

## ECHO Idaho: Behavioral Health in Primary Care

Gender Dysphoria

10/3/18

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The speaker has no significant financial conflicts of interest to disclose.

# Learning Objectives

- Review concept of gender identity
- Define Gender Dysphoria
- Resources for treatment

### Sex



Male

Intersex

Female

### Gender Identity



Male

Genderqueer

Female

### Gender Presentation



Masculine

Androgynous

Feminine

### Sexual Orientation



Gay

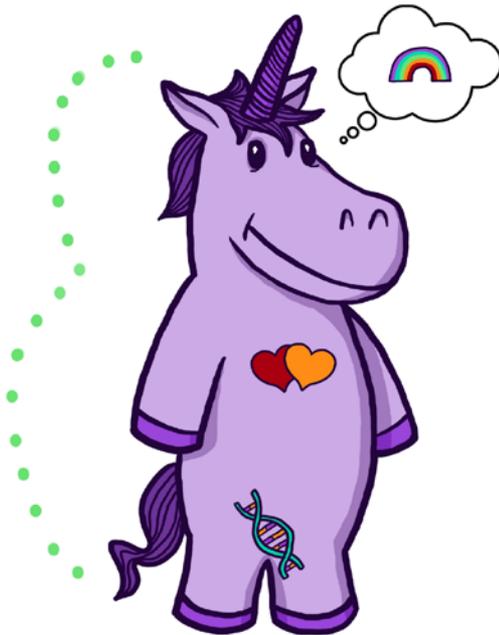
Bisexual

Straight

# Gender identity

## The Gender Unicorn

Graphic by:  
**TSER**  
Trans Student Educational Resources



To learn more, go to:  
[www.transstudent.org/gender](http://www.transstudent.org/gender)

Design by Landyn Pan and Anna Moore

# Gender dysphoria—DSM-5

- **Diagnostic Criteria for Gender Dysphoria (in Adolescents or Adults)**
- **A. A marked incongruence between one's experienced/expressed gender and assigned gender, of at least 6 months duration, as manifested by at least two of the following:**
  - *1. a marked incongruence between one's experienced/expressed gender and primary and/or secondary sex characteristics (or, in young adolescents, the anticipated secondary sex characteristics)*<sup>[SEP]</sup>
  - *2. a strong desire to be rid of one's primary and/or secondary sex characteristics because of a marked incongruence with one's experienced/expressed gender (or, in young adolescents, a desire to prevent the development of the anticipated secondary sex characteristics)*<sup>[SEP]</sup>
  - *3. a strong desire for the primary and/or secondary sex characteristics of the other gender*
  - *4. a strong desire to be of the other gender (or some alternative gender different from one's assigned gender)*<sup>[SEP]</sup>
  - *5. a strong desire to be treated as the other gender (or some alternative gender different from one's assigned gender)*<sup>[SEP]</sup>
  - *6. a strong conviction that one has the typical feelings and reactions of the other gender (or some alternative gender different from one's assigned gender)*
- **B. The condition is associated with clinically significant distress or impairment in social, occupational, or other important areas of functioning.**

# In office recommendations

- Simple in office interventions
  - Gender neutral bathrooms (at least one)
  - Change gender designation on intake from “male/female” to gender \_\_\_\_\_ or offer a “transgender” and “other” option
  - Use gender neutral language and ask about preferred pronouns, names
  - Be kind, courteous and open, it goes a long way.....

