

Transgender Care

State of the art

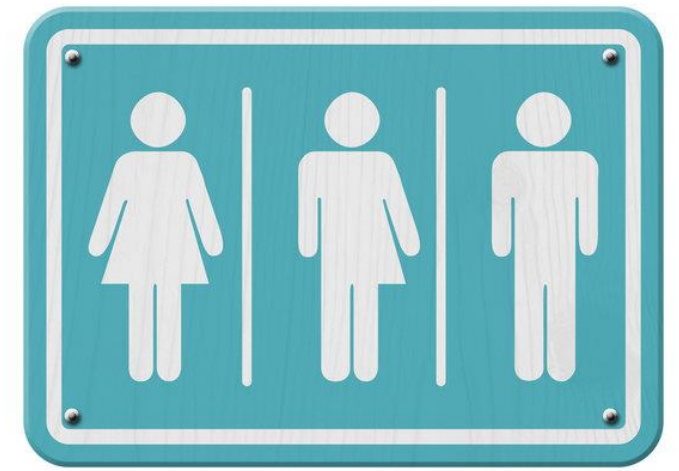
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President of EPATH

Introduction:

Evolution of transgender care



- Last Century
 - Hirschfeld Adaptation theory 1918: 'Transvestite'
 - 1965: ICD-8 diagnosis 'transvestitism' (sexual deviations)
 - 1966: Endocrinologist Henry Benjamin: The transsexual phenomenon
 - 1968: DSM-II diagnosis 'transsexualism'
 - 1979: WPATH Standards of Care for the Health of Transsexual, Transgender, and Gender Nonconforming People.
 - 1980: Gender identity disorder DSM-3
 - 1990: ICD-10 'gender identity disorders': 'transsexualism', 'dual-role transvestism', 'gender identity disorder of childhood' 'other gender identity disorders'
 - 1994: DSM-IV 'gender identity disorders (GID)'
- 2000
 - 2013: DSM-V 'gender dysphoria'
 - ICD-11: 2018?

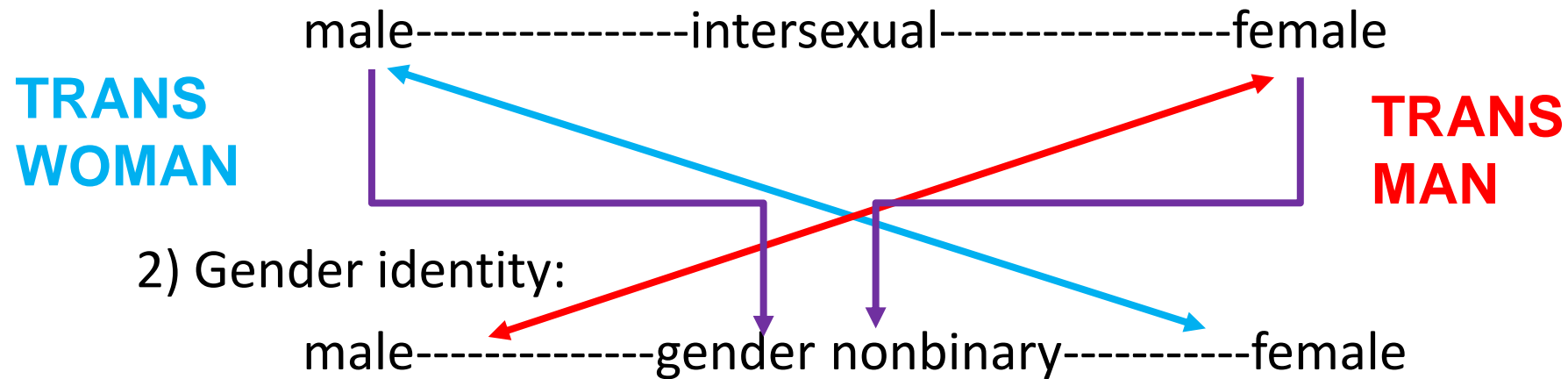
Dualistic
No difference between female birth sex,
female (gender) identity, feminine gender
expression

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Gender diversity
Gender expression
Gender identity ≠ sexual orientation

Current paradigm “sexual identity” (Shively & De Gecco, 1993)

1) Assigned sex at birth:



2) Gender identity:

3) Sexual orientation:

4) Gender role:

Socio-demographic information

Prevalence



Example: BELGIUM

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State registry

1/1/1993 – 30/06/2017 = **992**
[IGVM, 2016]

