



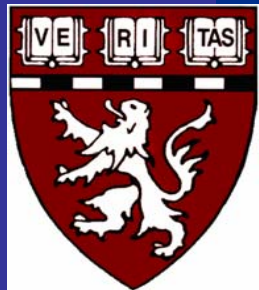
Endocrine Treatment for Transgendered Adolescents

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Gender Identity Research
and Education Society







Letter from 16 ½ year old trans girl (MtF)


∞ To the Female Endocrinologist
Responsible for Her Care

∞ Please listen to me when I tell you that I have no conflicting feelings whatsoever about my gender – I am female. Living in a male body hurts beyond belief. I sometimes feel as if I will go crazy with the sadness and desperateness of it.

What can be done ?

♿ Shortly after onset of puberty, provide hormone blockers:

- prevents development of unwanted secondary sex characteristics
- provides more time to confirm gender identity
- limits the amount of surgical intervention necessary at a later stage
- maintains high voice pitch (MtF)



∞ later, provide cross-sex hormones:
encourage sex characteristics in
accordance with gender identity

- limit in trans girls (MtF)
- increase in trans boys (FtM)

∞ safeguard bone density

Must be done safely

- ⌚ **Dangers of internet medication**
- ⌚ **Thorough screening:**
- ⌚ **LGBT issues sometimes difficult to distinguish in young children**
- ⌚ **Transsexualism rare (perhaps 1 in 10,000), compared to:**
 - Other gender variance (perhaps 1 in 100)
 - LGB experiences (perhaps 1 in 20)
- ⌚ **Majority of those still experiencing severe gender variance in adolescence do transition**
- ⌚ **Careful selection makes subsequent regret unlikely**

Obstacles:

- ∞ Fear causes children to hide their gender discomfort
- ∞ ethical concerns among clinicians
- ∞ misdiagnosis by psychiatrists & psychologists
- ∞ failure to appreciate the influence of biology on gender development
- ∞ conflicting published protocols:
 - Harry Benjamin (HBIGDA), UK Royal College Psychs permit early blocking;
 - British Soc. Paediatric Endo & Diabetes delays blocking until puberty is complete



∞ Fully informed consent from:

- competent child
- parent or guardian

∞ includes consideration of:

- reproductive options (limited for MtF)
- availability of tissue in MtF for construction of vagina

