



Welcome to the UAMS Gender Clinic

The University of Arkansas for Medical Sciences (UAMS) is committed to fostering an open, welcoming environment that respects each person. Our doctors and staff work hard to provide safe and non-judgmental health care. At UAMS, we believe that excellent healthcare is a right, not a privilege.

We want you to feel:

- Comfortable in our care during each visit and phone call
- Safe asking questions
- Confident taking part in your health care and health decisions

Please let us know which pronoun and name you prefer. If you ever feel uncomfortable, please talk with us about how we can make your experience better.

Meet the Team

Luann Racher, M.D.

Dr. Racher earned her Medical Degree from UAMS in 2010. She then completed her residency in Obstetrics and Gynecology at UAMS in 2014. In response to the community's need for transgender health care, Dr. Racher co-founded the UAMS Gender Clinic in 2015. Since then, she has provided hormone replacement therapy to over 300 patients in Arkansas and surrounding states. Dr. Racher also works to promote all-inclusive health care for the transgender population.

Dr. Racher cares about her role in your path to becoming your true self. She understands the need for a sensitive approach when caring for you.

Tori Horton, LMSW (Licensed Master Social Worker)

In 2016, Tori earned a Master's Degree in Social Work from the University of Arkansas in Little Rock. After graduating, she started working with UAMS Medical Trauma Team. She joined the team at UAMS Women's and Gender Clinic in 2018. Her dream job has always been to work with the LGBTQ community. She is passionate about her role in the Gender Clinic and works hard to provide excellent care.

Tori keeps an updated list of **gender affirming services**. She can help you:

- Find gender affirming health care providers, like therapists and primary care doctors
- Deal with social hardships, like lack of transportation, housing, food, and work
- Find support groups and informational websites
- Make legal changes to your name and gender

Nursing and Support Staff

All of our nurses, medical assistants, and support staff have special training in transgender issues. We understand the importance of preferred pronouns and names. And we understand the distinct health care needs and social challenges sexual minorities face. Our support staff wants you to feel comfortable being yourself while you are in our clinic.

Residents, Students, and Research

UAMS is a teaching and research hospital. While you are at the clinic, you may see and talk with students and residents. In the Gender Clinic, we focus on making transgender health a normal part of health care. We encourage our students and residents to keep treating transgender patients after they finish their training. You may also be invited to take part in research studies. We encourage you to take part in both learning and research, but you do not have to.

What services does the UAMS Gender Clinic offer?

The UAMS Gender Clinic offers:

- Annual wellness exams (blood pressure, cholesterol, thyroid, blood sugar, and so on)
- Pelvic wellness exams (sexually transmitted infection (STI) screening, pap smears for cervical cancer screening, and vaginal and neo-vaginal health maintenance)
- Option for self-swab during pap smear or STI screen to lower dysphoria
- Hysterectomy and oophorectomy (removal of uterus and ovaries)
- Hormone readiness assessment
- Hormone replacement therapy
- HIV prevention (PrEP, or Pre-exposure prophylaxis)
- Reproductive counseling
- Doctor letters for legal gender change
- Doctor letters, referrals, and post-operation support for transitional surgeries
- Referral to trans-affirming therapists
- Social support services

Where is the UAMS Gender Clinic?

Our address is:

Freeway Medical Tower
5th floor UAMS Gynecology
5800 W. 10th Street
Little Rock, AR 72204

How do I make an appointment?

To make an appointment, call 501-686-8000. Ask for an appointment in the UAMS Gender Clinic with Dr. Luann Racher.

How do I contact the doctor or another staff member at the UAMS Gender Clinic?

- Gender Nurse Line: 501-526-5068
- Tori Horton (Social Worker)
Phone: 501-516-6261
E-mail: trhorton@uams.edu
- Once you are a patient, you may message Dr. Luann Racher directly through UAMS MyChart.

What is MyChart?

MyChart is an online portal for your UAMS health information. MyChart is free, secure, and you can use it at any time of the day.

MyChart lets you:

- See results from lab tests and imaging (like x-rays)
- Ask for prescription refills
- Schedule appointments
- Get appointment reminders
- Send secure messages to your healthcare team
- See information about your past visits
- See your billing summary
- Pay medical bills

When new information becomes available in MyChart from your appointment(s), you will get a text message or email.

MyChart is NOT to be used for urgent needs. If you need a same-day appointment, please call your clinic. If you have a medical emergency, call 911.

How do I sign up for MyChart?

When you are at a UAMS clinic visit, ask for a MyChart **activation code**.

If you are a new patient:

1. Go to mychart.uamshealth.com
2. Click on the **Sign Up Now** link
3. Enter the **activation code**, last 4 digits of your social security number, and your birthdate.
4. Click **Next**
5. Create your MyChart account:
 - a. Create a username
 - b. Create a password (you can change your password anytime)
 - c. Choose a security question (this can be used if you forget your password) and enter your answer
 - d. Click **Next**
6. Chose if you would rather get appointment reminders via text or phone call (communication preference)
7. Chose if you would like to get paperless billing (you will only get bills from UAMS via email).
8. Enter a valid email address and cell phone number.

9. Click **Sign In**.
10. If you are signing up from your phone, a menu will pop up and ask you to download the MyChart app from the Apple App Store or from Google play.

If you are a current patient your **activation code** will be sent by email or by text message. Click the link in the email or text message. It will take you to a page to create your account. Follow the steps above.

If you have trouble signing into MyChart, or you have questions, you can email UAMS at mychart@uams.edu or call the help desk, 501-686-8555. A specialist will be available to speak with you.