Providing Gender Affirmative Healthcare: Primary Care

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“Berdache”/Two-Spirit

- Two-spirits, historically known as “berdache,” are part of Native American culture in the U.S. The terms applies to those who were believed to posses both masculine and feminine spirits.

“On nearly every continent, and for all of recorded history, thriving cultures have recognized, revered, and integrated more than two genders. Terms such as “transgender” and “gay” are strictly new constructs that assume three things: that there are only two sexes (male/female), as many as two sexualities (gay/straight), and only two genders (man/woman).”
What are your earliest memories related to gender?

“I Am Nine Years Old” by Eve Conant
National Geographic, January 2017
**Gender Identity**
Usually established by age three, this is a deeply felt sense of being a man, a woman, or a gender that is both, fluid or neither. Cisgender people identify with the sex assigned at birth, transgender people don’t.

<table>
<thead>
<tr>
<th>WOMAN</th>
<th>NONBINARY</th>
<th>MAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identification with girls or women</td>
<td>Identification with both men and women or a gender that is neither</td>
<td>Identification with boys or men</td>
</tr>
</tbody>
</table>

**Biological Sex**
Sex determination exists on a spectrum with genitals, chromosomes, gonads, and hormones all playing a role. Most fit into the male or female category, but about one in a hundred may fall in between.

<table>
<thead>
<tr>
<th>FEMALE</th>
<th>INTERSEX</th>
<th>MALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>XX chromosomes, ovaries, female genitals, and female secondary sexual characteristics</td>
<td>Any mix of male and female chromosomes, testicular and ovarian tissue, genitals, other sexual characteristics</td>
<td>XY chromosomes, testes, male genitals, male secondary sexual characteristics</td>
</tr>
</tbody>
</table>

**Gender Expression**
People express gender through clothing, behavior, language, and other outward signs. Whether these attributes are labeled masculine or feminine varies among cultures.

<table>
<thead>
<tr>
<th>FEMININE</th>
<th>ANDROGYNOUS</th>
<th>MASCULINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Presentation in ways a culture associates with being a woman</td>
<td>A combination of masculine and feminine traits or a nontraditional gender expression</td>
<td>Presentation in ways a culture associates with being a man</td>
</tr>
</tbody>
</table>
The Genderbread Person v3.2 by it's pronounced METROsexual.com

**Gender Identity**
- Woman-ness
- Man-ness

**Gender Expression**
- Feminine
- Masculine

**Biological Sex**
- Female-ness
- Male-ness

♥ **Sexually Attracted to**
- Nobody
- (Women/Females/Femininity)
- (Men/Males/Masculinity)

♥ **Romantically Attracted to**
- Nobody
- (Women/Females/Femininity)
- (Men/Males/Masculinity)
Self portrait Age 7
41% of transgender individuals surveyed attempted suicide in their lifetime

- 57% faced family rejection
- 53% verbally harassed in public situation
- 40% harassed when presenting ID
- 26% lost a job
- 19% refused home or apartment
| National Center for Transgender Equality  
2015 U.S. Transgender Survey |

In the past year:

- 25% respondents experienced a problem with their insurance related to being transgender

- 55% of those who sought coverage for transition-related surgery denied coverage

- 25% of those who sought coverage for hormones denied coverage

- 33% of those who saw a health care provider reported having at least one negative experience related to being transgender
  - higher rates for people of color and people with disabilities

- 23% of respondents did not see a doctor when they needed to because of fear of being mistreated
you are welcome here
Essentials of Gender Affirming Care

Patient assessment and treatment
Patient Assessment

Typically takes 3 appointments

- Talking about Gender Identity
- Physical Exam
- Impact of transition:
  - Social
  - Occupational
  - Psychological
  - Family
  - Medical
  - Legal
CASE # 1  Transgender Male

• 18 y/o freshman
• Birth Sex: female
• Gender Identity: male
• Referred by Mental Health & Counseling
• Seeking hormone therapy
• No known medical or mental health issues
APPENDIX C: Summary of Criteria for Hormone Therapy

