In 3-D Awkward at the Doctor

Sinful!
Shocking!
Revealing!

Starring: Jennifer Busby • Lance Heisler • Kari Odden
Are you QUEER?

Do check-ups give you CHILLS?

Do nurses make you NERVOUS?

Yeah, us too.

Put on your hospital gown, take a deep breath, and we'll try to get through this together...

(Here goes!!)
Current healthcare fails to address the needs of the queer community—not just our gay & lesbian brothers and sisters, but our beautiful trans & intersex & omnisexual siblings (and, of course, all of you who say fuck the labels and fuck divisive identity politics).

To improve everyone's quality of care, we demand that our caretakers...

Ask us which pronouns we prefer.

Don't assume we're hetero, or that our partners are.

Don't base their treatment on stereotypes.

Remember how our needs for safer sex differ.

Make it comfortable for us to discuss our sexual behaviours without judgement.
DEVELOP THE SAME QUALITY OF CARE TO ALL OF THEIR PATIENTS.

ARE AWARE OF THE PERVERSIVENESS OF SEXUAL VIOLENCE AND RECOGNIZE THAT WE ALL MAY HAVE EXPERIENCED SEXUAL ASSAULT.

BE HONEST ABOUT THEIR EDUCATION LEVEL AND WORK TO INFORM THEMSELVES TO BETTER SERVE US.

BECAUSE...

IF WE'RE NOT COMFORTABLE, IF WE GET TRIGGERED, WE'RE NOT COMING BACK FOR THE CARE WE NEED.

WHEN WE DON'T GET THE PREVENTATIVE CARE & TREATMENT WE NEED, OUR DR'S FAIL TO UPHOLD THEIR HIPPOCRATIC OATH.
So, this is my senior year of high school... with mom & dad... getting birth control. EVERYTHING seems to be a family affair at my house.

Sexually active? Yes...
Using condoms? Yes...
BC pill? Yes, please!

& after visiting the family doc for a few years...
I met a girl.

Which was not a family affair... just mine.

Gray areas.

How safe is girl sex? & how do I ask my family's doctor about it?

???
What I was afraid of:

- Having sex? Yes...
- Using birth control? No...
- Why not?!!

Don't worry! It's confidential, and doctors don't make assumptions about your health, so they shouldn't make assumptions about your sexuality.

Good advice - Stay healthy - you!

What really happened:
But, awareness of sexuality can evaporate the question of sex and the confusion of need for birth control.

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**GOOD DOCTORS**

*Only care about your health — even if they are unfamiliar with your lifestyle.*

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The switch of your needs...
This is what I'd love to hear:

"Use a condom on your toys!"

"Use a dental dam! Cause guess what—women can get & spread STIs, too—even HIV."

"Wash yo hands!"

"You should still get tested!"
BORN AND RAISED IN: a small, conservative town in Alaska. moved to Eugene to live among hippies and musicians and study art!

LAST THING I ATE: a vanilla milkshake w/ fries!

HOUSE PLANTS: 2 ivys, 2 palms, a zebra plant, and one with big ol' purple & green leaves...

CURRENTLY PLAYING: water tower bucket boyz!

LAST INJURY: sprained big toe... too much beer...

STUFFED ANIMALS? Than the Tiger!

LAST EMBARRASSING MOMENT: Someone asked me how much a moose weighs... and (red in the face) I just said... "they're pretty big!"

FYI: Moose can weigh up to 1300 lbs!

CURRENTLY READING: Farewell, my Suburn, by Doug Fine (it's good!)

SARAH PALIN: Can kiss my

FAVORITE PLACE IN EUGENE: "The Cliff" - a hidden ledge on the way up to Hendrick's park...

FAVORITE PLACE ON CAMPUS: The wooden structure behind DPS & tucked between Psychology classrooms.

Kari's bio...
AWKWARD
AWKWARD
AWKWARD

A guy man's story about going
to the doctor.

by Lance Heisler
Have you ever had one of those SUPER awkward experiences you'd NEVER repeat to anyone? How about one of those really awkward experiences at the doctor's office? Well, feel privileged, because I'm about to share one of those weird experiences that I've had. It's an experience that seemed to linger with me for weeks following my appointment.

I should mention now that this story is specifically meant for all those lesbians, gays, queers and trans persons out there that know what type of stories
I'm talking about. So if you're a breeder, QUIT READING, this doesn't pertain to you! Okay, just kidding! We love our heterosexual inhabitants of this Earth... most of them anyways. Err, erm, Maggie Gallagher & all those close-minded members of NOM. Not to mention any names or anything.

So, back to the point of my story: LGBTQ community members often go through embarrassing or difficult situations at the doctor's office because of their sexual orientation. With a predominantly heterosexual society, many doctors make assumptions about their patients' sexual orientation. Remember physicians and I hope you all would understand this on the first try considering the number of years you've all spent in school & assumptions make an Ass of You and Me. And believe me, you are making an ass of yourself if you immediately think a person is heterosexual... or homosexual. You may end up offending your patients. Everyone goes to the doctor—gay and straight alike. So think before you'll assume.

There's No curing this LOVE!
I recently had to go in for a physical for work. I always cringe at the thought of physicals. It's sooooo awkward!!! They tell you to drop trou, cough a few times... and then they proceed to fondle the testicles and the shaft of the penis... checking for cancer signs, hernias, and all that jazz... Needless to say, it can get a little uncomfortable!

