

In partnership with

MACMILLAN
CANCER SUPPORT

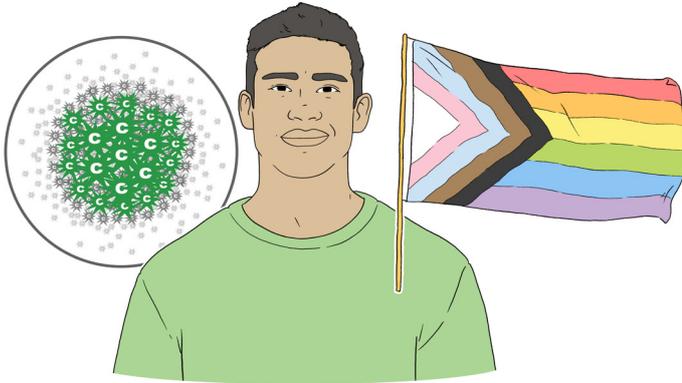
easy
read

LGBTQ+ people and cancer

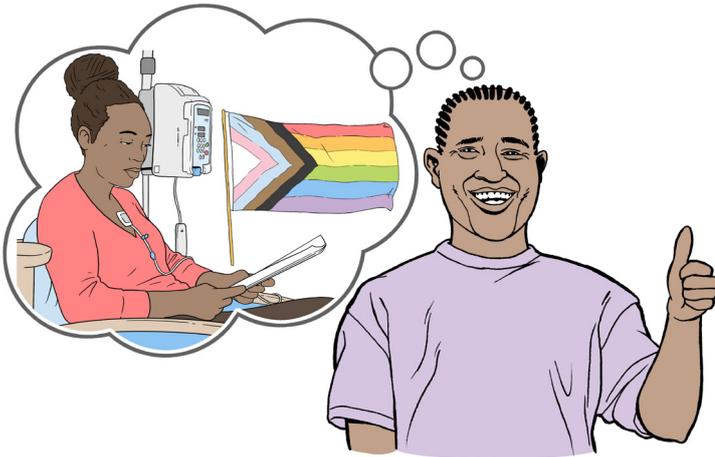




About this easy read booklet



This booklet is about having cancer if you are LGBTQ+.



You can learn about treatment and support if you are LGBTQ+.



If you are worried about your health, you should talk to a doctor or nurse.



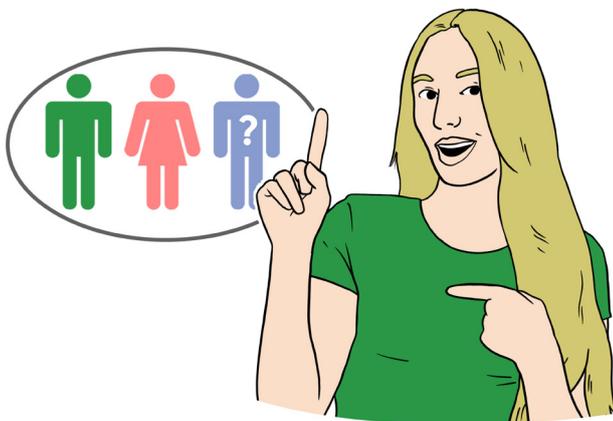
LGBTQ+



LGBTQ+ means **L**esbian, **G**ay, **B**isexual, **T**ransgender and **Q**ueer. The plus stands for non-binary people, asexual people, and anyone who feels they are part of the LGBTQ+ community.



These are ways of describing your **sexuality** or your **gender**. **Sexuality** means who you are attracted to.



Gender means if you feel like a man or a woman. If you do not feel like either, this is called being non-binary. Your gender may be different to the sex the doctor said you were when you were born.

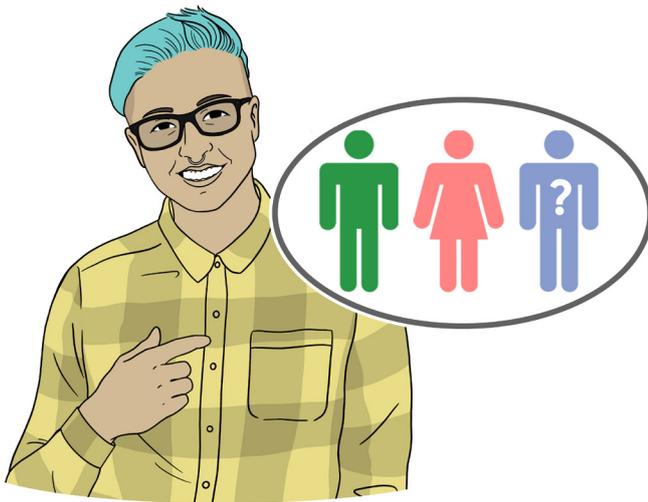


Talking to your cancer team



The doctors, nurses and other people in your cancer team are there to support you.

