



# Gender Diversity and the GP

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# Structure of the Talk

- General information
- Specific issues for GPs

# Part 1:

## General Information



# Trans Facts

- 0.1 - 0.5% world pop may identify as TG
- No formal epidemiological studies
- Nottingham GIC 28x increase 2008-15
- Northampton GIC 5x increase 2015-16
- Tavistock clinic report year on year increase referral rates of 50% with 100% in the last year
- Typically 2-4 :1 ratio of M2F than F2M

# Definitions



- Trans-gender:** The desire to live and be accepted in a gender different to which they were born
- Trans-man/boy:** A man or boy who was assigned female at birth
- Trans-woman/girl:** A girl or woman who was assigned male at birth
- Cis-gender:** A person whose gender identity corresponds to the sex they were assigned at birth
- Gender dysphoria:** Distress caused by a discrepancy between gender identity and the biological sex

# Other common terms



|                           |  |
|---------------------------|--|
| <b>Biological Sex:</b>    | biological and physical anatomy                      |
| <b>Gender Identity:</b>   | Individuals innate sense of being male or female     |
| <b>Gender Expression:</b> | individual and societal conceptions and expectations |
| <b>Sexual orientation</b> | being attracted to people of a specific gender       |

# Less Common Terms

- **Gender Variance/Gender Non-Conformity:** behaviours that fit outside of what is considered 'normal' for a individual's assigned biological sex
- **Gender Fluidity:** wider, more flexible range of gender expression, with behaviours that may regularly change
- **Gender-queer:** represents a blurring of the lines surrounding society's rigid views of both gender identity and sexual orientation

# Fluidity

Biological Sex

Intersex

Female

Sexual Orientation

Bi/pan

to women

Attracted  
to men

Sexual



# Fluidity

Gender Identity

Non binary

Man

Women

Gender Expression

Androgynous

Masculine

Feminine

## Part 2:

# Issues for GPs caring for Trans Patients

# Barriers to TG Healthcare

- Stigma, real or perceived
- Discrimination
- Insensitivity
- Clinician discomfort
- Mental health issues
- Drug and alcohol abuse
- Assumptions

# Supporting Individuals



- Individualised care:
  - Asking individuals what THEY want
  - How they wish to be addressed
  - Holistic assessment
  - Discretion
- Workplace issues:
  - Documentation and policies
  - Signage
  - **Toilets**

# Children and Adolescents: Medical Therapy

- Puberty blockers
  - Arrest pubertal development
  - Safe and reversible
  - Diagnostic opportunity
- Cross sex hormone therapy
  - Only initiated in those with sufficient maturity and understanding of the benefits, risks and side effects

# Adult Medical Therapy

- Trans men
  - Progesterone
  - GHRH analogues
  - Testosterone
- Trans women
  - Finasteride and cyproterone
  - GNRH analogues
  - Oestrogens

# Sexual Health considerations

- Sexual abuse
- Multiple sexual partners
- Receptive anal sex
- Commercial sex work
- Blood borne viruses

# Contraception

- Individualised care
- Trans men
  - Assume fertility
  - Avoid combined methods
  - Consider progesterone only methods
  - Consider bleeding pattern
  - Emergency contraception
  - Pregnancy
- Trans women
  - Assume fertility
  - Support sexual partners



# NHS Screening Programmes

- Cervical 25-64
  - Transmen without TAH, inform service post op
  - Transwomen remove from register
- Breast 50-70
  - Transmen if significant residual breast tissue
  - Transwomen increased risk need to be encouraged
- AAA 65
  - Transmen not at greater risk
  - Transwomen increased risk
- Bowel 55-74
  - Offered to both male and female patients
- Prostate
  - Don't forget it remains insitu, PSA suppression

# Bone Health

- Neutral effects on BMD when on hormone therapy
  - Implications of this unclear
- Potential high risk groups:
  - Transwomen, GNRH /postorchidectomy without oestrogen
  - Transmen, post oophorectomy poor testosterone compliance

# Take Home Message

- Fluidity
- Individualised Care

Thank you for listening



**Questions?**

**Comments?**