

Welcome!

Presentation Guidelines

- Engage!
- Expect discomfort
- Speak your truth and assume best intentions
- WAIT (Why Am I Talking?)
- Confidentiality
- Seek learning, not perfection

Agenda

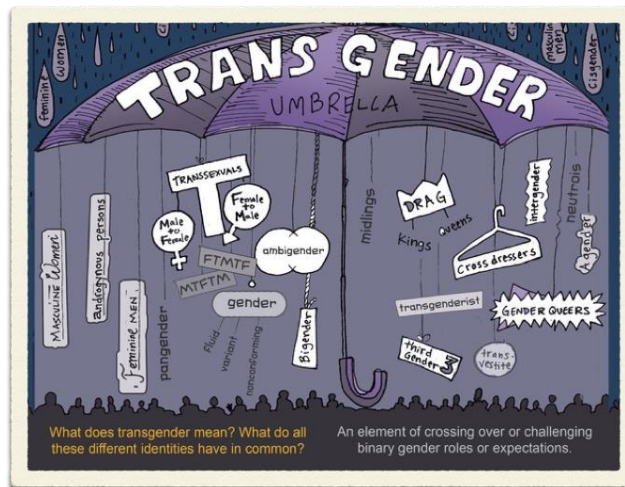
- Concepts and Terms
- Societal/Cultural Context
- Interactions with Patients
- Hormones and Their Effects
- Herbs for Side Effects



At the end of this training, participants will be able to....

- Identify specific concerns and language affirming of trans and gender diverse individuals
- Identify effects of pharmaceutical hormone interventions in transgender care
- Apply the information listed above to work with trans and gender diverse individuals with some herbal interventions

Concepts and Terms: Beyond the Gender Binary



Understanding Concepts

- **Sex** – recorded on birth records due to physiological & anatomical characteristics at birth (male, female, intersex); also recognized as legal marker on state and federal IDs
- **Gender** – innate sense of who you are
- **Gender expression** – how you present yourself through clothing, hairstyles, accessories, body language, etc.; the clues others use to read you
- **Sexual/romantic orientation** – who you're attracted to

Understanding Concepts

Gender

- Cisgender
- Transgender
- Trans
 - Trans woman, trans man, trans person
- Genderqueer, non-binary

**Cis = stay on the same side*

**Trans = to cross over*

For more info:

<https://transequality.org/issues/resources/frequently-asked-questions-about-transgender-people>

Intersex People



- An estimated 1.7% of the population
- Ask Intersex people how they want to be treated and what terminology they prefer
- Describes someone whose sex characteristics, hormonal balance, and/or chromosomal make up don't fit neatly into binary sex categories

Fausto-Sterling, Anne (2000). Sexing the Body: Gender Politics and the Construction of Sexuality. New York: Basic Books. ISBN 0-465-07713-7.

Artist: Pidgeon Pagonis

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WHAT WE ARE CALLED

GENDER IDENTITY

One's internal knowledge of their gender, for example, your knowledge that you are a man, a woman, or another gender

GENDER EXPRESSION

How a person presents their gender outwardly, through behaviour, clothing, hairstyle, voice, or body characteristics.

HETERONORMATIVE

The belief that people fall into distinct genders (male and female), the assumption that heterosexuality is the default sexual orientation, and that sexual and romantic relations are most only fitting between people of opposite sex.

LBGTQ+

Lesbian Gay Bisexual Transgender Queer, the "+" to indicate that there are additional terms used by individuals who express gender or sexual variance that may not be included in these five terms.

TRANSGENDER (TRANS)

People whose gender identity is different from the gender they were thought to be when they were born.

GENDERQUEER, NON-BINARY, OR NON-CONFORMING

Some transgender people identify as neither a man nor a woman, or as a combination of male and female, and may use terms like these to describe their gender identity. Those who are non-binary often use they/them pronouns, rather than she/her or he/him.

CISGENDER (AKA CIS)

A broad term used to describe people whose gender identity matches the gender they were thought to be when they were born. A cisgender person is not transgender, gender-nonbinary, gender-nonconforming, genderqueer, etc.

QUEER

Long used as a slur or insult, the term carries bad memories for many. A younger generation has flipped and embraced queer as a fluid and open term. For many this is an umbrella term encompasses many of the other terms listed here.

QUESTIONING

Often listed as a second "Q", as in LGBTQQ. Questioning one's gender or sexual identity is a term of exploration used especially by young people.