They should treat you in a way you are comfortable with.



Your cancer team may ask you questions about:

- your gender



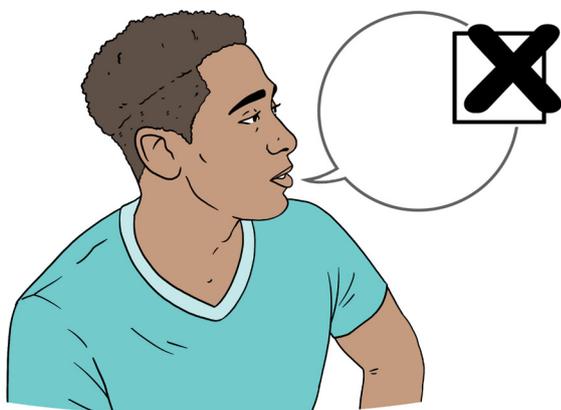
- your relationships or partners



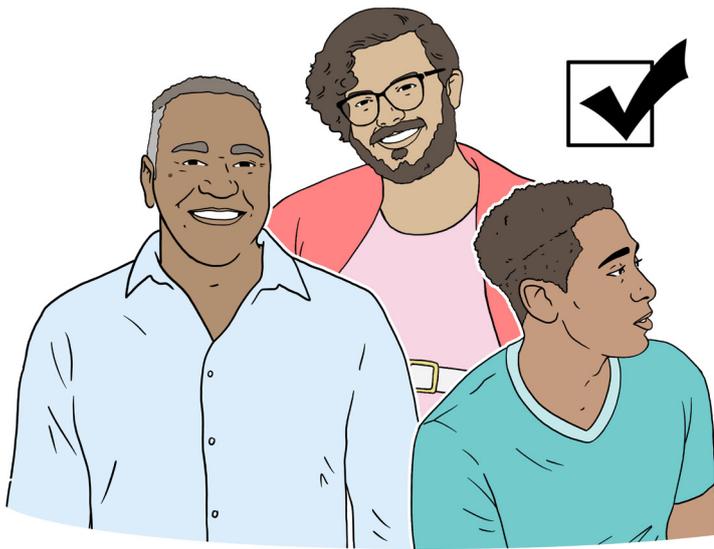
- your sex life.



They ask these questions because they want to understand who you are and how treatment may affect you.

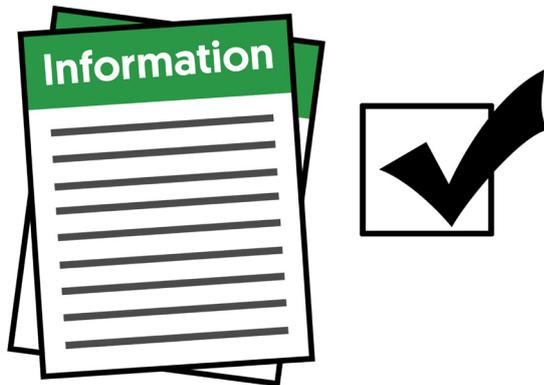


You do not have to talk to them about this if you do not want to.



But answering these questions can help your cancer team:

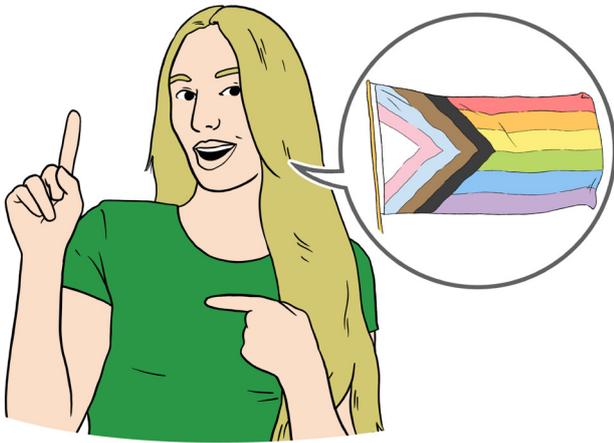
- support you and the people who are important to you



- give you the right information



- give you the right treatment.



