

# into bdsm? need medical care?

If you practice bondage, dominance/submission, and/or S&M, you may have concerns about seeking medical care. Perhaps you fear discrimination, or spending too much time educating someone on BDSM when they should be focused solely on your health. How do you find a provider who will be sensitive to your sexuality? And if you can't, how do you deal with uninformed medical care providers?

## Where to Start

NCSF oversees a KinkAware Professionals directory (KAP) on our [ncsfreedom.org](http://ncsfreedom.org) website where you can search for kink-aware professionals in your area. You may be able to find a doctor, physician's assistant, nurse practitioner or clinic close to you. If you don't, try calling the nearest listed professionals (even non-medical professionals) and ask if they can recommend someone local.

Ask for referrals from people in your local kink-related groups. If you are comfortable asking publically, consider using social media to find a personal referral.

Ask people at your local LGBT resource center. An LGBT-friendly practice may be a good alternative if you are unable to find a kink-aware professional. Some cities have sex-positive organizations you might ask.

For more information, Dr. Charles Moser provides free access to his book:

**Health Care Without Shame: A Handbook for the Sexually Diverse and Their Caregivers**

at <http://www2.hu-berlin.de/sexology/BIB/hcws/hcws.html>

# how you can help

The NCSF relies overwhelmingly on contributions from individuals and local BDSM, swing and polyamory groups for financial support. Ask your group to organize a fundraiser for NCSF, and contact us at [info@ncsfreedom.org](mailto:info@ncsfreedom.org) to find out how easy it can be!

You can also participate in NCSF activities ranging from writing letters to the media and government officials, to joining in community outreach. Get information about NCSF actions, as well as coverage of mainstream news concerning sexual freedom issues, by subscribing to our free newsletter at [www.ncsfreedom.org](http://www.ncsfreedom.org).

