

# Hormonal Guidelines

For transgender individuals



# Hormonal Guidelines

For transgender individuals





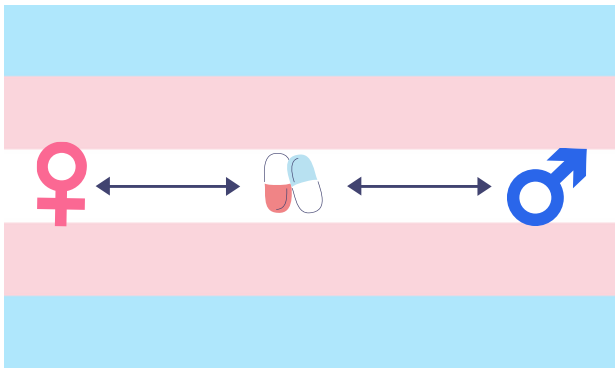
Copyright © 2021 All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, any other electronic or mechanical methods, without the prior written permission of Khawaja Sira Society.

## Who are Transgender?

Transgender are people who face gender incongruence so strongly that they wish to align ones sex according to perceived gender.

## Process of Gender Transition?



The process is known as transition. In addition, a transgender person may wish to change their legal status consistent with their perceived gender.

# Steps of Gender Transition

## Social Transition

Social transition involves activities and maintaining appearance in alignment with social gender roles. This includes laser therapy for hair removal, gender appropriate dressing, make over or speech therapy etc.



## Physical Transition

Physical transition from male to female body (MtF) or female to male body (FtM) requires hormone therapy and sex reaffirming surgery. Some of the changes such as skin, hair, and libido related and fat redistribution are reversible while other such as breast development, clitoral enlargement etc. are irreversible.

## Who can guide transition process?

In Pakistan, we recommend only a licensed psychiatrist or clinical psychologist should only be allowed to evaluate gender dysphoria. To save the practitioner from any litigation issues, he or she must keep full documentation of the process.

Recommendations for HRT:

- Gynecologist
- Internal medical specialist
- Endocrinologist



For sex reaffirming surgery:

- A trained plastic surgeon who has expertise in these surgeries to carry out the procedure.

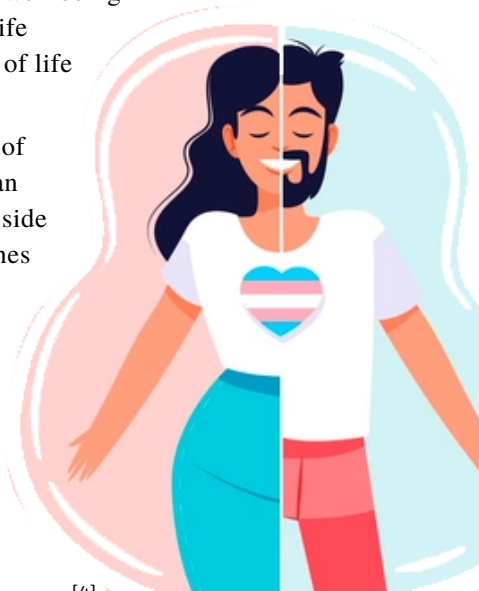
For halting progression of puberty in pre-puberty gender dysphoric children, detailed mental health examination must be carried out and consent can be obtained from parents.

## Positive effects of Hormone replacement therapy

Gender reaffirming HRT has following effects on person's life:

- i. Decrease severity of gender dysphoria
- ii. Improved mental well being
- iii. Satisfied sexual life
- iv. Improved quality of life

The negative effects of HRT are no more than the pharmacological side effects if the guidelines for prescription are followed.



## Expectations from Hormone replacement therapy

The functions of gonads are reproductive as well as development of secondary sexual characteristics. Both of these are mediated by sex hormones. However, with HRT the latter is only achievable. In fact, HRT decreases fertility of a transgender person.

Hence, it is recommended that those transgender who wish to have child later may take benefit from ova or sperm preservation using scientific techniques for producing off spring later.





## Monitoring of Hormone replacement therapy

Means of monitoring during HRT includes;

- Body measurement (height, weight)
- Blood levels of hormone (three monthly)
- Blood hemoglobin
- Lipid
- Vit D levels (3-6 months)



For monitoring bone strength, DEXA bone scan should be done every two years for those castrated or on estrogen therapy.



# **K H A W A J A S I R A S O C I E T Y**

1379/179, Peco Road, Kot Lakhpat, Lahore-  
Pakistan.



Our facebook page

**M** info@kss.org.pk