Criteria for Feminizing/Masculinizing Hormone Therapy

1. Persistent, well-documented gender dysphoria.

2. Capacity to make a fully informed decisions and to consent for treatment.

3. Age of majority in a given country (if younger, follow the SOC for children and adolescents).

4. If significant medical or mental health concerns are present, they must be reasonably well-controlled.

Supporting Documentation: One referral letter and/or chart psychosocial assessment from treating clinician.
<table>
<thead>
<tr>
<th>Name</th>
<th>Starting Dose</th>
<th>Maintenance Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Testosterone Cypionate</td>
<td>50mg weekly</td>
<td>100mg weekly</td>
</tr>
<tr>
<td>Testosterone Ethanate</td>
<td>50mg weekly</td>
<td>100mg weekly</td>
</tr>
</tbody>
</table>

**INJECTABLE TESTOSTERONE IM/SQ**

<table>
<thead>
<tr>
<th>Testosterone axillary gel</th>
<th>60mg each morning</th>
<th>90-120mg each morning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Testosterone Patch</td>
<td>4mg each evening</td>
<td>100mg weekly</td>
</tr>
</tbody>
</table>

**TOPICAL TESTOSTERONE**
Consultation

Gender Dysphoria

Hormones:
Low Dose
Therapeutic Dose
Anti-androgens

Breast Augmentation

Voice Training

Hair Removal

Genital Surgery:
Orchiectomy
Vaginoplasty

Genital Surgery:
Metoidioplasty
Phalloplasty
TAH/BSO

Chest Surgery

Menses Cessation

Binding

Timeline

Only Transgender If....
CASE # 2  Agender Individual

- 18 y/o freshman
- Birth Sex: Female
- Referred by primary care
- Seeking Hysterectomy
- Medical Issues: Migraines
- Psychiatric Issues:
  - Depression since HS
  - MH hospitalization 2 weeks ago
CASE # 3 Transgender Female

- 21 y/o freshman
- Birth Sex: male
- Gender Identity: female
- Referred by Mental Health & Counseling
- Seeking hormone therapy
- No known medical or mental health issues
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<table>
<thead>
<tr>
<th><strong>Estrogen Oral</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Name</strong></td>
<td>Starting Dose</td>
</tr>
<tr>
<td>Estradiol</td>
<td>2mg</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Estrogen Topical</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Estradiol Patch</td>
<td>0.025mg (based on preparation)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Estrogen Injection</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Estradiol valerate</td>
<td>20 IM every 2 weeks</td>
</tr>
<tr>
<td>Estradiol cypionate</td>
<td>2 mg IM every 2 weeks</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Antiandrogens</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Spironolactone</td>
<td>50mg daily</td>
</tr>
<tr>
<td>Finasteride</td>
<td>1 mg daily</td>
</tr>
</tbody>
</table>
Mistakes Happen
Stay Humble
Keep Learning
Resources

World Professional Association for Transgender Health (WPATH)
Standards of Care (SOC) for the Health of Transsexual, Transgender, and Gender Nonconforming People, 7th version
https://wpath.org/publications/soc

Fenway Health Center: Transgender Health
Informed Health Care Regardless of Gender Identity or Expression
https://fenwayhealth.org/care/medical/transgender-health/

Center of Excellence for Transgender Health, UCSF
Primary Care Protocol for Transgender Patient Care
http://transhealth.ucsf.edu/trans?page=protocol-00-00

Endocrine Society Guidelines and Clinical Practice
Endocrine Treatment of Gender-Dysphoric/Gender-Incongruent Persons
**Health Centers**

Boston Children’s Hospital: Disorders of Sex Development (DSD) and Gender Management Service (GeMS)

Boston Medical Center: Center for Transgender Medicine and Surgery
https://www.bmc.org/center-transgender-medicine-and-surgery

Fenway Health Centers, Boston
http://fenwayhealth.org/

**Organizations**

**GLAAD:** Works through entertainment, news, and digital media to share stories from the LGBTQ community that accelerate acceptance.  https://www.glaad.org/

**Mass Transgender Political Coalition:** Works to change policies, practices and laws for Trans youth, adults, families and allies.  https://www.masstpc.org/

**PFLAG:** Unites people who are LGBTQ with families, friends & allies, working to advance equality through support, education & advocacy.  https://www.pflag.org/
Resources

Conferences

Fenway Health: Advancing Excellence in Transgender Health
Date TBD, 2019
http://fenwayhealth.org/the-fenway-institute/education/transgender-health-conference/

Mazzoni Center: Philadelphia Trans Wellness Conference
July 27-29, 2019
https://www.mazzonicenter.org/trans-health