

GENDER AFFIRMING SURGERY INCONGRUENCE
ANDROGYNY TRANSITION
 GENDERQUEER DIFFERENCES OF SEX DEVELOPMENT (DSD)
 GENDER ROLE SEXUAL ORIENTATION BISEXUAL
 TRANS MAN INTERSEX **LGBTQIA+** QUESTIONING CISGENDER
 HOMOSEXUALITY TRANSMASCULINE GENDER DYSPHORIA HETEROSEXUAL
 TRANSGENDER PANSEXUAL STRAIGHT ALLY ASEXUAL TRANSFEMININE
 TRANS WOMAN GAY GENDER EXPRESSION
GENDER IDENTITY NON-BINARY **SEX** LESBIAN QUEER
 GENDER NON-CONFORMING GENDER FLUID SEXUAL MINORITY STRESS

THE MORE YOU KNOW

Finding affirming providers for transgender and gender diverse people can sometimes be a challenge. Below are some tools to help you with your gender journey.

1. FIND AFFIRMING PROVIDERS

Affirming medical providers can advocate for your health and help navigate your gender journey.

2. BE PREPARED TO SHARE

Share your affirmed name, pronouns, and sex recorded at birth with your medical provider to avoid misgendering.

3. IDENTIFY FRIENDS OR FAMILY WHO CAN SUPPORT YOUR JOURNEY

It's important to have support from family, friends, and allies. Your support system can celebrate your triumphs and foster your well-being.

4. FIND A SUPPORT GROUP

Support groups offer a bond of understanding and empathy with others who have a shared experience. Support groups come in the form of face-to-face meetings or online communities.

5. KNOW YOUR MEDICATIONS

It's important to know the name and doses of medications and/or supplements you are taking and any allergies you may have.

6. GET THE PROPER SCREENINGS

Regular check ups and screenings are essential to longterm health. Screenings can identify conditions early and guide best decisions with your care provider.

7. HAVE COPIES OF YOUR MEDICAL HISTORY

Your medical history gives your provider a road map for your health needs. It helps your provider understand if you are at risk for any chronic diseases. Your health history can also guide gender-affirming therapies if you decide to pursue these.

8. EXERCISE REGULARLY AND MAINTAIN A HEALTHY DIET

It is important to eat well, exercise and maintain a healthy weight to reduce longterm health risks, especially if you are on hormone therapy. Eating well and exercising can improve health and well-being.

9. KNOW YOUR RIGHTS

Discrimination can come in many forms. Your healthcare provider can give you resources to help advocate for your healthcare rights.

10. ASK QUESTIONS

Asking questions and giving your provider feedback can improve your care. Having open discussions with your provider builds trust, satisfaction, and improves results.



You have questions. We have answers.

Editor: Caroline Davidge-Pitts, MBBCH, Mayo Clinic

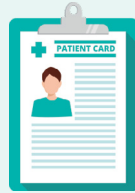


KNOW YOUR HEALTHCARE TEAM

Decisions about medical care for transgender and gender diverse people should be a collaborative decision. Talk honestly with your healthcare provider about your goals.

PRIMARY CARE PROVIDERS FAMILY CARE PROVIDERS

- General medical care including regular check ups and health screenings
- Some primary care providers can provide hormone therapy for gender dysphoria
- Navigating insurance coverage
- Provide referrals to specialists



BEHAVIORAL HEALTH PROFESSIONAL

- Optimize trajectory of care
- Support for behavioral health issues
- Sexual health concerns
- Social work
- Family and school concerns
- Offer letters to acquire legal identity documentation (e.g. drivers license, passport etc.)
- Financial considerations



GYNECOLOGIST UROLOGIST REPRODUCTIVE ENDOCRINOLOGIST

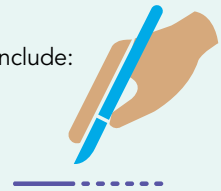
- Breast/chest health
- Pelvic health including organ screening and evaluation/treatment of STIs
- Fertility
- Gender affirming surgeries



PLASTIC SURGERY

Gender affirming surgeries. Examples include:

- Chest and breast surgery
- Feminizing genital surgery
- Masculinizing genital surgery
- Facial feminization
- Tracheal shave



DERMATOLOGIST

- Hair loss or unwanted hair
- Skin changes related to hormone therapy including acne



ENDOCRINOLOGIST OR PEDIATRIC ENDOCRINOLOGIST

- Medical care related to hormone therapy
- Initiation and monitoring of hormone therapy in adults and adolescents
- Sexual health
- Perioperative medical evaluations



Remember you are the most important part of your medical team.
Know the facts and advocate for yourself.

ADDITIONAL RESOURCES:

hormone.org/find-an-endocrinologist
gottransition.org
wpath.org

VISIT HORMONE.ORG

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