Gender: Terminology and Transitioning

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Relevant Financial Disclosure(s)
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• I have no relevant financial disclosures
Objectives

• Appropriate and up-to-date terminology

• WPATH recommendations for transition

• Hormonal/surgical therapy options
Terminology

- Sex or “Natal Sex”
Terminology

- Sex or “Natal Sex”
- Gender or Gender Identity
Terminology

• Sex or “Natal Sex”

• Gender or Gender Identity

• Gender Expression
Sexual orientation is who you go to bed with...
Gender is who you wake up as.

- Norman Spack, M.D.
Psychiatric Diagnosis

• Gender Identity Disorder
  – Outdated diagnosis name
    • Pathologized gender

• Gender Dysphoria
  – DSM-5
    • Removed from sexual disorders category
    • Distress due to one’s gender not required
Medical Therapy
Who is WPATH?

- World Professional Association for Transgender Health
  - Mission: to promote evidence based care, education, research, advocacy, public policy, and respect in transgender health.

- Helps to facilitate communications between providers caring to transgender individuals

- Publishes the Standard of Care and Ethical Guidelines for treating patients
  - Currently Version 7

References:
Initial Assessment

• Patients should be the age of majority and able to consent to treatment

• Mental Health Assessment
  – Assess patient’s gender identity/diagnose gender dysphoria
    • Persistent and documented history – one referral from a mental health professional
  – Assess/diagnose/treat concomitant mental health disorders
    • Must be well controlled
  – Assess family and social support systems

• Physical Health Assessment
  – Preventive care
    • All medical conditions must be well controlled

• Provide information on hormone therapy/surgery options

Provider Requirements

- Perform the initial assessment

- Discuss the expected effects of therapy in detail
  - Includes options for fertility preservation

- Confirm patient capacity to consent

- Perform ongoing monitoring and including physical and labs
  - Assess hormone effectiveness and look for side effects

- Communicate with patient’s PCP and/or mental health providers

- Provide statement that patient is under medical care that includes masculinizing/feminizing hormonal treatment
Hormone Therapy

• Goals
  – Suppress sex characteristics associated with patient’s natal sex
  – Induce characteristics of desired gender

• Types of Hormones
  – Transgender female transition
    • Estrogens to induce female secondary sex characteristics
    • Anti-androgens: progestins, spironolactone, GnRH agonists, finasteride
  – Transgender male transition
    • Testosterone to induce male secondary sex characteristics
# Transgender Female Hormone Effects

### Irreversible
- Chest growth

### Reversible
- Skin softening/Decreased oiliness
- Thinned/slowed terminal hair growth
- Decreased muscle mass/strength

### Variable
- Decreased spontaneous arousals
- Decreased libido
- Decreased testicular volume
- Decreased sperm production
- Erectile Dysfunction

### Physical Effects

<table>
<thead>
<tr>
<th>Effect</th>
<th>Reversibility</th>
<th>Onset</th>
<th>Expected Onset</th>
<th>Expected Maximum Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Softening of skin/decreased oiliness</td>
<td>Reversible</td>
<td>3 - 6 months</td>
<td>3 - 6 months</td>
<td>3 - 6 months</td>
</tr>
<tr>
<td>Body fat redistribution</td>
<td>Reversible/Variable</td>
<td>3 - 6 months</td>
<td>3 - 6 months</td>
<td>3 - 6 months</td>
</tr>
<tr>
<td>Decreased muscle mass/strengtha</td>
<td>Reversible</td>
<td>3 - 6 months</td>
<td>3 - 6 months</td>
<td>3 - 6 months</td>
</tr>
<tr>
<td>Thinned/slowed growth of body/facial hairc</td>
<td>Reversible</td>
<td>6 - 12 months</td>
<td>6 - 12 months</td>
<td>6 - 12 months</td>
</tr>
<tr>
<td>Male Pattern Baldnessd</td>
<td>Reversible</td>
<td>1 - 3 months</td>
<td>1 - 3 months</td>
<td>1 - 3 months</td>
</tr>
<tr>
<td>Breast growth</td>
<td>Irreversible</td>
<td>3 - 6 months</td>
<td>3 - 6 months</td>
<td>3 - 6 months</td>
</tr>
<tr>
<td>Decreased testicular volume</td>
<td>Variable</td>
<td>3 - 6 months</td>
<td>3 - 6 months</td>
<td>3 - 6 months</td>
</tr>
<tr>
<td>Decreased libido</td>
<td>Variable</td>
<td>1 - 3 months</td>
<td>1 - 3 months</td>
<td>1 - 3 months</td>
</tr>
<tr>
<td>Decreased spontaneous erections</td>
<td>Variable</td>
<td>1 - 3 months</td>
<td>1 - 3 months</td>
<td>1 - 3 months</td>
</tr>
<tr>
<td>Decreased sperm production</td>
<td>Variable</td>
<td>variable</td>
<td>variable</td>
<td>variable</td>
</tr>
<tr>
<td>Erectile Dysfunction</td>
<td>Variable</td>
<td>variable</td>
<td>variable</td>
<td>variable</td>
</tr>
</tbody>
</table>