•Medical data

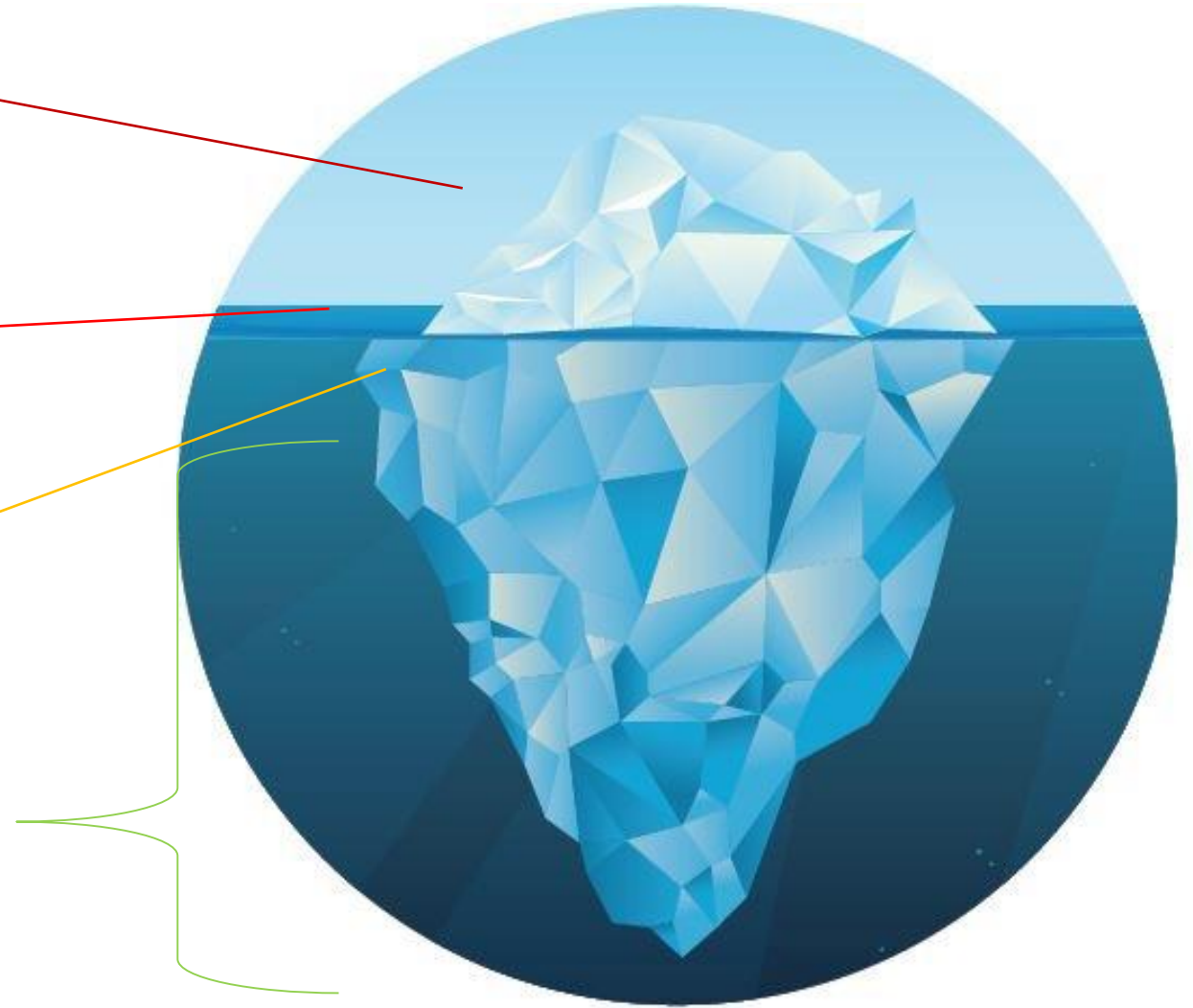
1:12.900 natal males,
1:33.800 natal females = **442**
[De Cuypere, et al., 2007]

Gender dysphoria

1 : 2.000 à 1.000 natal males,
1 : 4.000 à 2.000 natal females= **3125**
[De Cuypere & Olyslager, 2009]

Gender incongruence

0.7% natal males,
0.6% natal females = **37505**
[Van Caenegem, et al., 2015]



Prevalence

0.5 – 1.3% for birth-assigned males

0.4- 1.2% for birth-assigned females

Table.
Population studies yielding prevalence data for transgender people

	Sample	Measure	Prevalence of transgender people by birth-assigned sex		
			Male	Female	All
Conron et al (2012), USA ¹⁴	28176 adults	Identification as transgender	0·5%*	0·4%*	0·5%
Glen and Hurrell (2012), UK ¹⁵	9950 adults	Identification as other gender or in another way	0·6%†	0·4%†	0·5%†
Clark et al (2014), New Zealand ¹⁶	7729 high-school students	Identification as transgender	1·3%‡	1·2%‡	1·2%
Kuyper and Wijsen (2014), Netherlands ¹⁷	8064 adults	Identification on gender spectrum	1·1%	0·8%	0·9%¶
Van Caenegem et al (2015), Belgium ¹⁸	1832 adults	Identification on gender spectrum	0·7%	0·6%	0·6%