# Sample intake form

1. What is your current gender identity? (Check and/or circle ALL that apply)

Male

Female

Transgender Male/Transman/FTM

Transgender Female/Transwoman/MTF

Genderqueer

Additional category (please specify): \_\_\_\_\_

Decline to answer

2. What sex were you assigned at birth? (Check one)

Male

Female

Decline to answer

3. What pronouns do you prefer? \_\_\_\_\_

(UCSF Center for Excellence in Transgender Health, [Transhealth.ucsf.edu](http://Transhealth.ucsf.edu))

# Options for psychological and medical treatment

- Number of treatments applied and order varies
  - Changes in gender expression and role (living in role consistent with identity)
  - Psychotherapy to explore gender identity, role, expression, mental health, enhancing social support, eliminating internalized transphobia etc.
  - Hormone therapy to feminize or masculinize
  - Surgery to change primary and/or secondary sex characteristics

# Options for social support and changes in gender expression

- **Support groups:** In person and online
- **Support resources for family and friends**
- **Voice and communication therapy:** verbal and nonverbal skills
- **Hair removal:** laser, electrolysis, waxing
- **Devices:** Breast binding or padding, genital tucking, penile prostheses, padding of hips or buttocks
- **Identity documents:** Changes in name and gender marker

# Hormone therapy—clinical practice guidelines

- Some TG patients decide not to pursue
- Many guidelines for treatment available
  - *Standards of Care for the Health of Transsexual, Transgender and Gender-Nonconforming People (SOC 7)—World Professional Association of Transgender Health-WPATH*
  - *Endocrine Society Clinical Practice Guideline*
  - *UCSF Center for Excellence in Transgender Health, Primary Care Protocol*

# Informed consent

- Mental health provider involvement, continued consultation
- Some permanent effects so generally felt to be “irreversible”
- Reproductive effects
- Need continuous/ongoing monitoring

# Hormone therapy

- MTF:
  - Testosterone blocker (spironolactone, finasteride)
  - Estradiol (injectable, pill or patch)
- FTM
  - Testosterone (Patch, Injectable, gel)

# Risks/side effects to watch for MTF

- Venous thromboembolic disease
  - Over 40 more susceptible, also sedentary, obese or with underlying thrombophilia
  - Addition of progestin increases risk
  - Transdermal more risky
- CV events, especially over 50
- Lipid disorders
  - High triglycerides—pancreatitis, CV events
- Transient transaminitis
- Cholelithiasis
- Hyperkalemia (spironolactone effect)
- Type 2 DM
- HTN
- Prolactinoma
- Breast cancer: MTF who have take hormones do get breast cancer, but rates are unknown in comparison to those born with female genitalia
  - RFs include family history, longer duration of exposure to estrogen, obesity, use of progestins

# Risks/side effects to watch-FTM

- Likely risks:
  - Polycythemia (HcT >50%)
  - Modest weight gain
- Possible increased risk
  - Dyslipidemia
  - Transaminitis
  - Risk of mania, hypomania and psychotic symptoms in patients with underlying psych illness
- Inconclusive
  - Osteoporosis
  - CV events-if known risk factors
  - Increase in BP—but not HTN
  - T2DM-if known risk factors
  - Ovarian cancer
  - Endometrial cancer
- Fertility reduction, but not completely.....

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# Definitions/terminology

- Sex/assigned sex/birth sex/biological sex
  - Male, female or intersex
  - Determined at **birth**
  - ***Someone else decides this for you***
- Intersex
  - Ambiguous genitalia, sex chromosomes or gonads
- Gender
  - Qualitative experience
  - Woman, man, masculine, feminine, butch, femme, transgender, trans, genderqueer, cisgender
  - Fluid
  - ***Only you can define your gender***

# More terms

- Transgender/trans
  - Umbrella term
  - Gender not completely aligned with birth sex
- Transsexual
  - Older term
  - Some medical use still, though controversial
- MTF, M2F, Male-to-female, Trans woman
  - Feminine pronouns generally
- FTM, F2M, Female-to-male, Trans man
  - Masculine pronouns generally

# Yep, even more

- Cis-gender
  - Those whose birth sex aligns with their gender
- Genderqueer
  - Describes someone who does not conform to traditional gender roles
- Transition
  - Mental, emotional, physical process of changing one's gender presentation
  - Can involve changes in dress, hair, make-up, hormones, surgical procedures or none of the above