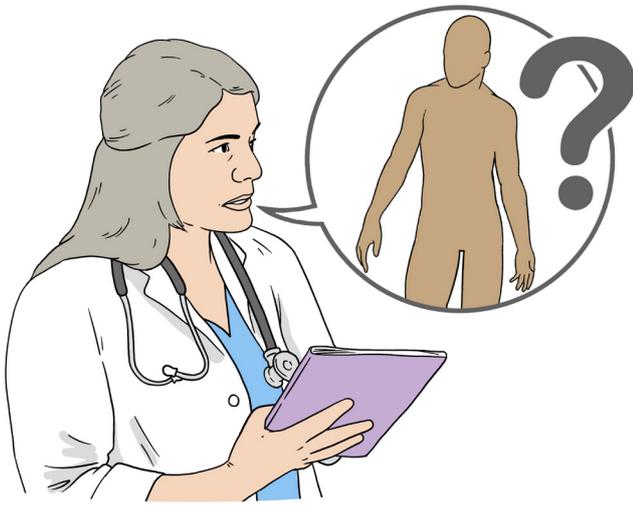
If you want to, you can tell your cancer team that you are LGBTQ+ even if they do not ask.



If a doctor or nurse is wearing an NHS Rainbow Badge, you can ask them about it. The badge means they want to support LGBTQ+ people.



Your cancer team must treat you fairly if you are LGBTQ+. Treating someone unfairly because they are LGBTQ+ is against the law. If this happens, tell someone you trust.



Your cancer team may need to ask questions about your body.



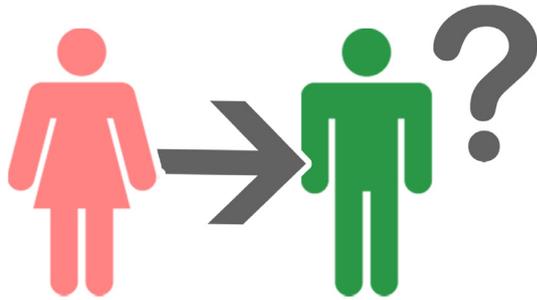
You can tell your cancer team what name and **pronouns** you use.



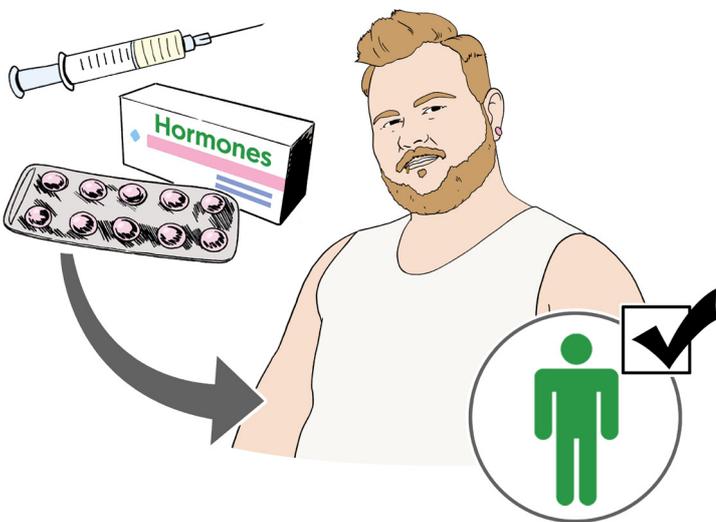
Pronouns are the words people would like others to use when they are talking about them. Like she, her, he, him, or they, them.



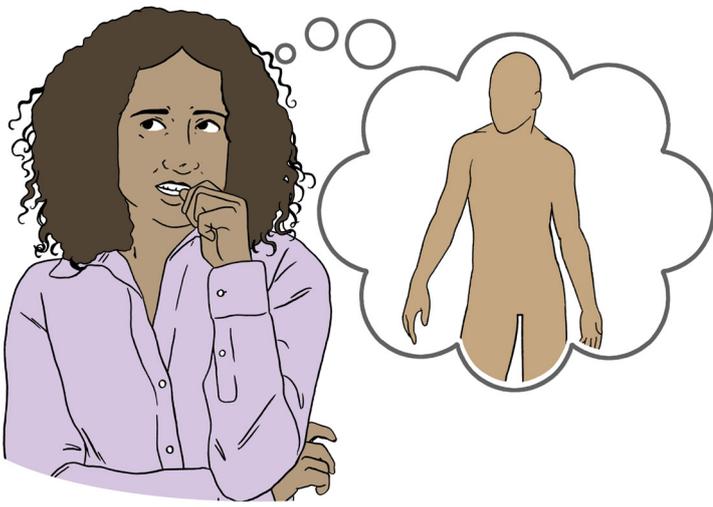
They may ask what sex you were given when you were born. This means if the doctor said you were a boy or a girl.