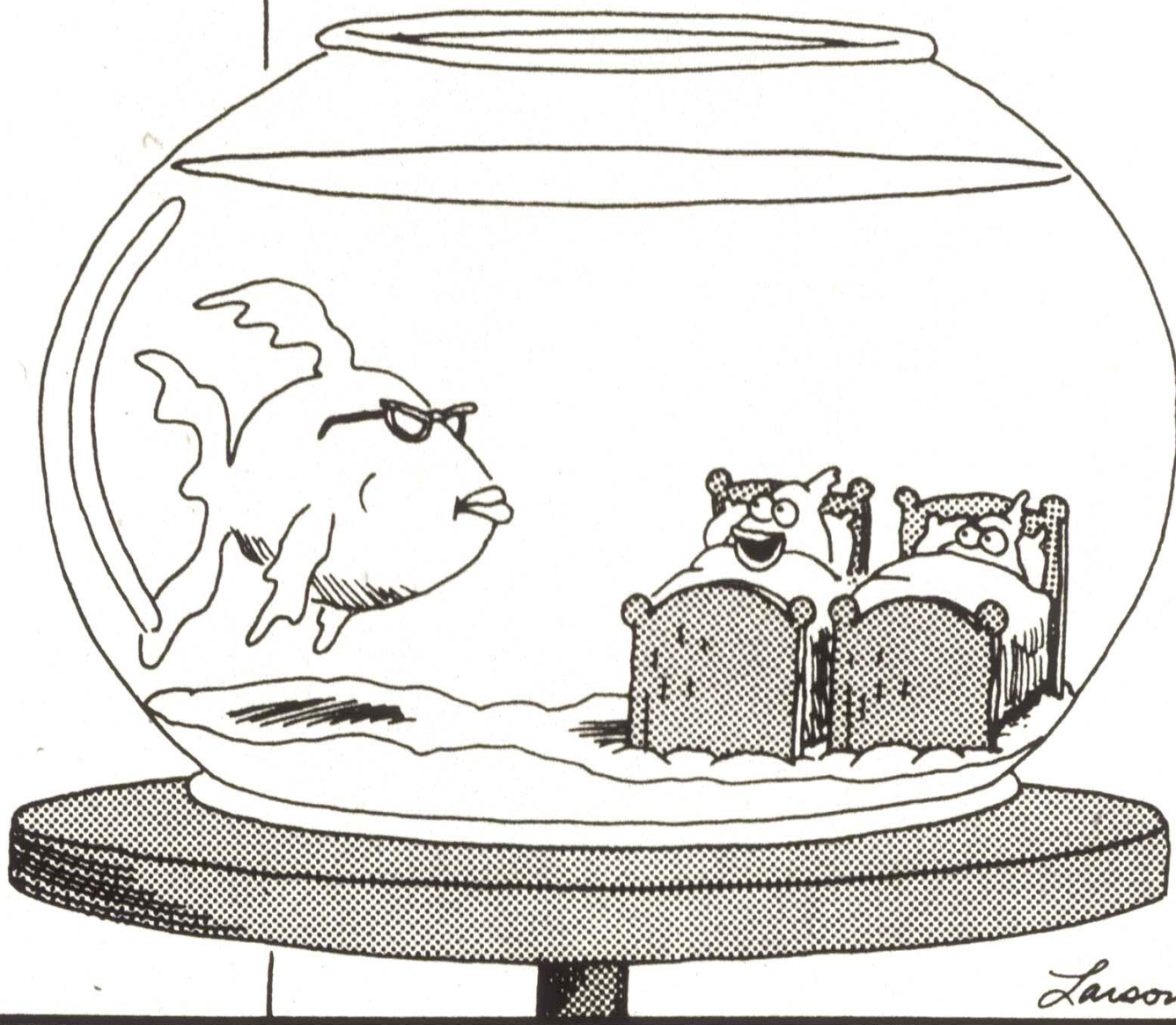
Obstacles continued:

- ⌚ Little validated research
- ⌚ Medication not licensed for this use
- ⌚ High cost of the most effective blockers
- ⌚ Treatment not funded by insurance
- ⌚ Court approval may be required
- ⌚ Many countries provide no treatment



The Way Forward

- ⌚ Achieve medical consensus
- ⌚ Campaign for proper treatment
- ⌚ Improve other aspects of these adolescents lives
- ⌚ Create a new mind-set among clinicians




"Mom! Theron's dried his bed again."



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I thought I would have to go away
and you would think of me as
dead

harassment at work

4 years with company - no problem

transition

co-workers:

tampered with brakes on motorbike

put razor blade under car-door handle

spray-painted clothes with obscenities

stole tools

put used tampax on work-station

made coffin - black - RIP & name

refused to work with her {injuries}

constantly threw tea mug away

2½ years



harassment cont'd

after two and half years

running a 'book'- saved £100 to go to person
who got her fired or badly hurt

suicide attempt

back to work

still ostracised & isolated

3 months later

working alone - further injury - unable to work
fired

employment tribunal

{huge emotional & financial cost}

Chessington World of Adventures v Reed, 1996

1997



founded

∞ challenge the psychiatric
illness diagnosis

- 2 symposia in London
- Int. Journal Transgenderism (9:1) in press

POSTER

improve medical treatment

∞ Adolescents (with Mermaids):

- symposium in London

∞ Adults (with other groups):

- commissioning guidelines (Parliamentary Forum)
- Standards of Care (Royal College of Psychiatrists - working group)

educate society

- ∞ Parliament - explanation for MPs
- ∞ Police - regional and central - POSTER
- ∞ families - 11 workshops - POSTER
- ∞ conference presentations & workshops:
 - 3 HBIGDA (2005); trans groups, hospitals; suicide hospice; nurses; IAWP; GPA; Relate
- ∞ Literature:
 - libraries, clinics, CAB, schools,
 - 3 chapters in books
 - articles: Gendys; Gentrust; Boys Own; TS/TV news.....



www.gires.org.uk