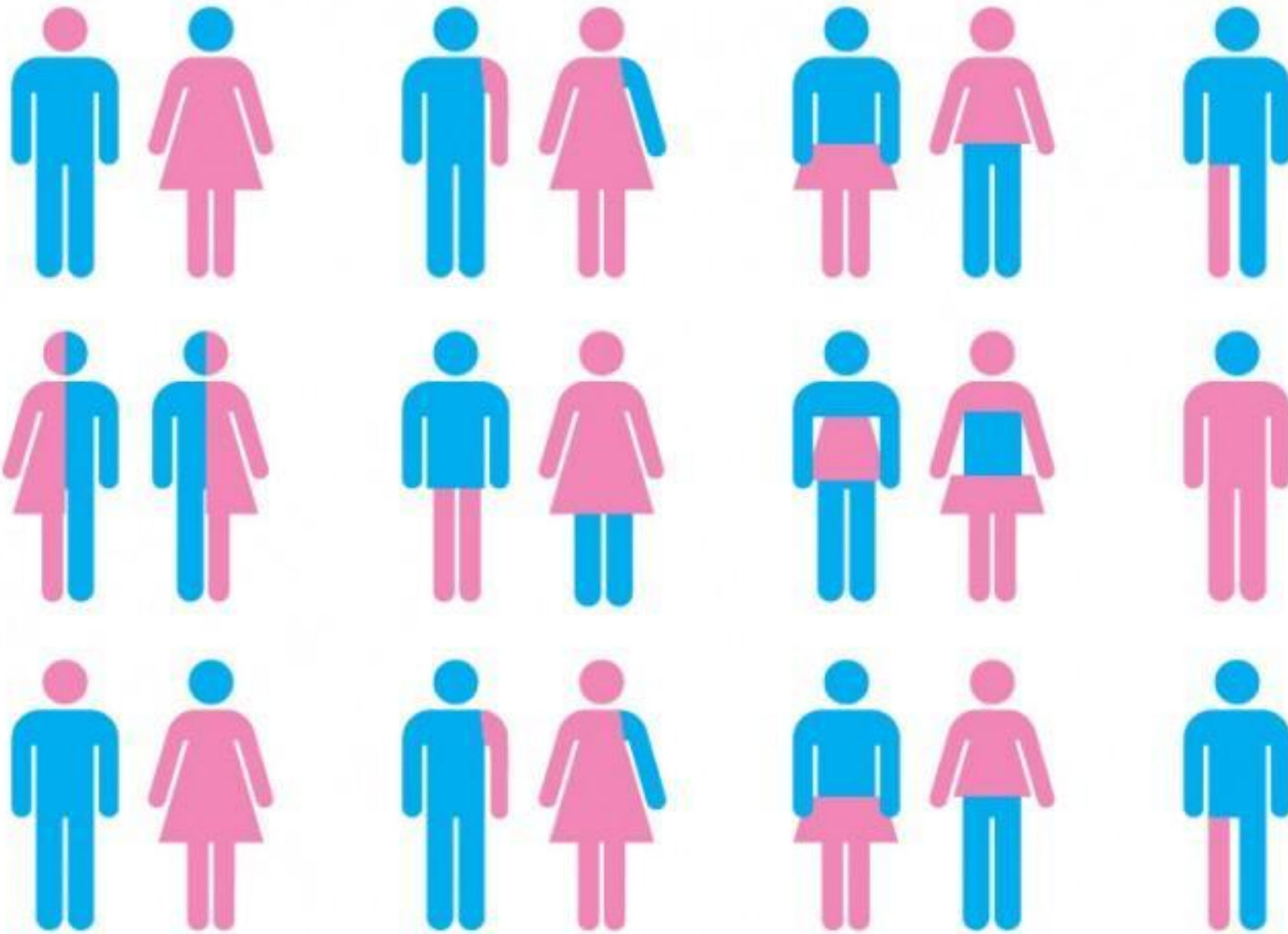
* Extrapolated from table 1 in article.

† Extrapolated from annex B in paper.

‡ Extrapolated from table 1 in paper.

¶ Extrapolated from table 3 in article.

Transgender people: health at the margins of society. Sam Winter, Milton Diamond, Jamison Green, Dan Karasic, Terry Reed, Stephen Whittle, Kevan Wylie. *Lancet* 2016; 388: 390–400



Socio-demographic information

Empirical findings FRA EU LGBT survey (2012):
Total of **6,771** transgender persons took part

trans subgroups		
	Frequency	Percent
Transgender	1104	16,8
Transsexual	1295	19,7
Woman with a transsexual past	394	6
Men with a transsexual past	197	3
Cross dresser	573	8,7
Gender variant	753	11,4
Queer	1026	15,6
Other	1237	18,8
Total	6579	100

Transgender care

- **Access to health care?**

- Motmans (2007-2017):
 - **60%** (ever) sought **psychological and/or medical** assistance
- FRA EU LGBT study (2014):
 - **39%** yes
- TGEU Health Survey (2017):
 - **73%**