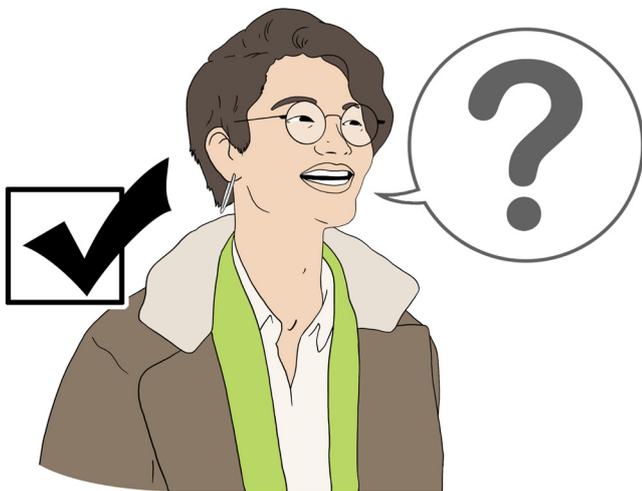
They may ask what your gender is now and if this has changed.



They may ask if you have had treatments to help your body fit your gender. Or if you are taking medicines called **hormones**.



There may be parts of your body that you feel upset about. Or that you do not like talking about.



But it is still important to ask for help if there is a problem. You can ask at any time before treatment, while treatment is happening or after treatment.



Your cancer team will ask questions so they know what tests and treatments are right for your body. It also helps them know how to look after you well.



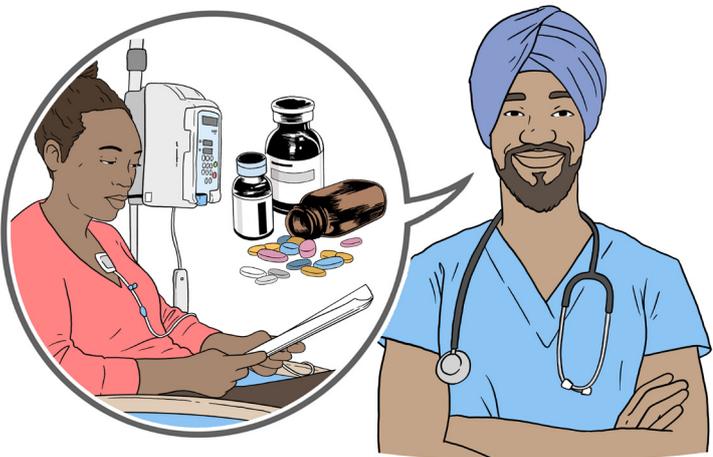
If you need to stay in hospital, they should ask where you want to stay. Some wards in hospital are only for men or only for women.



You can tell your cancer team what is important to you. If you are worried about something, they will try to help.



Planning your cancer treatment



Your cancer team will tell you about your cancer treatment options. They will give you information and support.



This helps you and your team make a plan about the right cancer treatment for you.



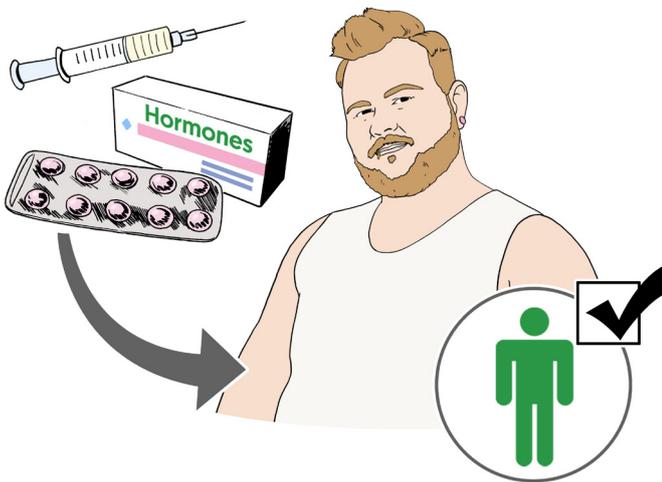
It is usually ok to take someone with you to any cancer appointments. They can help you understand what is happening.



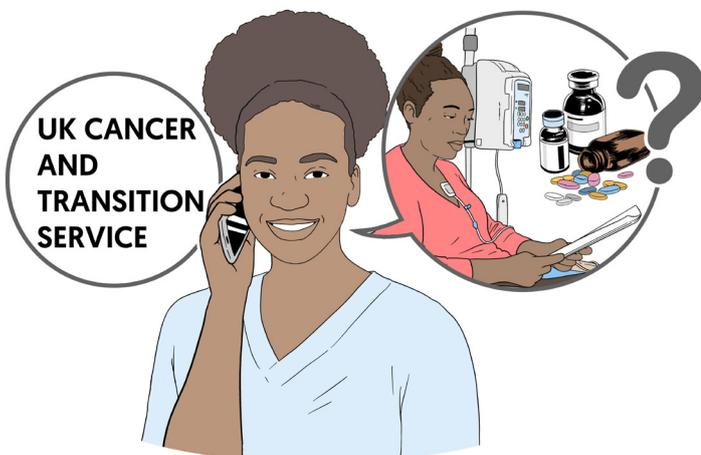
They can also help with how you are feeling, and help you to deal with what is happening.



