Reducing stigma is everyone's responsibility.

**Stigma** is a strong feeling of being shamed or disgraced. It can come not only from family, friends, or peers, but also from within—a person can feel ashamed or disgraced by their own thoughts or actions. Stigma can be violent, or it can be more subtle, such as being stared at, being laughed at, or being ignored. Stigma can cause significant health problems.

A lot of stigma comes from attitudes about people’s gender identities or sexual behaviors. People who are lesbian, gay, bisexual or transgender (LGBT) are more concerned with stigma than are women and men who are not LGBT. LGB people are much more likely to be the target of violence because of their sexual orientation, gender identity, or expressed gender.

“Stigma and discrimination can include everything from prejudice against Gay, Lesbian, Bisexual, and Transgender (GLBT) people to violence toward people who are lesbian, gay, bisexual, or transgender (LGBT) and their loved ones. Love and acceptance between people who are not LGBT and their loved ones who identify as LGBT. We talk to young LGBT people in Pittsburgh who are experiencing stigma and discrimination from families and peers. Reducing shame and prejudice about who people are who are LGBT is health care and community issues. It’s why we started Acceptance Journeys.” —Dr. Friedman

**Acceptance Journeys**

**Journey (time.org/journey) is an online community that connects people through stories of love and acceptance between people who are not LGBT and their loved ones who identify as LGBT.**

**“We talk to young LGBT people in Pittsburgh who are experiencing stigma and discrimination from families and peers. Reducing shame and prejudice about who people are who are LGBT is health care and community issues. It’s why we started Acceptance Journeys.” —Dr. Friedman**

**PreP clinic helps prevent HIV infection**

*PreP* is short for “pre-exposure prophylaxis,” a set of medicines that石家人がを取る前にあらかじめ取るための薬物である。*PreP* is a daily oral antiretroviral medication to prevent HIV infection. The highly effective but daily antiretroviral pill approved by the Food and Drug Administration (FDA) is called Truvada. *PreP* is the only FDA-approved HIV prevention therapy for HIV-negative people at risk of HIV infection. People who take daily antiretroviral prophylaxis (PreP) can prevent the HIV virus from entering their bodies. The Pennsylvania HIV Resource Centers for Disease Control and Prevention recommend *PreP* for everyone who is HIV-negative and who is at risk of HIV infection. This includes men, heterosexual sexually active men and women, and women who have multiple sex partners and use drugs.

“PreP clinic helps prevent HIV infection. The HIV PreP Clinic is housed in the Outpatient Department of the University of Pittsburgh Medical Center, which is the largest HIV clinic in the region. People who are HIV-negative and who are at risk of HIV infection are eligible for *PreP*. PreP is taken daily, and it is highly effective in preventing HIV infection.” —Sonia Y. Borrero, MD

**PreP clinic helps prevent HIV infection.**

*PreP* clinic is an important tool in the fight against HIV/AIDS. It provides a safe and effective way to prevent HIV infection. The *PreP* clinic helps people who are HIV-negative and who are at risk of HIV infection. It provides a safe and effective way to prevent HIV infection. The *PreP* clinic helps people who are HIV-negative and who are at risk of HIV infection. It provides a safe and effective way to prevent HIV infection.

**Over the past 15 years, more women veterans have been taking PreP as part of the Department of Veterans Affairs (VA) treatment for HIV.**

**Exchanging contraceptive use and universal contraceptive need among women veterans**

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