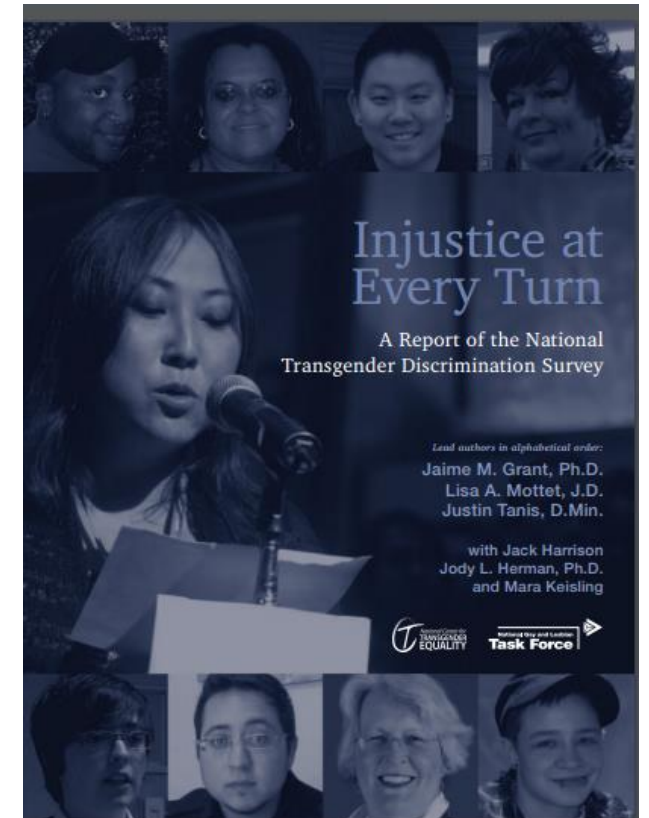


Transgender care

- **Access to health care?**

- **USA**

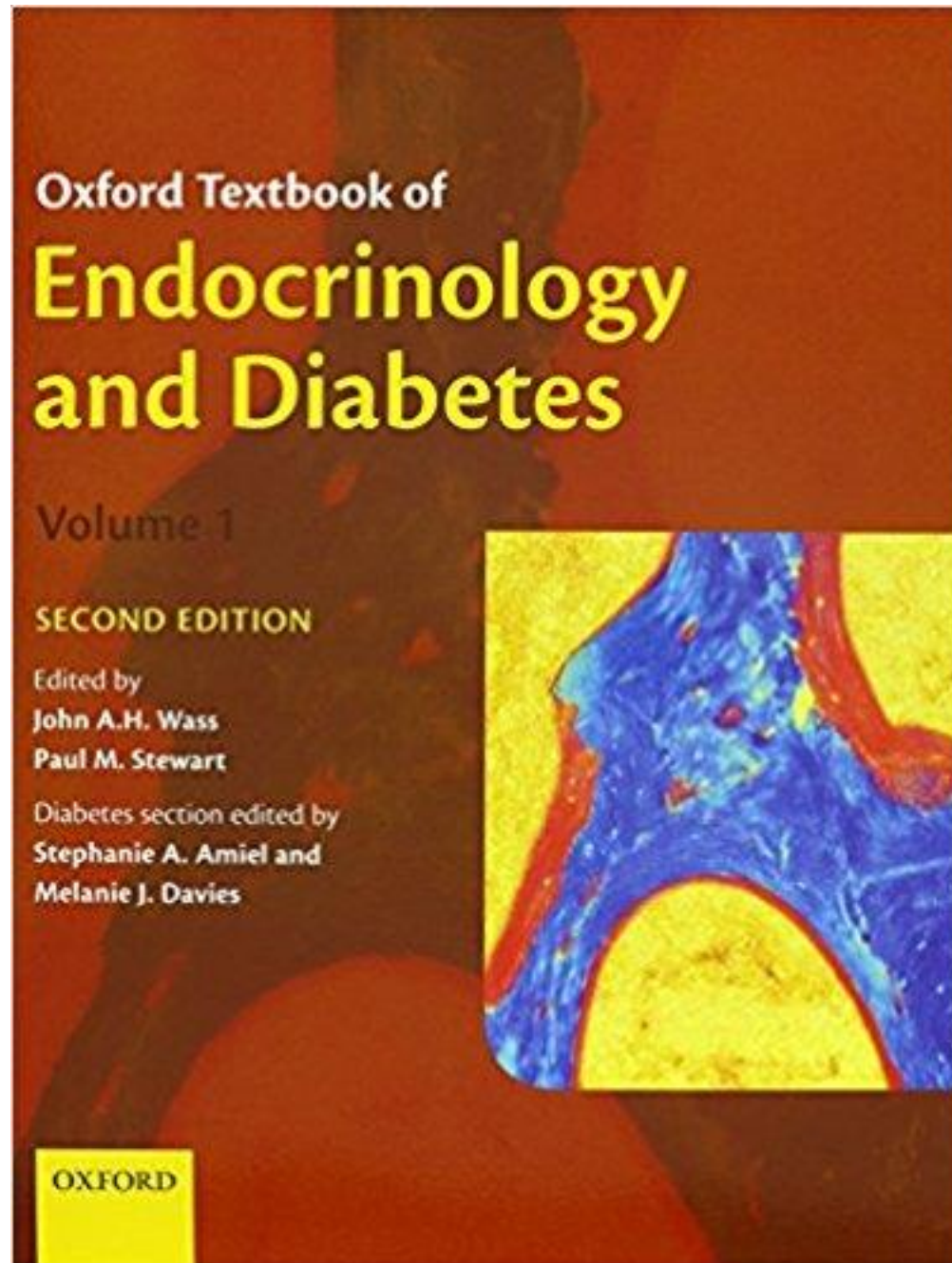
- 28% postponed necessary medical health due to discrimination
 - 48% could not afford it
 - 19% refusal of care due to gender identity
 - 28% harassment and violence in medical settings
 - 50% lack of provider knowledge
 - 41% suicide attempts (1,6% general population)
 - Likelihood of discrimination ~ awareness gender identity
 - Higher substance abuse