Sometimes cancer treatment can affect or be affected by **gender affirming treatments** like hormone medicines or surgery.



Gender affirming treatments are treatments to help your body fit your gender.



If you want them to, your cancer team can contact a team called the **UK Cancer and Transition Service (UCATS)** for advice about your treatment.



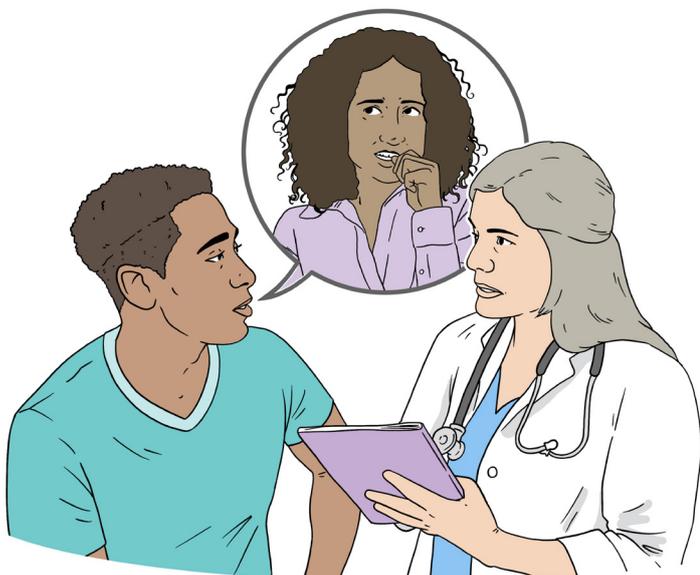
Side effects of cancer treatment



Most people will have some **side effects** during treatment for cancer. These are unwanted effects, like tiredness or feeling sick.



Your cancer team will explain what side effects you may have and how they can help with them.



Some people do not worry about side effects, but other people worry a lot. If you are worried about how cancer treatment will make you feel, tell your cancer team. They can help.

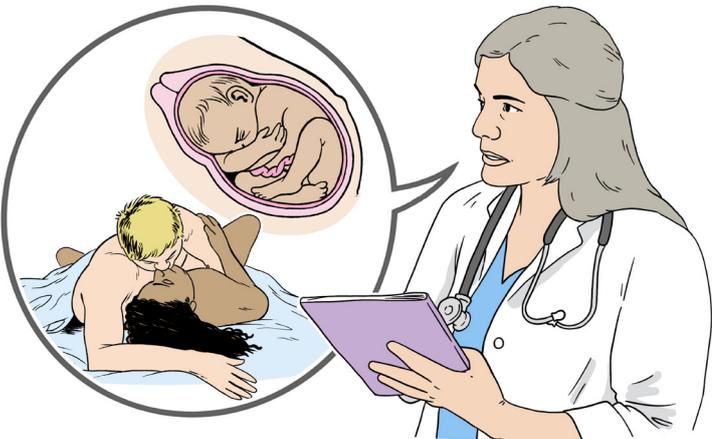
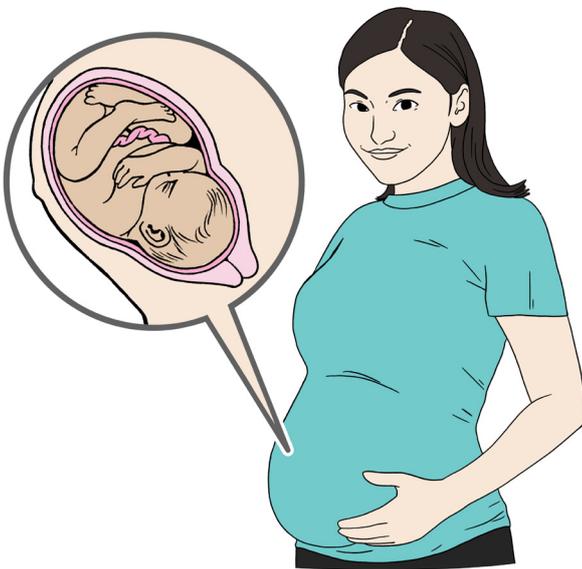
Some cancer treatments can affect:

- your sex life

- your fertility

This means how able you are to get pregnant or make someone else pregnant.

Your cancer team can explain before you start a cancer treatment if it is likely to cause these problems.





They can also give advice and information about this while treatment is happening or after treatment has finished.