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* a) Estimates represent published and unpublished clinical observations
  b) Significantly dependent on amount of exercise
  c) Complete removal of male facial and body hair requires electrolysis, laser treatment, or both
  d) No regrowth, loss stops
Transgender Male Hormone Effects

**Irreversible**
- Scalp hair loss
- Deepened voice
- Facial and body hair growth
- Clitoral enlargement

**Reversible**
- Skin oiliness/acne
- Increased muscle mass/strength
- Vaginal atrophy

**Variable**
- Fat redistribution

<table>
<thead>
<tr>
<th>Physical Effect</th>
<th>Reversibility</th>
<th>Onset</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin oiliness/acne</td>
<td>Reversible</td>
<td>1 - 6 months</td>
</tr>
<tr>
<td>Body fat redistribution</td>
<td>Reversible/Variable</td>
<td>3 - 6 months</td>
</tr>
<tr>
<td>Increased muscle mass/strength</td>
<td>Reversible</td>
<td>6 - 12 months</td>
</tr>
<tr>
<td>Facial/body hair growth</td>
<td>Irreversible</td>
<td>3 - 6 months</td>
</tr>
<tr>
<td>Scalp hair loss</td>
<td>Irreversible</td>
<td>variable</td>
</tr>
<tr>
<td>Cessation of menses</td>
<td>Reversible</td>
<td>2 - 6 months</td>
</tr>
<tr>
<td>Clitoral enlargement</td>
<td>Irreversible</td>
<td>3 - 6 months</td>
</tr>
<tr>
<td>Vaginal atrophy</td>
<td>Reversible</td>
<td>3 - 6 months</td>
</tr>
<tr>
<td>Deepened voice</td>
<td>Irreversible</td>
<td>3 - 12 months</td>
</tr>
<tr>
<td>Infertility</td>
<td>Irreversible</td>
<td>variable</td>
</tr>
</tbody>
</table>

- Estimates represent published and unpublished clinical observations
- Significantly dependent on amount of exercise

*Expected Onset*  
*Expected Maximum Effect*
Is Hormone Therapy Effective?

~80% improvement
  - gender dysphoria
  - psychological symptoms
  - quality of life
  - sexual function


Gender Affirming Surgery
What’s In A Name?

Sex Reassignment Surgery
Gender Reassignment Surgery
Gender Confirmation Surgery
Gender Affirmation Surgery
Surgery Requirements – Chest Surgery

• Persistent and documented gender dysphoria
  – One referral from a qualified mental health provider

• Capacity to make informed decisions and consent

• Age of majority

• Mental and physical health concerns are well controlled

• Hormone Therapy
  – Not required for FtM transition
  – Not required, but 12 months recommended for MtF transition
    • Allows for maximum breast growth and improves aesthetic outcome
Surgery Requirements – Genital Surgery
Including hysterectomy, oophorectomy, and orchiectomy

- Persistent and documented gender dysphoria
  - 2 referrals from qualified mental health professionals who know the patient well

- Capacity to make informed decisions and consent

- Age of majority

- Mental and physical health concerns are well controlled

- 12 continuous months of hormone therapy
  - Or as appropriate for patient’s gender goals

- For genital altering surgery:
  - 12 continuous months of living in a gender role that is congruent with their gender identity

Coleman E et al. Standard of Care for the Health of Transsexual, Transgender, and Gender-Nonconforming People, version 7 20
Transgender MtF Surgical Options

• Breast/Chest Surgery
  – Augmentation/mammoplasty (implants/lipofilling)

• Genital Surgery
  – Penectomy
  – Orchiectomy
  – Vaginoplasty
  – Clitoroplasty
  – Vulvoplasty

• Voice Feminization Surgery
  – Cricothyroid approximation

• Hair Removal Procedures
  – Laser
  – Electrolysis

• Facial Feminization Surgery
  – Hairline correction
  – Forehead recontouring
  – Brow lift
  – Rhinoplasty
  – Cheek implants
  – Lip lift/lip filling
  – Sliding genioplasty (chin recontouring)
  – Mandibular angle reduction (jaw recontouring)
  – Chondrolaryngoplasty (tracheal shave)

• Gluteal Augmentation

Feminizing Genitoplasty Techniques

• Bilateral Orchiectomy

• Vaginoplasty
  – Penile shaft skin ± scrotal skin graft
  – Colon/ileum
Transgender FtM Surgical Options

• Breast/Chest Surgery
  – Subcutaneous mastectomy
  – Chest contouring
  – Pectoral implants

• Genital Surgery
  – Hysterectomy
  – Bilateral salpingo-oophorectomy
  – Metoidioplasty
  – Phalloplasty
  – Vaginectomy
  – Scrotoplasty with testicular prostheses
  – Penile prosthesis

• Virilizing Surgery
  – Liposuction
  – Voice surgery

Masculinizing Genitoplasty

- Hysterectomy/BSO
  - Vaginal hysterectomy? Yes!!