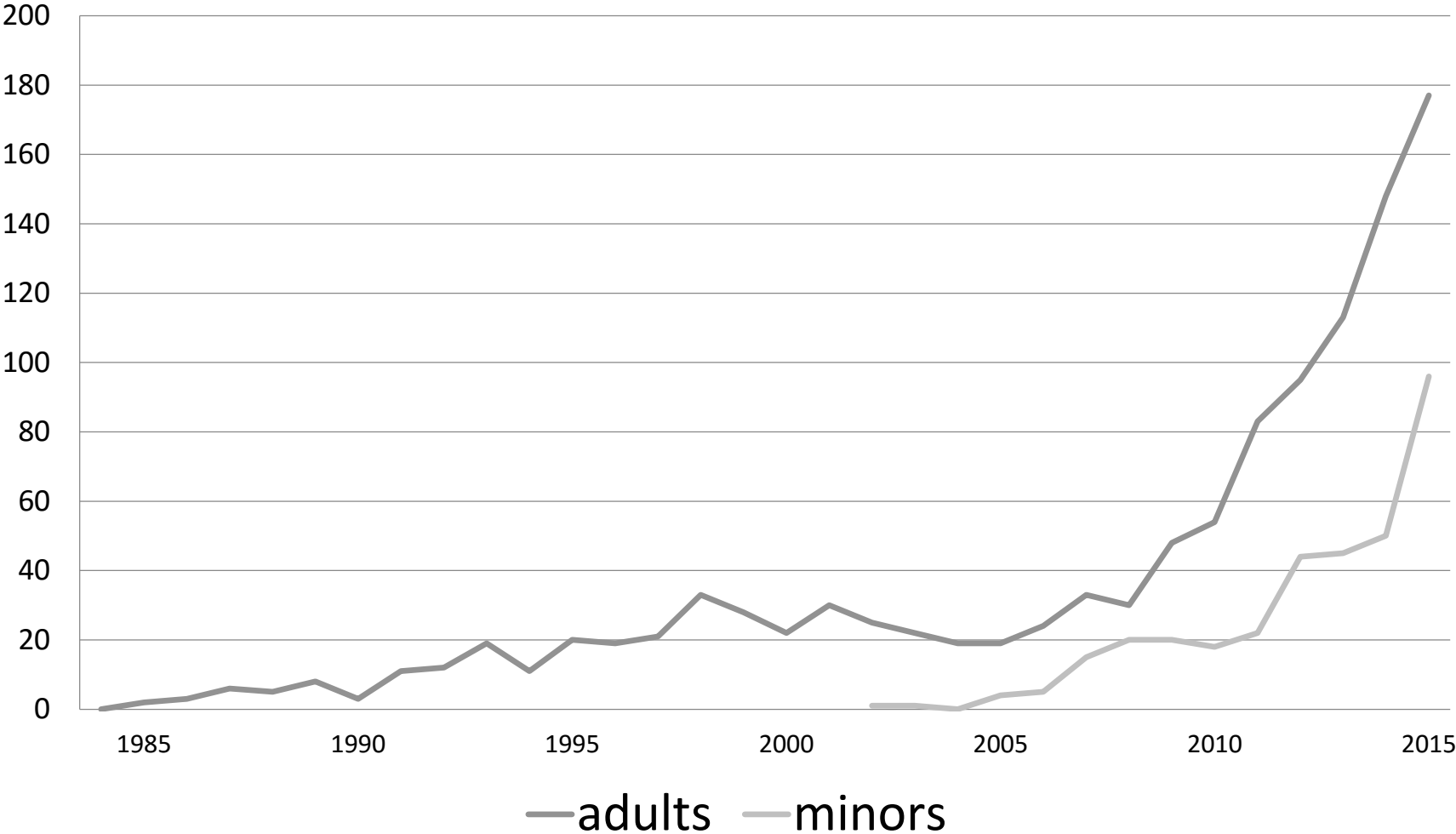
Transgender care

- **Access to health care?**
 - **Predictors**
 - Economic status
 - Increasing age
 - Equality policies
 - Human rights standards
 - Societal attitudes
 - Health care protocols





Numbers of new clients on yearly basis Genderteam UZ Ghent (1985 - 2015)



Transgender Infopunt (TIP)



- **Information**

- Website www.transinfo.be (Dutch, French)
- E-mail: contact@transgenderinfo.be
- Free phone: **0800 96 316**
- Free consultations
- Facebook & messenger
- Tuesday – Friday: 9h – 16h

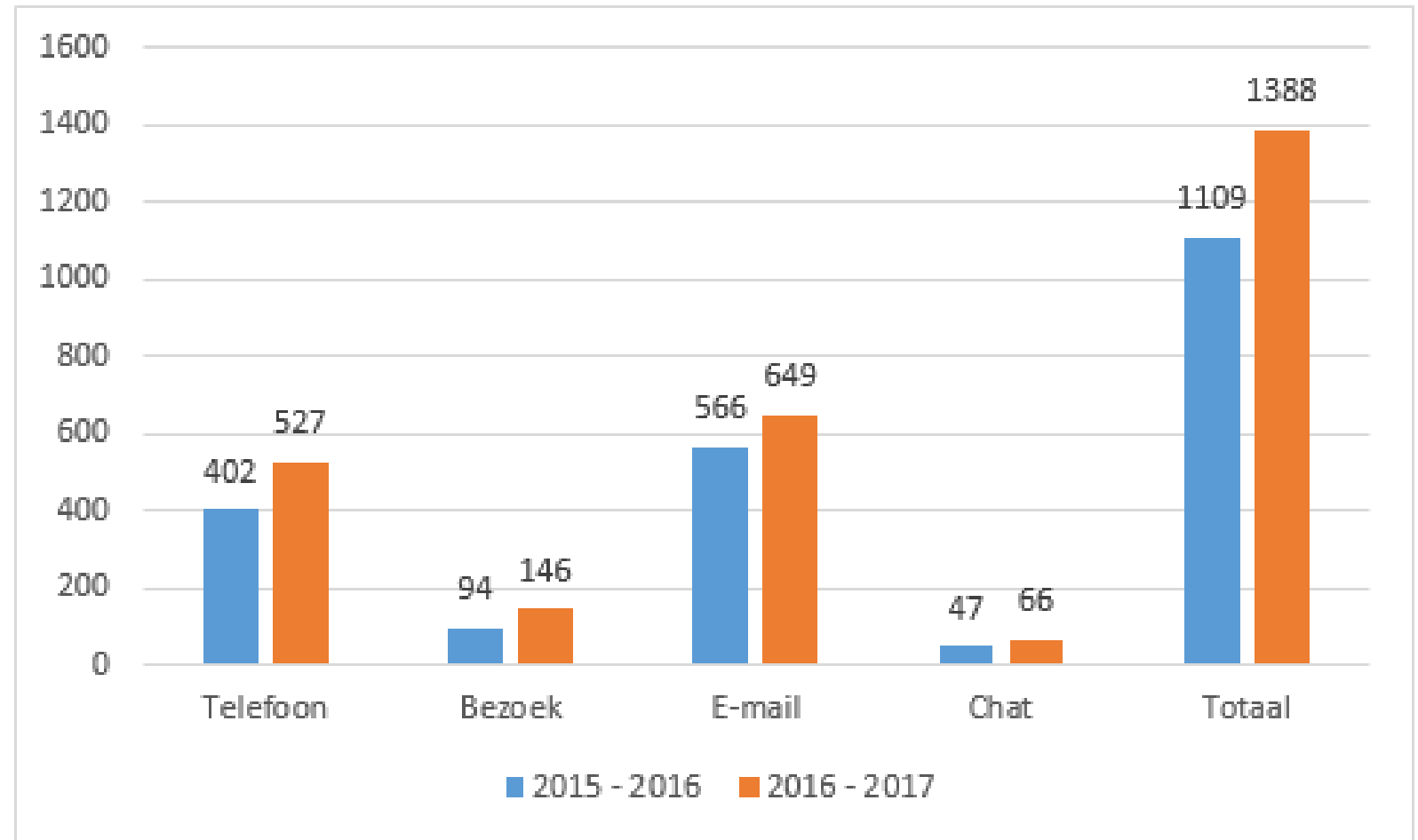
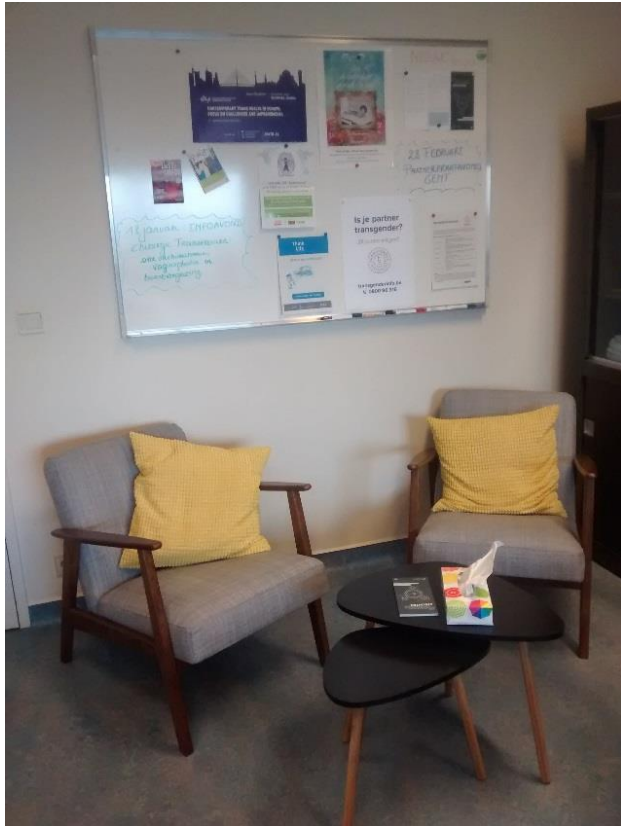
- **Expertise & Research**



