

2022 Forum on Aging in Rural Oregon



Presents

Trans Healthcare: An Introduction

Speaker:

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OPAL Program
(Oregon Psychiatric Access Line)
OPAL-K for kids and OPAL-A for adults



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TRANS HEALTHCARE: AN INTRODUCTION

Kelly
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(*she/her*)

DISCLOSURES

2022

This speaker has no financial or other conflicts of interest to report.

OBJECTIVES

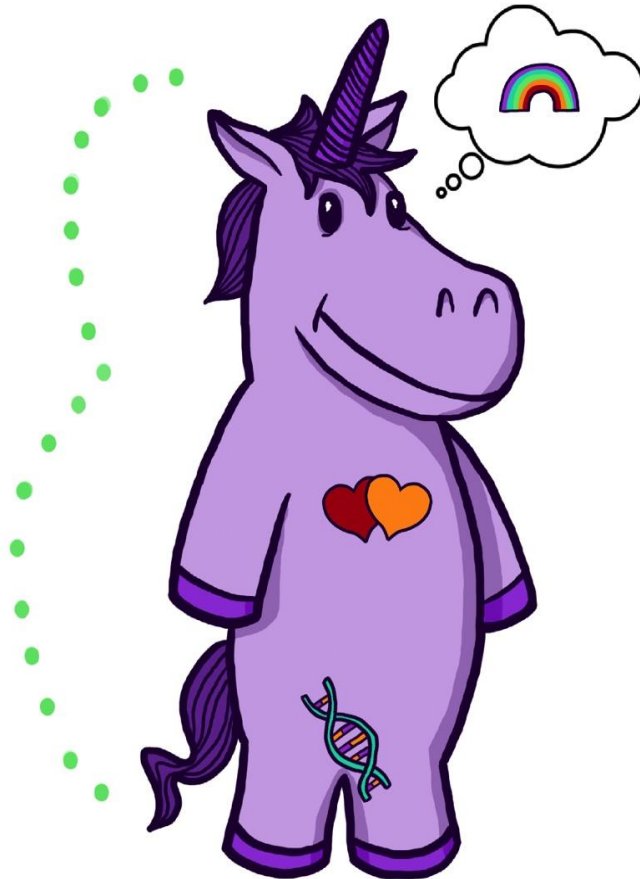
- Explore the history of trans medicine.
- Define culturally appropriate terms used when discussing transgender and nonbinary (ENBY) individuals.
- Review reasoning for providing gender affirming care.
- Gender affirming interventions.
- Considerations for older adults and rural residents.

TRANSGENDER HEALTH HISTORY IN THE UNITED STATES

- **1948**- Endocrinologist Dr. Harry Benjamin pioneered gender affirming hormone therapy with a trans female child.
- **1952**- Christine Jorgensen, a trans woman, became internationally known as the first woman in the US to have undergone gender affirming surgery.
- **1966**- First Gender Clinic opened at Johns Hopkins Medical Center.
- **1969**- The Stonewall riots, led by trans women of color Marcia P. Johnson and Sylvia Rivera, initiated the modern day fight for LGBTQ rights in the US.
- **1979**- WPATH (World Professional Association for Transgender Health) published the first Standards for Care.
- **1980**- Transsexualism was introduced the DSM III (which was later changed to Gender Identity Disorder and is now listed as Gender Dysphoria in the DSM-5)

The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



Gender Identity



Female/Woman/Girl

Male/Man/Boy

Other Gender(s)



Gender Expression



Feminine

Masculine

Other



Sex Assigned at Birth

Female

Male

Other/Intersex



Physically Attracted to



Women

Men

Other Gender(s)



Emotionally Attracted to



Women

Men

Other Gender(s)

To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore

GENDER AFFIRMING TERMINOLOGY

- **Cisgender:** Individuals who identify with the gender they were assigned at birth.
- **Queer:** Umbrella term to refer to all LGBTQIA+ people. It is also a term used by individuals who see their sexual orientation and/or gender identity as fluid.
- **Nonbinary (ENBY)/Gender expansive:** Umbrella term for individuals who do not fit into traditional “male” and “female” gender categories. This term includes individuals who identify as agender, genderfluid, genderqueer, and others.
- **Gender nonconforming (GNC):** Individuals who do not adhere to the traditional gender expectations for appearance and behavior of people of their assigned gender. Some identify as transgender, but others (like butch lesbians) do not.
- **Transgender:** Individuals who identify differently from the sex they were assigned at birth. Often abbreviated to **trans**. A **trans man** is someone with a male gender identity who was assigned female at birth. A **trans woman** is someone with a female gender identity who was assigned male at birth.
- **Two-Spirit:** A Native American term for individuals who blend the and feminine. Some Indigenous people use this term to describe their sexual, gender, and/or spiritual identity.

