

# UVM Project ECHO Transgender Care: HOW TO START GENDER AFFIRMING HORMONE TREATMENT

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- RECORDING OF SESSION TO BEGIN

# Agenda

- Introductions
- Objectives
- Didactic Presentation (20-25 min)
- Case presentation
  - Clarifying questions
  - Participants – then hub
- Discussion
- Recommendations
- Summary
- Closing Announcements
  - Submission of new cases
  - Completion of evaluations



# Objectives

- Participants will obtain knowledge about initiating hormone therapy including appropriate screenings and consents
- Participants will gain knowledge and be able to counsel patients on risks of Gender Affirming Hormone Therapy (GAHT)



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# OPTIONS FOR GENDER TRANSITION

SOCIAL

HORMONAL

SURGICAL



# FEMINIZING HORMONES

- Breast development
- Decreased muscle mass
- Skin softening/slowing of hair growth
- Testicular atrophy
- Decreased/loss of spontaneous erections
- Mood changes



# MASCULINIZING HORMONES

- Voice deepening
- Increased muscle mass
- Increased body and facial hair
- Cessation of menses
- Mood changes





# INITIATING GENDER AFFIRMING HORMONE THERAPY

- GOALS/CONCERNS
- MEDICAL HISTORY (Question HX OF COAGULOPATHY)/  
PSYCHIATRIC HISTORY
- RELEASE OF INFORMATION/RECORDS
- FAMILY HISTORY(HX OF COAGULOPATHY)
- PE/LABS (SUBSTANCE USE/STI SCREEN)
- DISCUSSION OF FERTILITY PRESERVATION
- CONTRAINDICATIONS: i.e. active sex hormone sensitive  
cancer / active psychosis, mania
- INSURANCE COVERAGE



# Consent to Begin GAHT

- WPATH--> 18 and older, informed consent recommended to start GAHT, therapist letter of support not required
- Under 18, guardian(s) consent necessary, therapist letter of support necessary
- **Key components of consent:** reversible vs irreversible changes, required lab monitoring, known and unknown risks.



# MASCULINIZING HORMONES

- TESTOSTERONE: INJECTABLE (SQ VS IM)
- TRANSDERMAL (GEL/PATCH)
- TESTOPEL
- “Microdosing”, Gender Based Lab values, Dose Titration...



# FEMINIZING HORMONES

- Estrogens:
  - Oral ( PO vs SL), Injectable, Transdermal
  - 17 beta estradiol “ESTRADIOL”- avoid ethinyl estradiol/conjugated equine estradiol
- Anti Androgens:
  - Most common in US: Spironolactone , Finasteride/dutasteride (Bicalutamide)
- Progesterone:
  - Possible positive effect on breast/areolar complex and mood

# CASE 1: Is it Safe to Start?

17 yo trans male teen- desires hormonal transition with testosterone.

-Cutting/Passive SI - increasing in frequency and intensity

-Mood Instability and social anxiety

-Struggling in school/work

“I won’t feel better unless I transition.”

-Supports: psychiatrist/therapist/parents

-Parents feel he is too unstable to begin HT. Concerned about “regret”/“changing his mind.”





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# RESOURCES

WPATH: [wpath.org](http://wpath.org)

UCSF Center for Excellence for Transgender Health: Guidelines for the Primary and Gender Affirming Care of Transgender and Gender Nonbinary People: [transhealth.ucsf.edu](http://transhealth.ucsf.edu)

Endocrine Society Clinical Guidelines: Endocrine Treatment of Gender - Dysphoric/Gender -Incongruent Persons: [endocrine.org](http://endocrine.org)



# Cases/HIPAA

- Names
- Address
- DOB
- Phone/Fax #
- Email address
- Social Security #
- Medical Record #



The discussion and materials included in this conference are confidential and privileged pursuant to 26VSA Section 1441-1443. This material is intended for use in improving patient care. It is privileged and strictly confidential and is to be used only for the evaluation and improvement of patient care.





- RECORDING TO BE STOPPED

# Conclusion

- Volunteers to present cases (this is key to the Project ECHO model)
  - Use the case template form posted at [www.vtahec.org](http://www.vtahec.org)
  - Return completed case forms to [Katherine.Mariani@uvmhealth.org](mailto:Katherine.Mariani@uvmhealth.org)
- Please complete evaluation survey after each session
- Claim your CME at [www.highmarksce.com/uvmmed](http://www.highmarksce.com/uvmmed)
- Please contact us with any questions, concerns, or suggestions
  - [Katherine.Mariani@uvmhealth.org](mailto:Katherine.Mariani@uvmhealth.org)
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