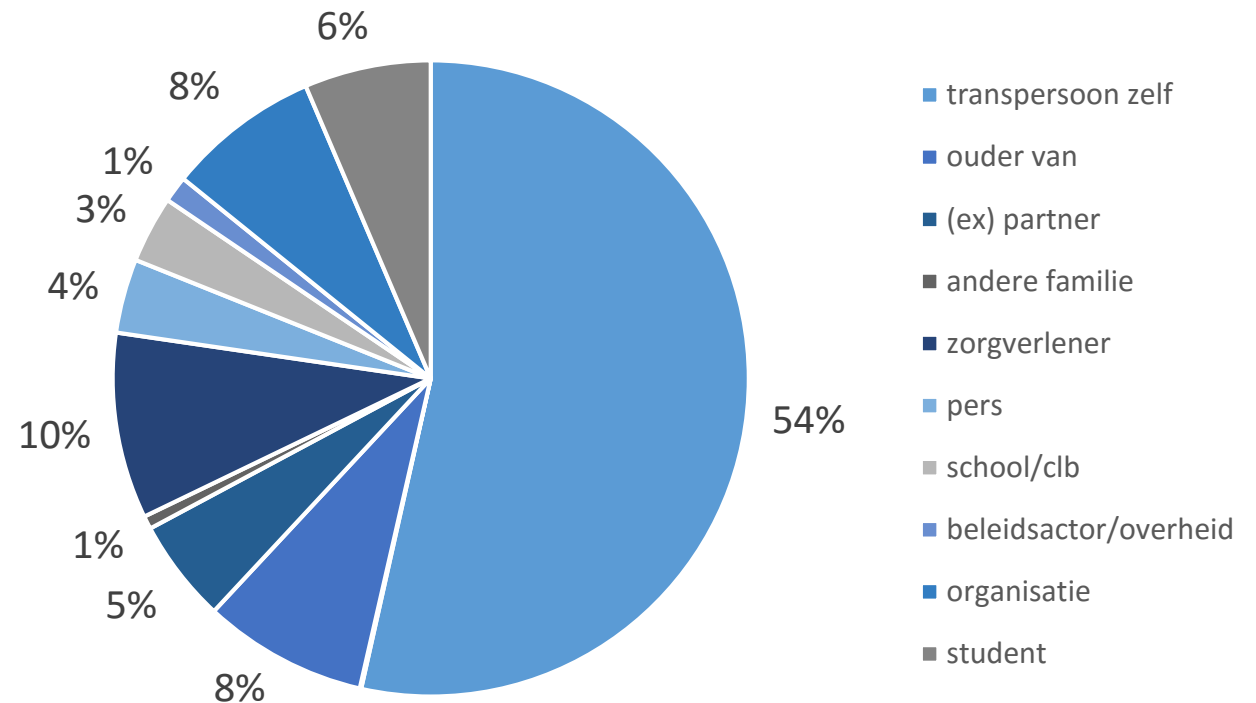
de plek voor al
je vragen over
transgender

 **0800 96 316**

transgenderinfo.be



- For everyone with transgender-related questions
 - Transgender persons themselves
 - Partners, parents, family
 - Health care workers
 - Schools, employers, government, press, ...



