

Provider Resources for the Care of Transgender, Non-binary, and Gender Diverse (TGD) Patients
bit.ly/transhealthresources

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World Professional Association of Transgender Health (WPATH)

Standards of Care Version 8

A helpful resource for all recommendations about all aspects of care for TGD-identified patients.

Link: https://drive.google.com/file/d/1lME-N_j9gpo6Qf_lsDo_c9XgT9QSi0To/view?usp=share_link

UCSF Guidelines for the Primary and Gender-Affirming Care of Transgender and Gender Nonbinary People

An evidence-based, hyperlinked comprehensive guide to primary care for TGD-identified patients.

Link: <http://transhealth.ucsf.edu/protocols>

Callen-Lorde Hormone Protocols:

A step-by-step guide to prescribing hormones for TGD-identified individuals.

Link: <http://callen-lorde.org/transhealth/>

(link to download the protocol is halfway down the page)

Hembree, et al. **Endocrine Treatment of Gender-Dysphoric/Gender-Incongruent Persons: An Endocrine Society* Clinical Practice Guideline**, The Journal of Clinical Endocrinology & Metabolism, Volume 102, Issue 11, 1 November 2017, Pages 3869–3903, <https://doi.org/10.1210/jc.2017-01658>
Updated guidelines from the Endocrine Society (among other organizations).

Link: <https://academic.oup.com/jcem/article/102/11/3869/4157558>

Contraception for Transmasculine People:

Krempasky C, Harris M, Abern L, Grimstad F. Contraception across the transmasculine spectrum.

American journal of obstetrics and gynecology. 2020;222(2):134-143.

<https://doi.org/10.1016/j.ajog.2019.07.043>

Information about contraception in people who have Muellerian anatomy, and a good guide for gender-inclusive language.

Link: https://drive.google.com/file/d/1INDlsp1N9q1Y0tL8RAKPMguvSStGOKS7/view?usp=share_link

LGBTQ Terminology

KEY TERMS

- **LGBTQ:** an acronym used to refer to lesbian, gay, bisexual, transgender, queer, & questioning individuals
- **Lesbian:** a term for women who are sexually and affectionately attracted to other women; some women prefer to be called “gay” rather than “lesbian”
- **Gay:** a term for men who are sexually and affectionately attracted to other men; has largely replaced “homosexual”
- **Bisexual:** a term for an individual sexually and affectionately attracted to the same and other genders, though not necessarily to the same degree
- **Transgender:** an umbrella term for people whose gender identity and/or expression does not align with the sex they were assigned at birth
- **Queer:** originally a pejorative term referring to LGBTQIA people; now being reclaimed by some as a self-affirming umbrella term for the LGBTQIA community or a term used to describe anyone who does not fit into societal norms of gender and sexuality
- **Questioning:** a term for a person who is unsure of their sexual orientation and/or gender identity

KEY CONCEPTS

- **Biological sex:** a category determined by a combination of chromosomes, hormones, secondary sex characteristics, external/internal sex organs, gonads, and/or genitals; exists on a spectrum
- **Gender expression:** the way in which one presents their gender, or in which that gender is perceived by society; is not always representative of a person’s gender identity or biological sex assigned at birth; exists on a spectrum
- **Gender identity:** an individual’s emotional and psychological sense of gender; not necessarily the same as the biological sex assigned at birth or a person’s gender expression; exists on a spectrum
- **Gender pronouns:** words used in place of proper nouns, including she/her/hers and he/him/his; some individuals use gender-neutral pronouns such as the singular they/them/their or zie/hir, while some do not use pronouns at all

OTHER TERMS TO NOTE

- **Cisgender:** a term for someone who identifies with and expresses their gender in ways that align with the sex they were assigned at birth
- **Same gender loving:** a term sometimes used by members of the African-American/Black community to express an alternative sexual orientation without relying on terms and symbols of European descent; sometimes abbreviated as “SGL”
- **Two-spirit:** a term used by some Native or First Nations individuals who have attributes of more than one gender; these individuals have distinct social roles in their tribes and are often involved with mystical rituals
- **Gender affirming surgery:** a surgical procedure used by some to align their internal or external sex organs with their internal gender identity; may involve a vaginoplasty/phalloplasty (“bottom surgery”), mastectomy/chest reconstruction/breast implants (“top surgery”), hysterectomy, and/or other procedures