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[Hormone blockers give trans youth a period of reflection, but they are rarely used in Finland](#)

For most patients in Finland, puberty has already ended, and then blockade treatments will not have the desired effect, says Chief Physician Riittakerttu Kaltiala-Heino.

Medicine can suppress puberty giving a young person time to think about their gender identity. The means are hormone blocker treatments that slow down the onset of puberty.

Seve Hujanen and Valo Inkinen spoke about these hormone blocker treatments in an HS interview on 2 May. They both work for the Seta Youth Committee.

Blockade treatments that Hujaen and Inkinen are currently rarely used in Finland.

HORMONE BLOCKING TREATMENT refers to the use of GnRH analogs and can be started when a young person has reached puberty.

"The general misconception is that all trans people need blockers," says Riittakerttu Kaltiala-Heino, Chief Physician of the Department of Youth Psychiatry at Tampere University Hospital.

One reason for the rarity of puberty treatments is that puberty cannot be prevented or inhibited if it is already over, Kaltiala-Heino says. This is the case for most of the minor transgender people coming to Finland for studies.

The second reason is mental health problems.

"If you have severe psychiatric disorders or other topical psychosocial problems, puberty suppression therapy may not be started," Kaltiala-Heino says.

"According to international recommendations, the child must have a stable living environment so that the treatment can be safely passed."

Mental health problems should be mild and should be thought to be due to anxiety related to gender identity. Other possible mental health problems cannot be dealt with by puberty blocking treatments, says Kaltiala-Heino.

"All simultaneous mental health problems are not due to gender experience. Now that there has been a lot of sexual experience, it may be that those who are struggling with mental health problems hope this will help. There may be excessive hopes for it."

According to Kaltiala-Heino, block treatments are "probably fairly safe for physical health". However, according to her, there is not enough relevant research evidence on what they do for brain or identity development or psychiatric well-being or functional capacity.

"They have not been studied in the way that is required when, for example, a new drug comes on the market."

GENDER HORMONES do not only affect physical properties but are also very important for brain development, Kaltiala-Heino points out.

"There is a huge amount of reorganization and development in the brain during puberty, resulting in the development of the human's basic mental activities."

Therefore, if brain development is blocked due to block therapy, it is not possible to know if it is decided to initiate the conversion therapy in more advanced brains than would have been done a couple of years earlier, Kaltiala-Heino says.