Depathologizing in medicine

DSM-III: **Transsexualism**

Transsexual = individuals who seek to change their sex characteristics

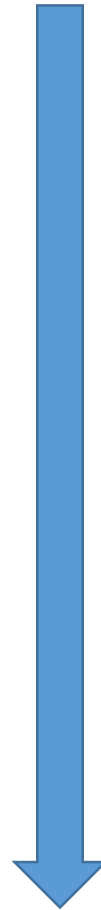
DSM-IV: **Gender Identity Disorder**

DSM-V: **Gender Dysphoria**

“Distress that is caused by a discrepancy between a person’s gender identity and that person’s sex assigned at birth (and the associated gender role and/or primary and secondary sex characteristics)”

ICD-10: **Transsexualism**

ICD-11 (2018): **gender incongruence**



Depathologizing in medicine

WPATH SOC 7 (trans persons)

- Not every trans person suffers from GD
- EBM guidelines

DSM-V (gender dysphoria)

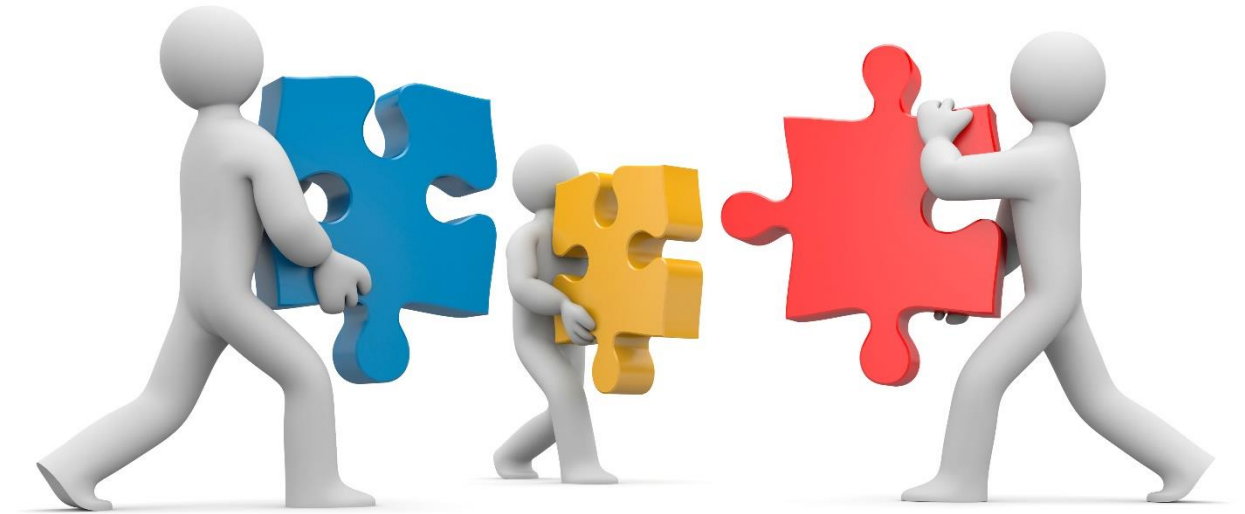
- Labelling the symptom (not the person)
- Reparative therapy = unethical

Regret analysis (2007): TW 1-1,5%
TM: <1%

Transgender care

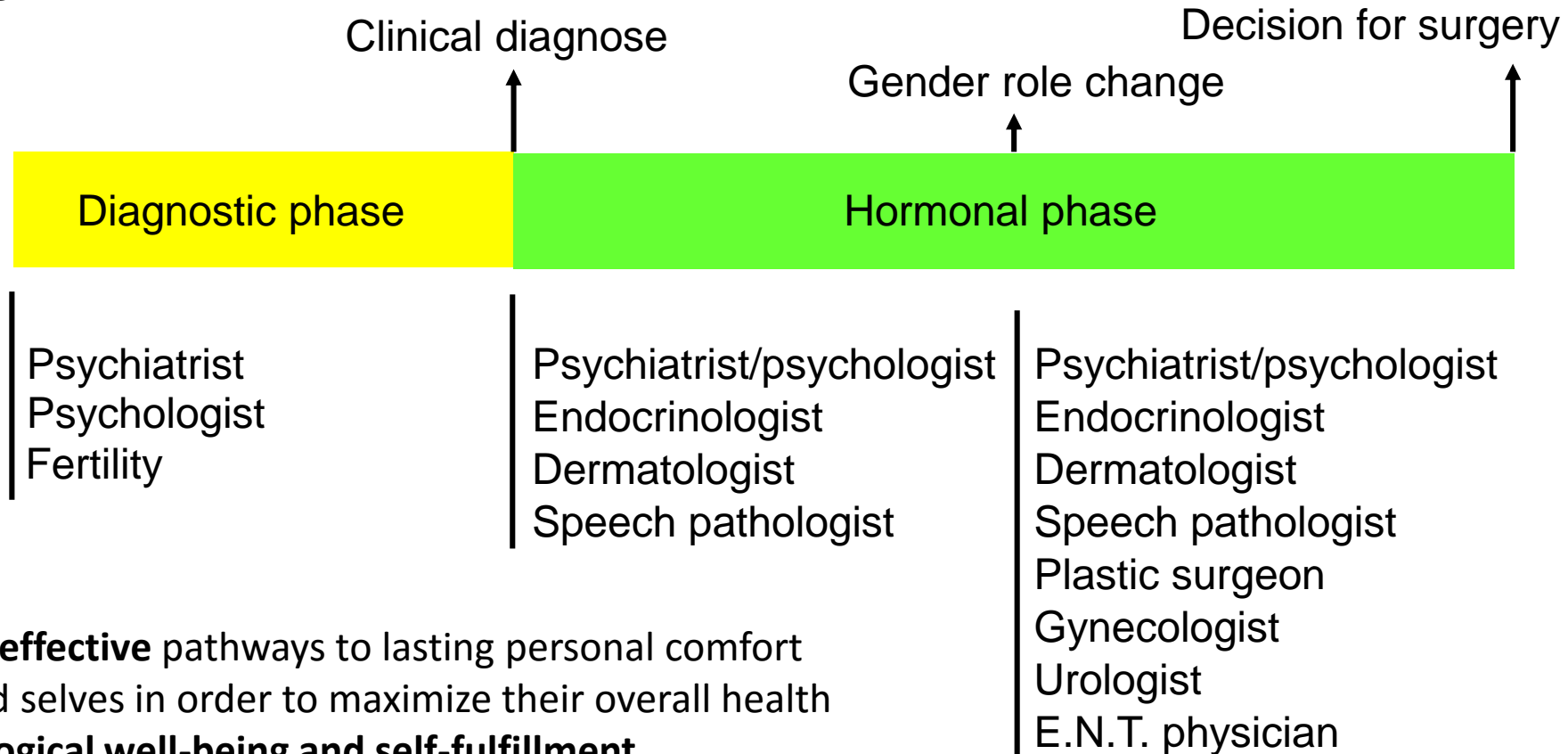
Gender affirmative care ('transition')

