TRANS 101:

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Project HEALTH
Lyon-Martin Health Services
Primary care clinic in San Francisco that services cis-women, lesbians, transgender and gender non-conforming people regardless of their ability to pay
Project HEALTH aims to improve access to transgender health through education, advocacy, and leadership

➤ Trainings
➤ Clinical Rotation in transgender medicine at Lyon-Martin
➤ The TransLine
➤ Policy change on local, state, and national level
➤ Surgery referrals at Lyon-Martin
OBJECTIVES

➤ **Differentiate** between assigned sex, gender identity, gender expression, and sexuality

➤ **Describe** techniques of gender transition (social, medical, surgical)
101 BASICS
# The Gender Unicorn

**Gender Identity**
- Female/Woman/Girl
- Male/Man/Boy
- Other Gender(s)

**Gender Expression/Presentation**
- Feminine
- Masculine
- Other

**Sex Assigned at Birth**
- Female
- Male
- Other/Intersex

**Sexually Attracted To**
- Women
- Men
- Other Gender(s)

**Romantically/Emotionally Attracted To**
- Women
- Men
- Other Gender(s)

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

Design by Landyn Pan
VOCAB: CIS- & TRANS- GENDER

➤ A cis-gender person:

Identifies as the gender that is assumed to align with the sex they were assigned at birth

cis (Z)

➤ A transgender person:

Identifies as a gender that is different that the gender that is assumed to align with the sex they were assigned at birth, as multiple genders or dis-identifies with any gender

trans (E)
VOCAB

➤ FTM, transguys, transmen
➤ MTF, transwomen
➤ Genderqueer, gender non-conforming
➤ Two-spirit
➤ Infinite other words
➤ Trans as umbrella term

➤ Passing
➤ Stealth
THE GENDER SPECTRUM: BINARY VS NON-BINARY
TECHNIQUES OF TRANSITION
TECHNIQUES OF GENDER TRANSITION: EVERYONE’S DIFFERENT

➤ Change Name
➤ Change Pronouns
➤ Come "Out" to Friends, Family, Community
➤ Change Dress, Clothes, Hair, Make-Up
➤ Use Different Gendered Facilities (Bathrooms, Dressing Rooms)
➤ Change Identity Documents
➤ Use Compression and/or Prosthetic Device
➤ Speak in Different Vocal Pitch
➤ Body Modification (tattoos, piercings, etc)
➤ Hormone Therapy
➤ Surgery
SOCIAL TRANSITION
USING DIFFERENT BATHROOMS
COMPRESSION & PROSTHETIC DEVICES FOR TRANSMEN

- Binder
- Packer
- Stand-to-pee (STP) device
- Dildo, "Strap-on"
COMPRESSION & PROSTHETIC DEVICES FOR TRANSWOMEN

➤ Breast forms
➤ Gaff
➤ Padded bra / underwear
MEDICAL TRANSITION
Beginning at approximately age 8, the hypothalamus increases its production of gonadotropin-releasing hormone (GnRH).

GnRH triggers the anterior pituitary to release luteinizing hormone (LH) and follicle-stimulating hormone (FSH).

LH and FSH trigger testosterone production in the testes and estrogen production in the ovaries.

Before puberty, the hypothalamus and pituitary are very sensitive to negative feedback signals from testosterone and estrogen. During puberty, the sensitivity of the hypothalamus and pituitary to this negative feedback decreases to levels typically seen in adults. This change allows an increase in the production of testosterone and estrogen that stimulates the development of secondary sex characteristics.

Effects of sex hormone release:

- Spermatogenesis
- Male Secondary Sex Characteristics:
  - Penis and scrotum grow
  - Facial hair grows
  - Larynx elongates, lowering voice
  - Shoulders broaden
  - Body, armpit, and pubic hair grow
  - Musculature increases body-wide
- Female Secondary Sex Characteristics:
  - Breasts develop and mature
  - Hips broaden
  - Pubic hair grows
- Folliculogenesis
HORMONE THERAPY OPTIONS FOR GENDER TRANSITION

➤ FTM Transmen use testosterone

➤ MTF Transwomen use estrogen, spironolactone, and sometimes progesterone

➤ Trans Youth can use Lupron to inhibit hormone release during puberty
SURGICAL TRANSITION
**MASULINIZING SURGERY OPTIONS**

- Mastectomy
- Hysterectomy
- Oopherectomy
- Vaginectomy
- Metoidioplasty
- Scrotoplasty, Testicular Implants
- Phalloplasty, Penile Implant
- Facial Masculinization Surgery
- Body Contouring
FEMINIZING SURGERY OPTIONS

- Breast Augmentation
- Orchietomy
- Penectomy
- Vulvoplasty
- Vaginoplasty
- Facial Feminization Surgery
- Tracheal Shave
- Facial Electrolysis
- Body Contouring