

THE 15TH ORIGINAL GLBT EXPO HEALTH SEMINARS

SPONSORED BY



GLMA

GAY & LESBIAN MEDICAL ASSOCIATION

**WE ARE PROUD
TO WELCOME... SATURDAY & SUNDAY**



Taking Charge of Your Health: Top 10 Things LGBT Individuals Should Discuss with their Healthcare Providers - Presented by Dr. Gal Mayer

Room C103-2:00 to 2:45 p.m.

Studies show that lesbian, gay, bisexual, transgender and (LGBT) populations have some unique health needs and concerns. Unfortunately, many health care providers don't fully understand these issues. This seminar will present the top health issues that GLMA's healthcare providers have identified as most commonly of concern for LGBT individuals.



What to do if a Loved One is Addicted? Helping Your Loved Ones Overcome Substance Abuse Problems Presented by Dr. Steven J. Lee

Room C103-3:00 to 3:45 p.m.

Studies demonstrate that LGBT people are more likely to use alcohol and drugs, have higher rates of substance abuse, are less likely to abstain from use, and are more likely to continue heavy drinking into later life. This seminar will present information on how LGBT people can evaluate whether they have a substance abuse problem, as well where people can find LGBT appropriate resources to address and deal with substance abuse problems.



Does Prozac Make You Gay? Depression in the LGBT Community: Presented by Dr. Jack Drescher

Room C103-4:00 to 4:45 p.m.

Some studies have shown that LGBT people suffer from higher rates of depression than the general population. Many factors may contribute to increased levels of depression in the LGBT community- homophobia, possible family rejection, the stress of being closeted in some or all aspects of life, feelings of alienation or isolation from the straight or gay community or both, and abuse of alcohol or drugs. This seminar will review some of the presentations of depression in LGBT people and describe treatment options and resources for treating them.

ALL SEMINARS ARE FREE WITH ADMISSION TO THE EXPO