

*Maryland Association of Osteopathic Physicians*

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# Transgendered Medicine & Surgery: The Basics

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# What you need to know

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- ❖ We are here for education
- ❖ NOT to debate philosophies
- ❖ you WILL see some trans patients in your career
- ❖ I have no financial stakes in this lecture

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# Goals

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- ❖ understand basic terminology
- ❖ understand basic principles of transgender medicine
- ❖ learn where to get information if you need it
- ❖ understand the basic culture around transgender medicine

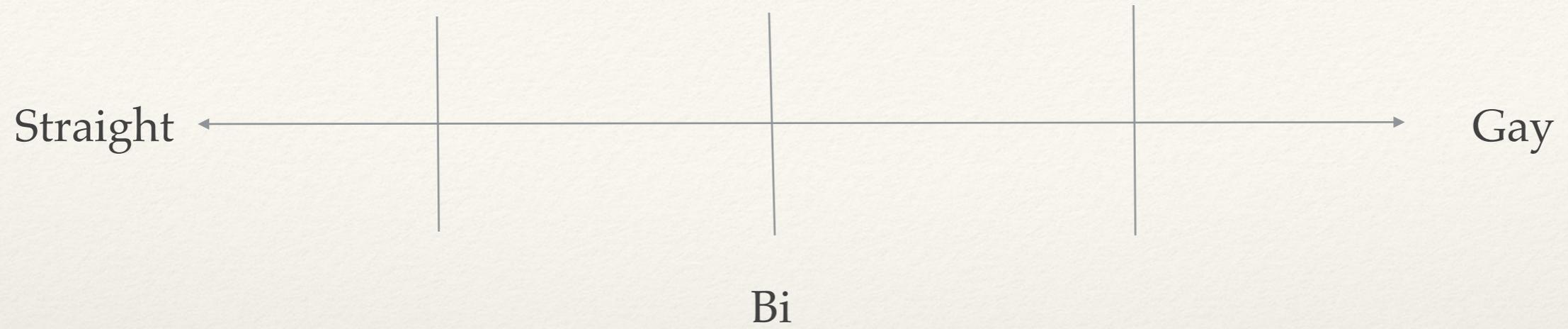
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# Terminology

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- ❖ Transgendered female = MtF =trans female
  - ❖ refer to as “she”
    - ❖ pre-op reference too
- ❖ Transgendered male = FtM = trans male “he”
- ❖ Natal female = person who was born female, often in reference to a non-trans person

- ❖ Sexual orientation and sexual identity are SEPARATE!!
- ❖ “straight male” considers self a lesbian female
- ❖ female brain in male body



❖ Spectrum not binary...



- ❖ Trans-pts know from the age of 5 they are in the wrong body
- ❖ increased depression anxiety
- ❖ Suicide attempt 50%-90% pre-op
- ❖ sensitivity -one chance!
  - ❖ pre-op H&P: breast, testicular, PAP...
  - ❖ office sensitivity (forms)

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# sensitivity

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- ❖ pts dress at different parts of their lives
- ❖ may not dress to see you
- ❖ sees doctor as gate keeper
- ❖ screw it up for all doctors
- ❖ they need you

- ❖ transgendered males (FtM)
  - ❖ they avoid breast exams
  - ❖ they avoid PAP smears
- ❖ transgendered females (MtF)
  - ❖ they avoid prostate exams
  - ❖ they avoid testicular exams

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# Age

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- ❖ teens-60s and beyond
- ❖ family dynamics
  - ❖ parents
  - ❖ siblings
  - ❖ children

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# Process

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- ❖ hormone therapy
- ❖ surgery: breast, genital, facial surgery, tracheal shave, body contouring, abdominoplasty
- ❖ electrolysis
- ❖ voice therapy
- ❖ counseling
- ❖ fertility

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# Requirements

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- ❖ 2 letters from mental health professionals one of which who has to be specialized in transgendered patients
  - ❖ psychologists, therapist, psychiatrist, sexologist, counselors-continuous contact
  - ❖ History and physical from primary care doctor
- ❖ hormone or breast surgery only 1 letter from mental health professional-WPATH (World Professional Association of Transgendered Health)
- ❖ BMI <28

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# requirements

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- ❖ must be living as desired sex for at least one year full time -genital surgery
- ❖ preop labs, EKG, PFT, CXR, stress test
- ❖ hormones: PAP / prostate exam, (breast exam)

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# Hormones dangers

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- ❖ illegal (internet) hormones...
- ❖ estrogen -family history breast CA
  - ❖ prolactin producing pituitary
- ❖ Androgen
  - ❖ hormone dependent CA
  - ❖ severe lipid d/o with CAD

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# Hormones MtF

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- ❖ better results if started earlier
- ❖ MtF (transgendered females)
  - ❖ testosterone blocker -finasteride
  - ❖ spironolactone -anti androgen -electrolytes-
  - ❖ progesterone compound anti androgen prop
    - ❖ breast development
- ❖ Estrogen

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# Hormones FtM

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- ❖ FtM hormone therapy
  - ❖ testosterone esters IM
    - ❖ testosterone levels
    - ❖ menstrual bleeding -progesterone

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# MtF surgery genital

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- ❖ orchiectomy - change birth certificate
- ❖ electrolysis
- ❖ fertility -saving sperm

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# MtF post op

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- ❖ dilation
- ❖ cleaning -blind ended pouch
- ❖ sloughing off of epidermis 6-9 months
- ❖ YEARLY speculum, breast, prostate
- ❖ granulation tissue -nitrate sticks graft
- ❖ sexuality -masturbation, G-spot, clitoris, lubrication

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# FtM surgery genital

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- ❖ phylloideoplasty -rarely done
- ❖ may have hysterectomy with BSO
- ❖ clitoral release
- ❖ Urethral extension
  - ❖ urinate standing up
- ❖ Mastectomy -mammogram???????

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# FtM post op

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- ❖ breast exams yearly
- ❖ PAP smears -according to guidelines
- ❖ bi-manual

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# Resources

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- ❖ <http://www.wpath.org/>
- ❖ <http://drchristinemcginn.com/>
- ❖ [GLMA.org](http://GLMA.org)
- ❖ Book: Principals of Transgendered Medicine and Surgery