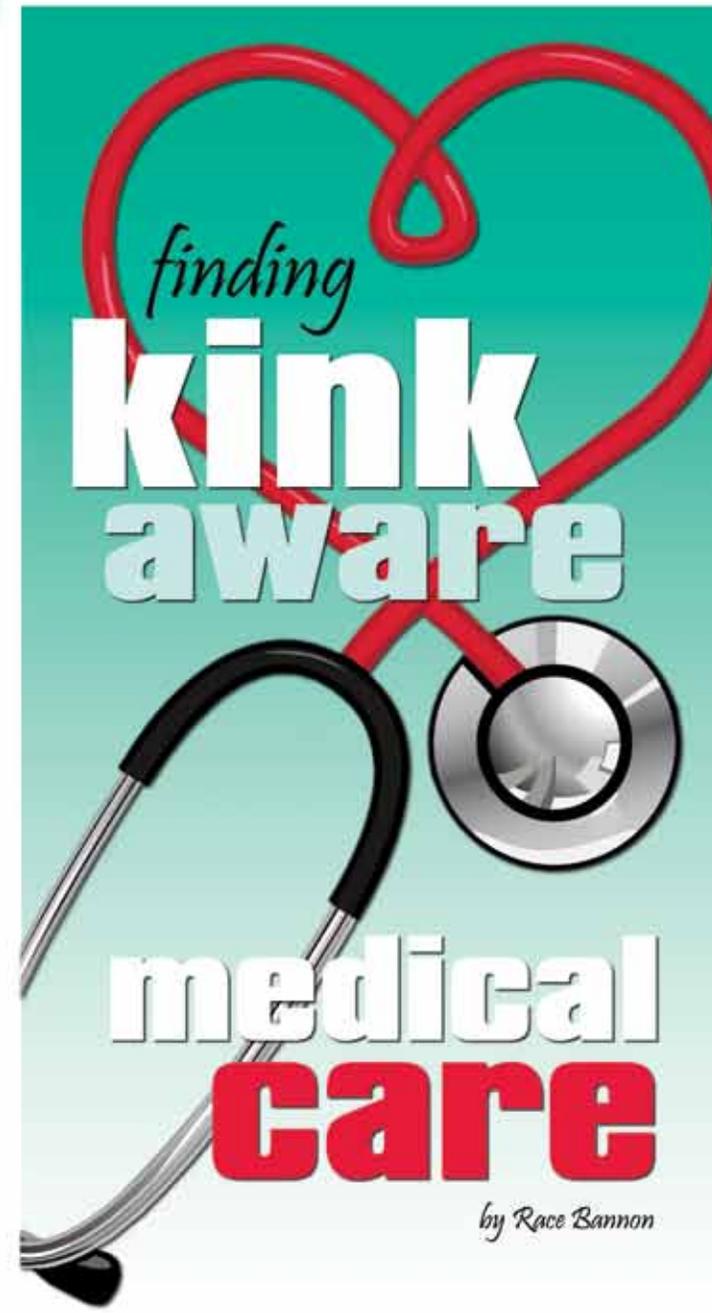
## Mission Statement

The NCSF is committed to advancing the rights of consenting adults in the BDSM-Leather-Fetish, Swing, and Polyamory communities through education, advocacy, and outreach.

The Foundation of the National Coalition for Sexual Freedom (FNCSF) is NCSF's 501(c)(3) charitable foundation that provides educational programs related to our mission. Tax-deductible donations support the projects of our foundation.



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# protect your health and your rights

## The Big Issues

For BDSM practitioners, there are three issues that may complicate your medical care:

If you have marks, bruises or scarring, a provider might be concerned they are the result of abuse versus consensual erotic play.

A provider might be predisposed to consider BDSM a manifestation of a mental disorder.

Due to ignorance or personal morality, a provider may consider BDSM immoral or disgusting.

Remember, when someone responds negatively, they are likely reacting to a stereotype and such judgments are not really about you, but rather their own bias.

You deserve nonjudgmental medical care and should not have to censor your history or avoid an appointment. With a provider you see regularly, it's best to bring up your sexuality early in your professional relationship, so that you set the foundation for a better mutual understanding of your future medical needs.



## What Should You Ask a Provider?

Get as many referrals as possible. Call a few to set up an appointment. Make a list of questions to ask. Below are some suggestions; all may not apply to your situation, so adapt them as needed.

- Are you familiar with alternative forms of sexual expression, and BDSM in particular?
- Do you feel that people who engage in such activities present any challenges to you as a health care provider?
- Do you consider your practice kink-friendly? How many kinky clients have you knowingly worked with?
- If I were to ask questions about health safety, medical risks of certain sexual activities, etc., would you feel comfortable discussing them without any sense of judgment or disapproval?
- I enjoy rough sex and often have bruises or marks. I do not want you to misinterpret them as abuse or assault. Can you deal with that?
- Do you understand that BDSM and related activities can be done consensually for fun and erotic satisfaction, and are not abusive activities?
- Are you okay with patients who live within unique relationship configurations such as Master/slave, Dom/sub, polyamorous, and so on?
- I often have questions about sexually transmitted infections and sexual health. Are you comfortable with those areas?
- Is your practice LGBT friendly?
- What do you charge? Do you accept insurance? Can you describe your practice style? What can I expect during a typical office visit?

## Plan Ahead for Emergencies

If your emergency situation is the result of BDSM play, or your body has marks from recent play, tell them right away that it's the result of consensual erotic play that you enjoy and know how to do safely. Be honest, and they will likely understand. Try to hide it, and they may automatically assume that there is abuse involved.

While having a primary health provider who is knowledgeable about your kink may not always prevent emergency personnel from alerting law enforcement, you can minimize the possibility. Present the emergency staff with contact information for your doctor and/or therapist who can answer any pertinent questions. A calm and straightforward presentation is always best.

Be honest. Holding back vital information can lessen the quality of care. However, share the minimum necessary for the provider to fully understand the problem. Don't go into extra details. Don't make up elaborate stories. If a provider is sensitive and has a clue, they will ask the right questions for the information they need.

