Gender Affirmation: Transition Process for Patients

Cecile A. Unger, MD MPH
Center for Urogynecology & Pelvic Reconstructive Surgery
Center for LGBT Care
Cleveland Clinic
DISCLOSURES

• I have no conflicts of interest to disclose
Objectives

1. Learn about the steps to transitioning that transgender patients must undertake

2. Become familiar with the World Professional Association for Transgender Health guidelines for transition

3. Learn the basics of cross-sex hormone therapy for transgender patients seeking transition

4. Get an overview of the surgical transition process that some transgender patients choose to take
World Professional Association of Transgender Health
TRANSITION PROCESS

• Mental Health support
  - Formal diagnosis – *gender dysphoria* (F64.1)
  - Evaluation & management of other comorbid conditions (depression, anxiety, PTSD, OCD)
  - Referral for other services

• Gender marker changes, living full-time as self-affirmed gender

• Cross-sex hormones (and suppression)

• Surgical transition (exists on a spectrum)
TRANSITION PROCESS

• Identification materials
• Clothing, accessories
• Binding
• Tucking
• Prostheses
• Hair removal
HORMONE THERAPY

- WPATH Guidelines
  - Persistent well-documented gender dysphoria
  - One referral from a mental health professional
  - Capacity to make an informed decision
  - Age of majority
  - Good control of any other significant medical or mental health conditions
<table>
<thead>
<tr>
<th>Male-to-female individuals</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Estrogens</strong></td>
<td></td>
</tr>
<tr>
<td>Estradiol (oral)</td>
<td>2 to 6 mg daily</td>
</tr>
<tr>
<td>Estradiol (transdermal)</td>
<td>0.1 to 0.4 mg twice weekly</td>
</tr>
<tr>
<td>Estradiol valerate or cypionate (parenteral)</td>
<td>5 to 20 mg every 2 weeks OR 2 to 10 mg intramuscular every week</td>
</tr>
<tr>
<td><strong>Antiandrogens</strong></td>
<td></td>
</tr>
<tr>
<td>Spironolactone</td>
<td>100 to 200 mg daily</td>
</tr>
<tr>
<td>GnRH agonist</td>
<td>3.75 mg subcutaneous monthly</td>
</tr>
<tr>
<td>Finasteride</td>
<td>1 to 5 mg daily</td>
</tr>
<tr>
<td>Dutasteride</td>
<td>0.5 mg daily</td>
</tr>
</tbody>
</table>
### Hormone Regimens Available in the United States

<table>
<thead>
<tr>
<th>Female-to-male individuals</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Testosterones</strong></td>
<td></td>
</tr>
<tr>
<td>Testosterone cypionate or enanthate (parenteral)</td>
<td>100 to 200 mg every 2 weeks OR 50 to 100 mg every week</td>
</tr>
<tr>
<td>Gel 1% (transdermal)</td>
<td>2.5 to 10 mg daily</td>
</tr>
<tr>
<td>Patch (transdermal)</td>
<td>2.5 to 7.5 mg daily</td>
</tr>
</tbody>
</table>
SURGERY – TRANSMALE

- Chest surgery
- Facial virilization
- Genital surgery
Chest ("top") Surgery - mastectomy

- WPATH Guidelines
  - Persistent well-documented gender dysphoria
  - One referral from mental health professionals
  - Capacity to make an informed decision
  - Age of majority
  - Good control of any other significant medical or mental health conditions
GENITAL SURGERY - TRANSMALE

• Removal of pelvic organs
• Creation of male external genitalia
HYSTERECTOMY

• WPATH Guidelines
  - Persistent well-documented gender dysphoria
  - Two referrals from mental health professionals
  - Capacity to make an informed decision
  - Age of majority
  - Good control of any other significant medical or mental health conditions
  - 12 continuous months of hormone therapy
GENITAL SURGERY

• WPATH Guidelines
  - Persistent well-documented gender dysphoria
  - Two referrals from mental health professionals
  - Capacity to make an informed decision
  - Age of majority
  - Good control of any other significant medical or mental health conditions
  - 12 continuous months of hormone therapy
  - 12 continuous months of living in a gender role that is congruent with their gender identity
SURGERY – TRANSFEMALE

• Breast augmentation
• Thyroid chondroplasty
• Facial feminization
• Genital surgery
Chest ("top") Surgery - augmentation

- WPATH Guidelines
  - Persistent well-documented gender dysphoria
  - One referral from mental health professionals
  - Capacity to make an informed decision
  - Age of majority
  - Good control of any other significant medical or mental health conditions
  - 12 continuous months of hormone therapy
GENITAL SURGERY

- WPATH Guidelines
  - Persistent well-documented gender dysphoria
  - Two referrals from mental health professionals
  - Capacity to make an informed decision
  - Age of majority
  - Good control of any other significant medical or mental health conditions
  - 12 continuous months of hormone therapy
  - 12 continuous months of living in a gender role that is congruent with their gender identity
Cleveland Clinic

Every life deserves world class care.

Contact Tina Reed:
reedc@ccf.org