



www.positivenation.co.uk/issue117/pics/Faces.jpg

**Our bodies come in  
all different  
shapes, sizes,  
colors, and variations,  
and we all need to  
take care of them.**

## Campus Resources

### **LGBTQ Resource Center**

*Located in the lower level of the  
Center for Equity and Diversity on  
the corner of Irving and Elmwood.  
[lgbtqcenter@uwosh.edu](mailto:lgbtqcenter@uwosh.edu)*

### **Student Health Center**

*Radford Hall  
777 Algoma Blvd.  
Oshkosh, WI 54901  
(920) 424 2424*

### **Counseling Center**

*Dempsey Hall 201  
(920) 424-2061  
[www.uwosh.edu/couns\\_center](http://www.uwosh.edu/couns_center)*

**\*For additional information see:**

- **Male to Female Health**
- **Female to Male Health**

Resources:

<http://lgbthealth.healthcommunities.com/transgender/index.shtml>

# Transgender Health



*\*This brochure uses traditional medical terminology to describe body parts. We apologize for the limited terminology and understand that you may not use these terms to describe your body but we hope you are able to individualize this information and that it is useful to you.*

# Take care of your body and mind

## Sexual Health

Sexually transmitted infections are passed through contact with blood, semen, and other body fluids.

**Protect yourself by doing the following things:**

- **Use latex barriers with sex partners such as condoms, dental dams, or others.**
- **Clean prosthesis and/or sex toys properly** (ask your health care provider what you should use to clean your prosthesis)
- **Get tested for sexually transmitted infections such as HIV/AIDS**

## If you have it, check it!

- **Yearly pelvic exams**
- **Yearly pap tests** (recommended for anyone with a vagina, uterus, cervix and/or ovaries)
- **Yearly anal pap tests**
- **Prostate exams** (particularly recommended for those over the age of 50)
- **Mammograms** (particularly recommended for those with breast tissue over the age of 40)
- **Yearly breast/chest exams by a medical provider**
- **Monthly self breast/chest exams**
- **Monthly self testicular exams**

\*Ask your health care provider which of these exams is/are appropriate for you



## Mental Health

Living in an intolerant society can cause anxiety, stress, depression, and other mental problems.

If you are experiencing any of these issues there are mental health professionals who are here to help.