1. Mental health professional
2. Gender affirming hormones
3. Gender affirming surgery
4. Psychological follow-up
Continue gender affirming hormones



Transgender care

Name
Legal gender



Use SOC 7

- provide **safe** and **effective** pathways to lasting personal comfort with their gendered selves in order to maximize their overall health
- Promote **psychological well-being and self-fulfillment**
- Lower threshold for **access to health care**



IDENTITEIT
ZORG
LEVEN
PRAKTISCH

Zoek in de site

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ZORGAANBOD

zoek

FILTER REGIO

• Alle

Antwerpen (52)
Brussel (9)
Henegouwen (0)
Limburg (14)
Luik (4)
Luxemburg (0)
Namen (0)
Oost-Vlaanderen (44)
Vlaams-Brabant (11)
Waals Brabant (1)
West-Vlaanderen (26)

FILTER ZORGTYP

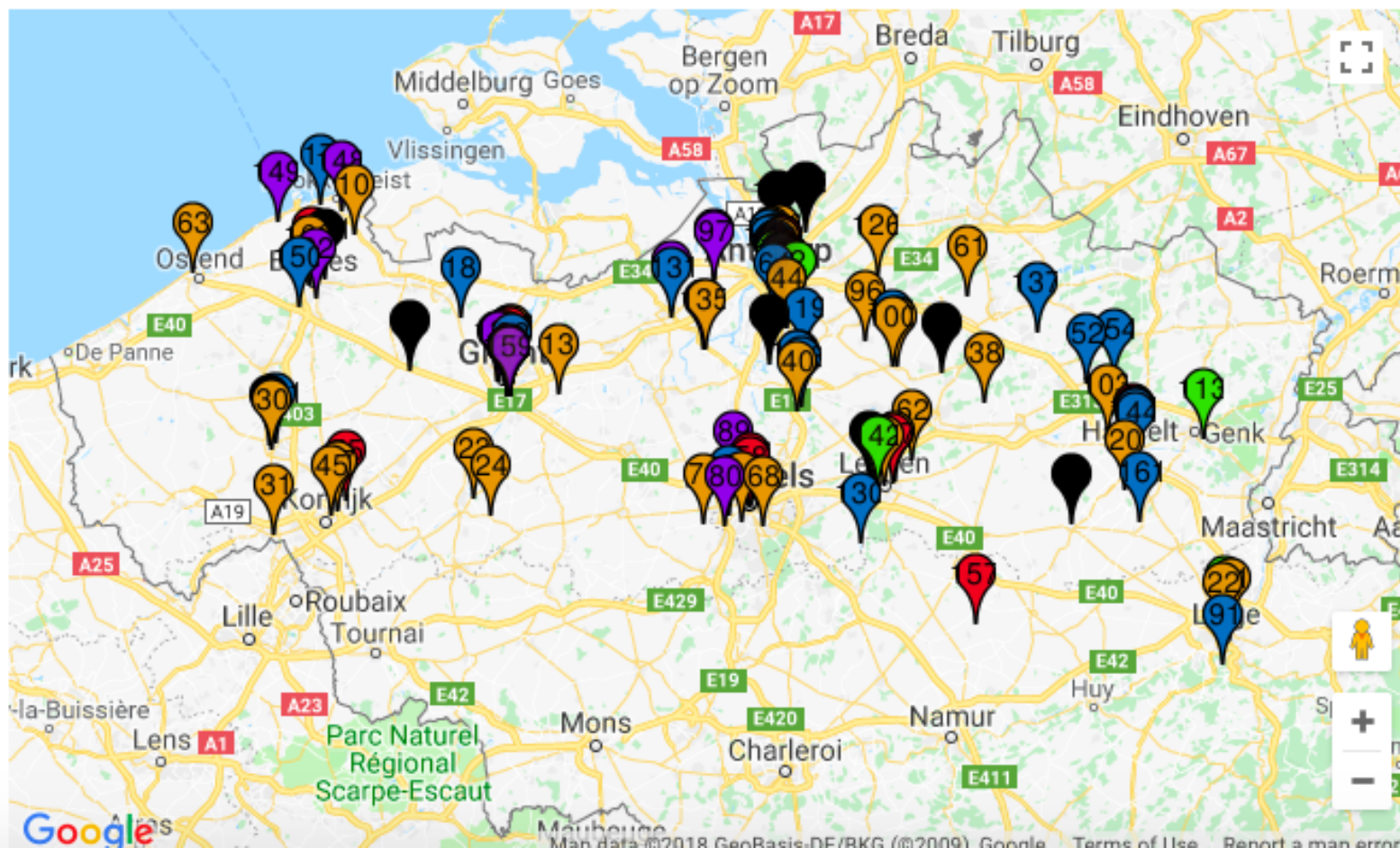
• Alle

chirurgie (20)
endocrinologie (13)
huid (20)
psychische hulp (61)
stem (32)
vereniging (15)

FILTER TAAL

• Alle

Nederlands (148)



Transgender care: Conclusion

Health care protocols are necessary!

- Transparency
- Education and research
- Information (informed consent)
- Improve access to care → improved mental health
- Avoid self-medication and ensure follow-up
- National guidelines



Jessica U.



3RD EPATH CONFERENCE

SAVE THE DATE!

**11-13 APRIL 2019
ROME, ITALY**

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