*Original Research*

Feasibility of Vaginal Hysterectomy for Female-to-Male Transgender Men

Juno Obedin-Maliver, MD, MPH, Alexis Light, MD, MPH, Gene de Haan, MD, and Rebecca A. Jackson, MD
Phalloplasty

• Techniques:
  – Radial Forearm
    • Preserves sexual sensation, not bulky
    • Conspicuous scar
  – Anteriolateral Thigh
    • Preserves sexual sensation, very bulky
    • Better scar
  – Musculocutaneous Latissimus Dorsi
    • No sexual sensation, medium bulk
    • Hidden scar
What Are the Most Common Surgeries?

- Hair removal or electrolysis: 48% have had it, 47% want it some day, 3% are not sure if they want this, 2% do not want this
- Voice therapy (non-surgical): 14% have had it, 48% want it some day, 17% are not sure if they want this, 2% do not want this
- Vaginoplasty or labiaplasty: 12% have had it, 54% want it some day, 22% are not sure if they want this, 12% do not want this
- Augmentation mammoplasty: 11% have had it, 40% want it some day, 30% are not sure if they want this, 19% do not want this
- Orchiectomy: 11% have had it, 47% want it some day, 22% are not sure if they want this, 20% do not want this
- Facial feminization surgery: 7% have had it, 43% want it some day, 28% are not sure if they want this, 21% do not want this
- Tracheal shave: 5% have had it, 32% want it some day, 28% are not sure if they want this, 35% do not want this
- Silicone injections: 3% have had it, 10% want it some day, 27% are not sure if they want this, 60% do not want this
- Voice surgery: 1% have had it, 18% want it some day, 32% are not sure if they want this, 49% do not want this
- Other procedure not listed: 6% have had it, 15% want it some day, 15% are not sure if they want this, 64% do not want this

How Successful Is Surgery?

<table>
<thead>
<tr>
<th>Social inclusion, transphobia or transition factor</th>
<th>Frequency in trans population N=433</th>
<th>Proportions with past-year suicidal ideation</th>
<th>Proportion attempting suicide in past year</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% 95% CI</td>
<td>% 95% CI</td>
<td>% 95% CI</td>
</tr>
<tr>
<td>Social support</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low: 1-3</td>
<td>35 (27, 44)</td>
<td>39 (28, 55)</td>
<td>16 (8, 28)</td>
</tr>
<tr>
<td>Medium: &gt;3 to 4</td>
<td>32 (24, 39)</td>
<td>31 (17, 44)</td>
<td>9 (2, 17)</td>
</tr>
<tr>
<td>High: &gt;4 to 5</td>
<td>34 (27, 42)</td>
<td>32 (21, 47)</td>
<td>2 (0, 5)</td>
</tr>
<tr>
<td>Strong parental support for gender</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td>28 (22, 37)</td>
<td>19 (9, 31)</td>
<td>2 (0, 5)</td>
</tr>
<tr>
<td>No</td>
<td>72 (63, 78)</td>
<td>44 (32, 54)</td>
<td>15 (7, 25)</td>
</tr>
<tr>
<td>Transphobia</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low: 0-11</td>
<td>39 (31, 46)</td>
<td>24 (13, 36)</td>
<td>6 (0, 15)</td>
</tr>
<tr>
<td>Medium: &gt;11 to 22</td>
<td>51 (43, 58)</td>
<td>39 (29, 50)</td>
<td>10 (4, 16)</td>
</tr>
<tr>
<td>High: &gt;22</td>
<td>11 (6, 17)</td>
<td>55 (27, 79)</td>
<td>22 (4, 44)</td>
</tr>
<tr>
<td>History of workplace discrimination</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td>35 (27, 42)</td>
<td>41 (30, 59)</td>
<td>9 (3, 17)</td>
</tr>
<tr>
<td>No</td>
<td>66 (58, 74)</td>
<td>31 (22, 42)</td>
<td>13 (4, 22)</td>
</tr>
<tr>
<td>Transphobic harassment and violence</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>None</td>
<td>46 (38, 55)</td>
<td>28 (18, 40)</td>
<td>4 (1, 10)</td>
</tr>
<tr>
<td>Verbal harassment or threats</td>
<td>34 (28, 42)</td>
<td>35 (23, 49)</td>
<td>8 (2, 15)</td>
</tr>
<tr>
<td>Physical or sexual assault</td>
<td>20 (13, 25)</td>
<td>56 (40, 74)</td>
<td>29 (12, 47)</td>
</tr>
<tr>
<td>Medical transition status</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have medically transitioned</td>
<td>26 (19, 34)</td>
<td>23 (12, 36)</td>
<td>1 (0, 3)</td>
</tr>
<tr>
<td>In process</td>
<td>24 (18, 30)</td>
<td>41 (28, 58)</td>
<td>18 (7, 30)</td>
</tr>
<tr>
<td>Planning, but not begun</td>
<td>26 (20, 34)</td>
<td>55 (34, 70)</td>
<td>27 (6, 40)</td>
</tr>
<tr>
<td>Not planning / unsure / does not apply</td>
<td>24 (16, 31)</td>
<td>23 (10, 40)</td>
<td>3 (0, 7)</td>
</tr>
</tbody>
</table>

WHAT'S TRANSGENDER?
A PERSON.

STATEHOUSE TRANSGENDER DEBATE