LGBTQ+, cancer and your community



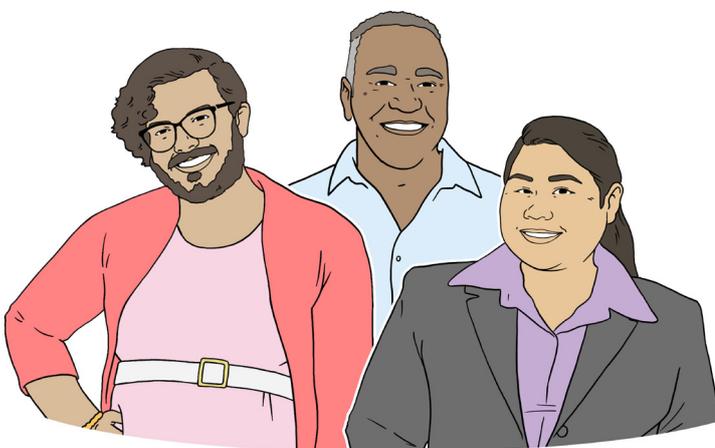
Your family and community can give you a lot of support.



Sometimes people are treated badly because they are LGBTQ+ or because they have cancer.



If you are treated badly because you are LGBTQ+ or because you have cancer, try to tell someone you trust.



This could be a friend, a family member or someone you work with.



You could speak to a **counsellor**. This is an expert in helping people talk about their feelings.



Ask your doctor or nurse if you want to talk to a counsellor.



You can call our free support line for information and support on:

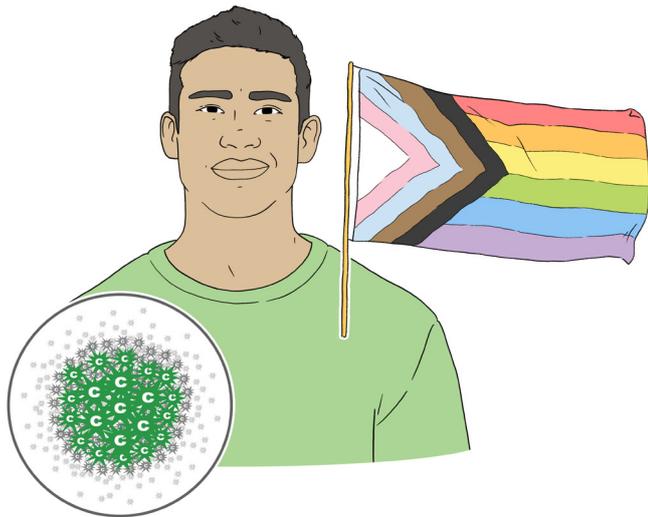
0808 808 00 00



Getting support



This booklet is based on information we wrote with **OUTpatients**.



OUTpatients

Help for people living with cancer who are part of the LGBTQ+ community. For more information, visit:

outpatients.org.uk



Here are some organisations that give advice for LGBTQ+ people:



Switchboard LGBT+ helpline

Support for LGBTQ+ people, from LGBTQ+ people. Call:

0800 0119 100

from 10am to 10pm, or email:

hello@switchboard.lgbt



LGBT Foundation

Advice, support and information for LGBTQ+ people. Call:

0345 330 3030

or visit:

www.lgbt.foundation



Galop

Advice and support for LGBTQ+ people who have experienced violence or abuse. Call:

0800 999 5428

Or email:

help@galop.org.uk



LGBT Walnut

A support group for LGBTQ+ people affected by prostate cancer.

www.lgbt-walnut.org.uk



Out with Prostate Cancer

A support group in Manchester for LGBTQ+ people with prostate cancer. Support groups are in person or online using video chat.

www.outwithprostatecancer.org.uk



Tranzwiki

A list of groups that support trans and non-binary people.

www.gires.org.uk/tranzwiki/



Macmillan's Online Community

A support group for people who are LGBTQ+. You can ask questions and talk to other people with cancer online. To join the community, visit:

macmillan.org.uk/community



How Macmillan can help you



You can get support from:

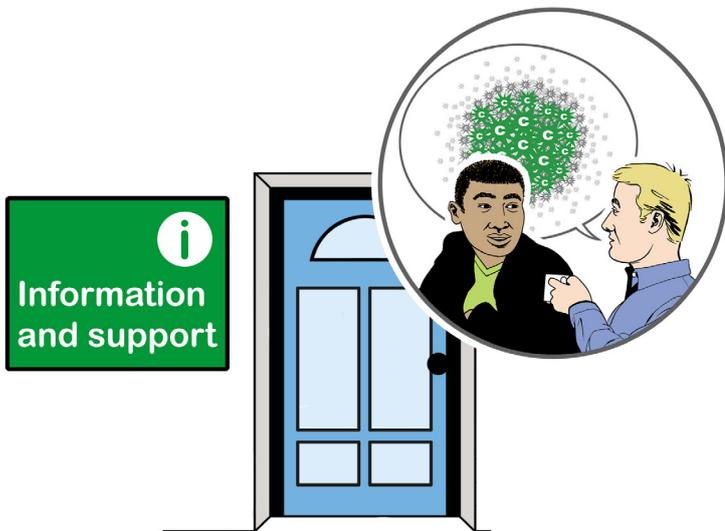
- The Macmillan Support Line.
Call **0808 808 00 00** 7 days a week, 8am to 8pm.



