

Transgender Health

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1



2

Terminology

- Gender Identity
- Cisgender
- Trans*
 - Transgender vs Transsexual
 - MTF, FTM, Trans Woman, Trans Man
 - Gender Queer
 - Gender Fluidity
- Intersex

3

The Genderbread Person v3.3 by its pronounced METROsexual

Gender is one of those things everyone talks they understand, but most people don't. The description Genderbread's taking it out of definition. It's not even its trademark. Like all of this, it's about the people. This being the guide is meant to be an opportunity for gender understanding. It's okay if you're hungry for more. In fact, that's the idea.

Gender Identity
 How you identify yourself as a man, woman or neither. You decide whether you identify as a man, woman or neither. You decide whether you identify as a man, woman or neither. You decide whether you identify as a man, woman or neither.

Gender Expression
 How you present gender through your actions, dress and behavior, and how those presentations are interpreted based on gender norms.

Biological Sex
 The physical and chemical traits that have with sex chromosomes, genitalia, body shape, voice pitch, body hair, hormones, chromosomes, etc.

Sexually Attracted to
 Men-women, Man-women, etc.

Romantically Attracted to
 Men-women, Man-women, etc.

For a deeper dive, visit our website at www.genderbread.org

4

'Transition'

- Social Transition
 - Workplace, family, friends etc
 - Change of name, different attire etc
- Medical Transition
 - Puberty blockers
 - Hormones
 - Testosterone based
 - Estrogen Based
- Surgical Transition
 - Breast augmentation, SRS, Facial Feminisation etc
 - Mastectomy, phalloplasty etc

5

Hormones - Trans-feminine

- Oestrogen Based
 - Oral oestradiol - Prognova 2-8mg daily
 - Patches - Generally - 75-100 mcg
 - Oestrogen Implants
- Anti-Androgens/Testosterone Blockers
 - Cyproterone acetate 12.5mg - 100mg
 - Spironolactone 100-200mg
- Monitor:
 - Serum Oestradiol, Free Testosterone, Lipids, Prolactin, LFTs
- Preventative Health Screening
 - Mammogram, Prostate, Bone density

6

Hormones - Trans-Masculine

- Testosterone
 - Injectables
 - Primoteston, Sustanon - Short acting, every 2-3 weeks
 - Reandron - Long acting, every 10-14 weeks
 - Topical
 - Testogel, Androforte - Daily application
 - PBS Requirements
- Monitor:
 - Free Testosterone, FBE (for HCT), Lipids, LFTs
- Preventative Health Screening
 - Cervical Screening, Mammogram, Bone Density

7

Expected effects

Oestrogen	Testosterone
Reduced Libido and Decreased spontaneous erections	Increased skin oiliness
Body Fat Redistribution	Facial/Body hair growth
Reduction Muscle Mass	Body Fat Redistribution
Softening Skin	Cessation Menstruation
Breast Growth	Clitoral enlargement and vaginal atrophy
Reduced testicular volume and sperm production	Increased muscle mass/strength
Thinning of body hair	Deepening of voice
	Scalp Hair Loss

8

Health Issues/Considerations

- Health screening
 - Cervical Screening, Mammograms
 - Prostate Screening
- Sexual health
 - Contraception
 - STI screening
- Fertility
 - Prior to HRT
 - Post HRT

9

Accessing Health Services

Personal History: _____ **Date:** _____

Title	Mr/Ms/Ma/Dr/Other
First Name	
Surname	
Date of Birth	/ /
Address	
Postcode	
Phone (Home)	
Phone (Work)	
Mobile	
Email address	
Gender	Male <input type="checkbox"/> Female <input type="checkbox"/>
Marital Status	
Occupation	

10

Accessing Health Services

- Patient registration
 - Medicare
 - Reminder letters
- Clinic
 - Toilet access
 - Language of staff
- Health professionals
 - Awareness of gender diversity
 - Sensitive practice

11

Local Services

- General Practices:
 - Northside Clinic, Fitzroy North - www.northsideclinic.net.au
 - Equinox, Fitzroy - www.equinox.org.au
 - Prahran Market Clinic, Prahran - www.prahranmarket.com
- Adult Services:
 - Monash Gender Clinic, Hampton East - <http://monashhealth.org/services/services-f-n/gender-clinic/>
- Under 18's Services:
 - Royal Childrens Hospital Gender Clinic - <https://www.rch.org.au/adolescent-medicine/gender-service/>
- List of Providers:
 - ANZPATH - www.anzpath.org

12

Key tips for treating trans* patients

- Preferred pronoun
 - At introduction
 - When writing letters etc
- Preferred name
 - Ensuring documentation of same in an appropriate way
- Non gendered language
 - Particularly referring to body parts
 - Asking patient if they have a preferred word to use