If this isn't bad enough, how about getting a physical from a male doctor who is heterosexual, while you, as the patient, happen to be gay. Oh the possibilities for a difficult situation to spring up! Pun intended! Well, if the doctor is tall, dark, and handsome — and mine definitely was — these things can sometimes happen... oops! I've yet again side-stepped the point of the story, which is this:

I went into the doctor's office for a regular check-up after I contracted bronchitis and a sinus infection while abroad. Of course my doctor asked if I had been sexually active while abroad. I told him "yes" but that I had already been checked and I was all good. Blah, blah, blah. "Don't drink," "Don't smoke,"... then came the "protection" talk. The doctor says to me: "I want to make sure you're using protection since you
are sexually active. I would hate to see you get a girl pregnant or contract an STD from a woman ...

HOLD IT... did he see me walk in? Did he see the tight pants? Hear the high-pitched voice? Did he just assume that I was straight?

First of all, this has never happened before in my life. I mean, it's just so obvious, isn't it? Needless to say, things got AWWWWAAAAAND!

I responded, quite sassy, I might add, "Oh, I don't think I'll need to be worried about getting a girl pregnant anytime soon." I still don't think he ever took the hint. He scampered on his way and I've never been back since.

I wasn't mad at him. I was just a little taken aback that he automatically spoke to me as if I were a heterosexual... he made an assumption, something that physicians in particular shouldn't do.

Awkward physicals and medical check-ups are common for the LGBTQ community. Many find that they have to divulge their private information to a complete stranger in order to get the correct diagnosis or whatever... we go through these issues as members of the "queer" community. It's nice to know there are others out there dealing with these awkward situations. I guess next time I should just wear a rainbow flag to my appointment that way it's right out in the open from the get-go. Doctors should have practices that make people feel safe and comfortable.

I guess I'll go to a different doctor next time... which I did. I'm sure he'll be seeing a lot more gay men coming to his practice. By the way... he's gay, fabulous, cute... and did I mention he's a doctor? Hmmm.
Not quite the Dr.'s Office... But still awkward none the less.

Fancy a beer?

Wouldn't mind some nude actually.

Guy minds think alike.

It's funny because random situations just like this one could happen in the least expected places. It has become a daily chore to deal with awkward straight men, women. Keep your eyes open... breeders have been spotted all over... from the market, to the library, all the way through the craft store, to...
HEY PLANNED PARENTHOOD! Next time I go in for an exam, can you tell your nurse to be more polite. She didn’t even tell me her NAME before she jammed a speculum into my body. DON’T TELL ME TO RELAX. I DON’T KNOW YOU. Do the same thing every time, don’t you? How many women have you triggered with your brutal bedside manner? Don’t choke yourself with the idea that clinic workers need to be clinical.

After my exam, after I was shuffled out the door, I skulked to the bike rack. I spent a long time just breathing. Just listening to my body to make sure I was okay. Yeah, I could cope with the feeling that I had been violated. I’ve felt it before. Had I not been okay, I would’ve walked my bike home and called the Sexual Assault Support Services hotline. Knowing SASS will be there helps me get through the day.
Sometimes, even though I've never called, knowing somebody's always there makes a huge difference in not feeling so alone. Do you know what else helps? Knowing that I have rights and that I deserve healthcare that fits me, the messy combo of identities that I carry: queer, femme, a survivor of sexual assault, a ciswoman. I'm looking forward to the day that I don't get a furrowed brow from the nurse when I tell her that I came in because I fucked a girl who happened to call me AFTER to tell me she had chlamydia. That's why I'm here, no-name nurse. No, it wasn't some round of chunky collegiate experimentation. I'm queer all of the time. Maybe you could have tucked some dental dams into my "safer sex goody bag. Next time, I'm calling you out on your heterosexist bullshit. 'CAUSE IF I DON'T, WHO WILL???
RESOURCES

"Sex Ed For The Real World"
SCARLETEEN.ORG

JUST SAY YES! (E-ZINE)
POSITIVE.ORG/JUSTSAYYES/INDEX.HTML

QUEER ZINE ARCHIVE PROJECT
QZAP.ORG

NATIONAL YOUTH ADVOCACY COUNCIL → NYAC.ORG

ADVOCATES FOR YOUTH
ADVOCATESFORYOUTH.ORG

SEXUAL & GENDER MINORITY YOUTH RESOURCE CENTER
SMYRC.ORG
3024 NE MLK BLVD, PORTLAND
(AT NE MLK 5 BLOCKS SOUTH OF FREMONT STREET)

Q CENTER
PDXQCENTER.ORG
INTERSEX SOCIETY OF NORTH AMERICA ISNA.ORG

TRANSGENDER CARE.COM

SAN DIEGO GAY MEN
GAYMEN.ORG

THE BODY THEBODY.COM

HIV ALLIANCE (SOUTHERN OREGON)
HIVALLIANCE.ORG

CASCADE AIDS PROJECT
CASCADEAIDS.ORG

SEXUAL ASSAULT RESOURCE CENTER (IN PORTLAND, OR)
SARCOREGON.ORG

SEXUAL ASSAULT SUPPORT SERVICES (LANE COUNTY, OR)
SASS - LANE.ORG
CRISIS LINE: 541-343-7277
1-800-788-4727
got QUESTIONS ???

(write them here ↓)