You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.



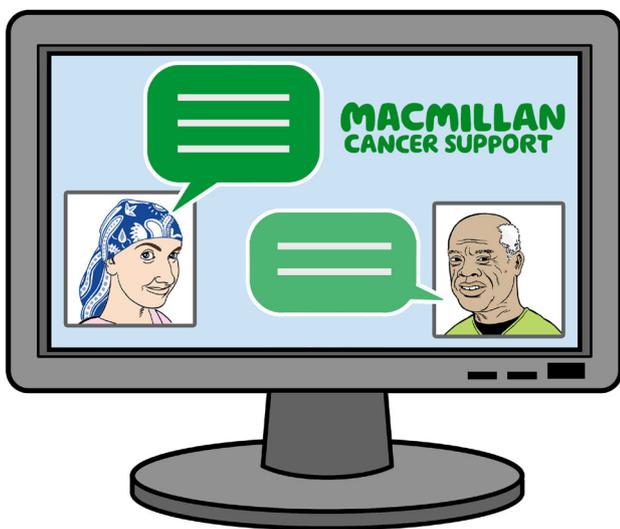
- The Macmillan website.
Visit [macmillan.org.uk](https://www.macmillan.org.uk) for information about cancer.
You can also use our web chat to ask questions at [macmillan.org.uk/talktous](https://www.macmillan.org.uk/talktous)



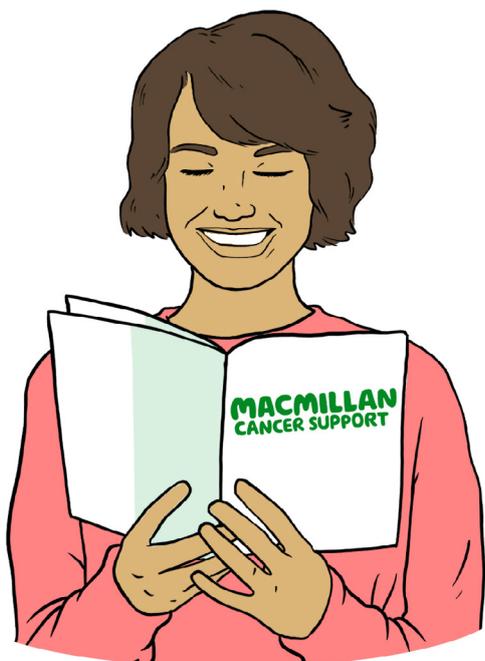
- Information centres. You can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us.



- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



Macmillan can give you information in different ways:

Booklets about cancer

You can order booklets about cancer from

[be.macmillan.org.uk](https://www.be.macmillan.org.uk)



Videos

You can watch videos about cancer at

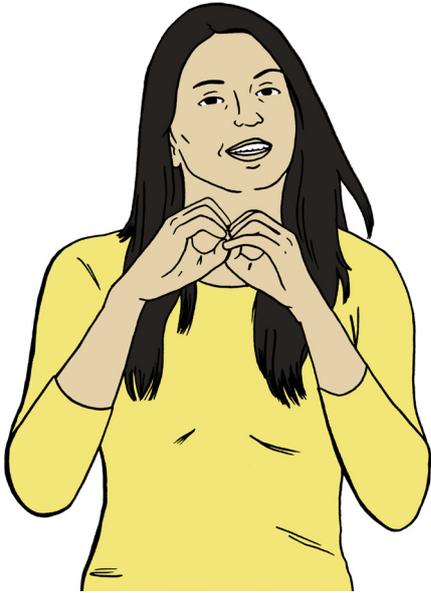
[macmillan.org.uk/videos](https://www.macmillan.org.uk/videos)



Audio

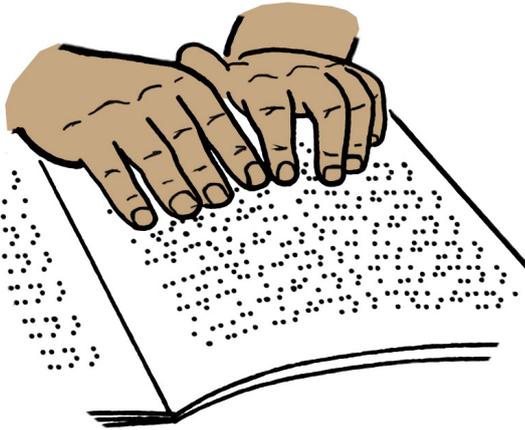
You can listen to information about cancer and order CDs from

