, and obesity among LGB people. All people should be regularly screened for these cancers throughout their lifespan. Talk to your provider about ways to reduce your risk and stay up to date on your screening exams.