TRANSGENDER HEALTH CARE

Definitions

Sex: the anatomic distinction between male and female **Gender:** the societal construct that is associated with men

(masculinity) and women (femininity) **Sexual behavior:** sexual activity

Sexual orientation: sexual and emotional attraction to another

person

Sexual identity: expression and self-perception of one's sexual

orientation

FTM: female to male transgender **MTF:** male to female transgender

Tips for Visits and the History and Physical

- Encourage the use of office intake forms that include "transgender" under gender and "partner" instead of "husband/wife"
- Promote the posting of non-discrimination signs, including those regarding sexual orientation/gender identity, on the walls
- Sex, sexual behavior, sexual orientation and sexual identity are NOT synonymous → do not assume one from another
- Use gender neutral language, such as "partner," when inquiring about relationship/sexual history
- Ask if you may document patient's sexual orientation/behavior and discuss issues of confidentiality

Resources

www.amsa.org/gender - AMSA's Gender & Sexuality Committee www.lgbthealth.net - National Coalition for LGBT Health www.pflag.org - Parents, Families, and Friends of Lesbians and Gays www.glma.org - Gay and Lesbian Medical Association www.cdc.gov/lgbthealth - Centers for Disease Control & Prevention www.nctequality.org - National Center for Transgender Equality

Transgender Health Disparities

- Physical and sexual violence One study showed 27% of transgender participants were victims of violence¹
 - Murders reported in 20 states and 89 cities²
 - 14% of Washington Transgendered Needs Assessment Survey individuals reported being sexual assault victims³
- 2. HIV Increased prevalence in MTF individuals
 - MTF sex workers at particularly high risk for HIV⁴
- 3. **Substance abuse** Significant substance abuse noted, but lack of culturally sensitive substance programs hinders treatment⁵
- 4. **Suicidal ideation and attempt** Ideation rates of up to 64%, mainly due to gender identity issues^{3,6,7,8,9}
 - Suicide attempt rates ranging from 16-37% 3,6,7,8,9
- 5. Lack of health insurance/health insurance coverage
 - High rates of unemployment/poverty lead to high rates of uninsurance and poor routine health screening ^{3, 10}
 - Hormone therapy and sex reassignment surgery commonly rejected by major health insurance carriers¹¹
- Sex reassignment complications Most frequent complication is deep venous thromboembolism in MTF, also infertility, weight gain, and emotional lability¹²
 - For FTM, complications include heart disease, liver disease, mood changes, acne, and male pattern haldness¹²

To view references, please visit www.amsa.org/lgbt/wcc.cfm