[macmillan.org.uk/audio](https://www.macmillan.org.uk/audio)



British Sign Language (BSL)

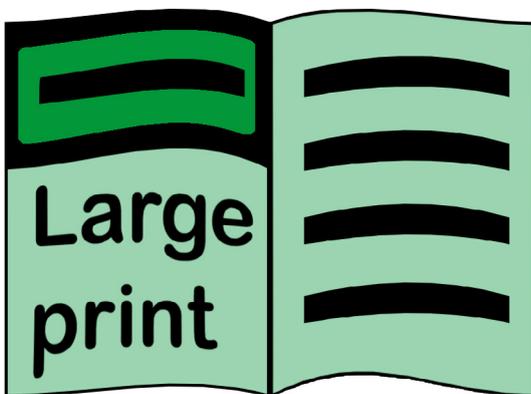
You can watch information in BSL at macmillan.org.uk/bsl



Braille

Tell us if you need information in Braille. Email:

cancerinformationteam@macmillan.org.uk



Large print

Tell us if you need information in large print. Email:

cancerinformationteam@macmillan.org.uk



More easy read booklets



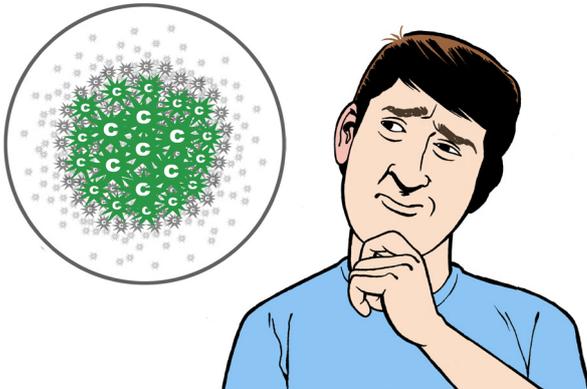
Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

There are booklets on lots of topics:



About Macmillan

- How Macmillan Cancer Support can help you



About cancer

- Lung cancer
- What is cancer?



Signs and symptoms

- Breast care for women
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



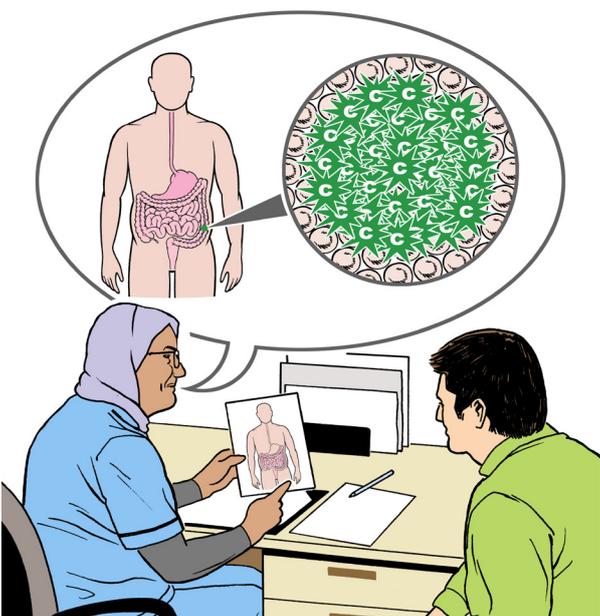
Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safer sex



Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer

Living with cancer

- 7 steps to equal healthcare
- Cancer and covid
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- Talking about cancer and your feelings
- Things that are important to me
- What happens after cancer treatment ends
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer





End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Who can help if you are dying
- Your feelings if you are dying



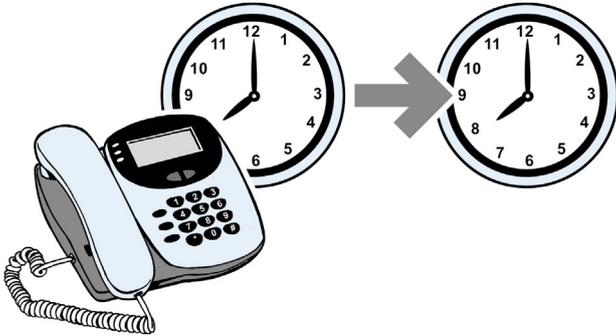
After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread) or call us on **0808 808 00 00**

This booklet is about LGBTQ+ people and cancer.

It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:

0808 808 00 00

7 days a week from 8am to 8pm.



- If you use a textphone, you can call:

18001 0808 808 00 00



- Or go to the website

macmillan.org.uk

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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Patient Information Forum



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CANCER SUPPORT**