WHY TRANS PEOPLE NEED MORE VISIBILITY

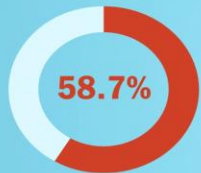
With more visibility comes more understanding. These statistics can and will get better as trans people become more visible in our society.



The Gender, Violence, and Resource Access Survey found that



of trans people have been raped or assaulted by a romantic partner

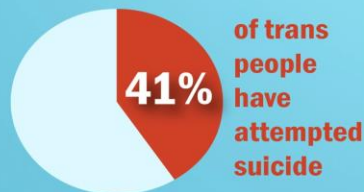


of gender non-conforming students have experienced verbal harassment in the past year because of their gender expression, compared to 29% of their peers



of trans people reported physical abuse in a 2007 survey

Trans people of color are...
6X more likely to experience physical violence when interacting with the police than white cisgender survivors of violence



of trans people have attempted suicide



transgender people have experienced homelessness at some point in their lives



have been evicted due to being transgender

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For more information,
go to transstudent.org/graphics

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Infographic Design by Landyn Pan

- 80% of trans students feel unsafe at school d/t their gender expression.
- 50% have been raped or assaulted by sexual partners.
- Trans people of color are 6x more likely to encounter physical violence when interacting with the police vs that of white cis people.
- 1 in 5 have trans people have experienced homelessness.
- 41% of trans people have attempted suicide.

THE IMPORTANCE OF FRONT LINE STAFF

- **28% of trans individuals** have postponed medically necessary care when sick or injured.
- **33% of trans individuals** have delayed or forgone preventative medical care.
- **50% of trans individuals** have to teach their providers about transgender care.

Office policies to Consider

- Document preferred name and pronouns in EHR.
- Add gender identity/expression in non-discrimination policy.
- Gender neutral bathrooms.
- Annual trainings for staff.
- Train new staff within 30 days of hire.

GUIDELINES

- Center for Excellence for Transgender Health Primary Care Protocols: www.transhealth.ucsf.edu
- Trans Care BC- Transgender Health Information Page: <http://transhealth.phsa.ca>
- World Professional Association for Transgender Health Standards of care: www.wpath.org
- Endocrine Treatment for Gender-Dysphoric/Gender-Incongruent Persons: An Endocrine Society Clinic Practice Guidelines: www.endocrine.org/guidelines-and-clinical-practice/clinical-practice-guidelines
- The Fenway Guide to LGBT Health, American College of Physicians: available on amazon

GENDER AFFIRMING INTERVENTIONS

- Hormones via Informed Consent
 - testosterone, estrogen, testosterone blockers
- Fertility preservation
- Affirming mental health care
- Affirming community support groups
- Hair removal
- Vocal training
- Genital tucking and packing
- Chest binding
- Surgeries
 - chest, genital, reproductive organs, facial, neck, vocal

CONSIDERATIONS FOR RURAL OLDER ADULTS

Myth: LGBTQIA+ folks only live in urban areas.

Fact: 1 in 5 Americans live in rural areas and represent a diverse population.

Challenges:

- Less access to gender affirming health care services, mental health services, and social services.
- Increased risk for social isolation (lack of public transit, limited community groups/LGBTQ+ specific organizations).
- Health care and residential environments that do not provide culturally competent care.

Benefits:

- Improved quality of life when older transgender adults have access to gender affirming hormone therapy and surgeries.
- Reported improved psychological well being, higher life satisfaction, lessened gender dysphoria.

Excellent resource: SAGE- Advocacy & Services for LGBTQ+ Elders
<https://www.lgbtagingcenter.org/>

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Thank you for your time and
dedication to the trans/ENBY
communities

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Thank You, Partners!



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