INTERSEX

People born with any of the several variations in sex characteristics including chromosomes, gonads, sex hormones, or genitals that do not fit the typical definitions for male or female bodies.

ASEXUAL

People who lack sexual attraction to others or who have a low interest for sexual activity

THIRD GENDER

A social category in societies that recognise three or more genders to refer to people who are categorised neither as man or woman

HOMOPHILE

The earliest gay and lesbian rights organisations in California were known as homophile groups.

TWO-SPIRIT

A modern, pan-Indian, umbrella term used by some indigenous North Americans to describe certain people in their communities who fulfil a traditional third-gender (or other gender-variant) ceremonial role in their cultures; a Native American term for people with both feminine and masculine energies. Two-spirits may (or may not) also identify as lesbian, gay, bisexual, transgender, or queer.

A'QI (CHUMASH)

Third-gender people, born into anatomically male bodies who lived, dressed, and worked according to women's tradition, and who acts as undertakers for their village communities.

SUNÁAL YA'ÁS

(ATÁAXUM/LUISEÑO)
Woman-Man

YA'ÁS SUNÁAL

(ATÁAXUM/LUISEÑO)
Man-woman

WÉH POSÚUN ('ATÁAXUM)

Two hearts/two souls

LUUSI (COAST MIWOK)

Third gender people, born into anatomically male bodies who lived, dressed, and worked according to women's traditions.

'LIPAY HELLYAA

(DIGEÜNO ALIPAY/KUMEYAAY)
Person of the moon, non heteronormative person

JOYA (SPANISH)

Mean jewel. Stang for male homosexuality of effeminacy, used as a notation by priests in sacramental registries as they baptised Indigenous individuals within the California Mission system.

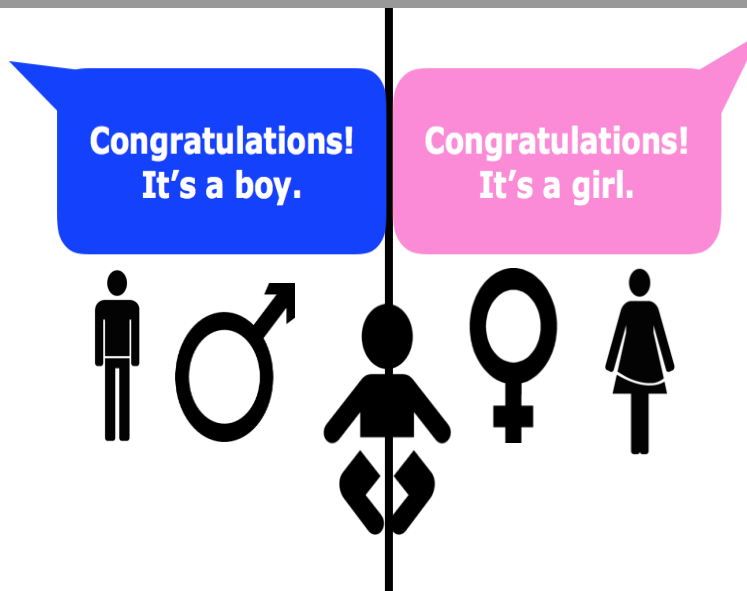
AMUJERADO (SPANISH)

Means effeminate, used as a notation by priests in sacramental registries as they baptised Indigenous individuals within the California Mission system.

Understanding Concepts

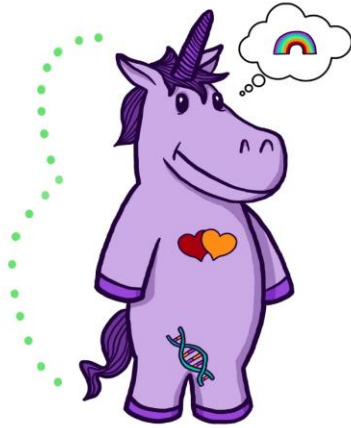
- "**Gender dysphoria**" is the medical diagnosis used to describe transgender identities. Healthcare providers use this as a tool to access medical transition care. Transgender \neq gender dysphoria.
 - **Medical transition/transition related care** is understood as, but not limited to: puberty suppression, hormone therapy, surgical procedures
- "Gender identity disorder" was added to the DSM (Diagnostic and Statistical Manual of Mental Disorders) in 1980 and replaced with "**gender dysphoria**" in 2013.

Dominant Assumptions



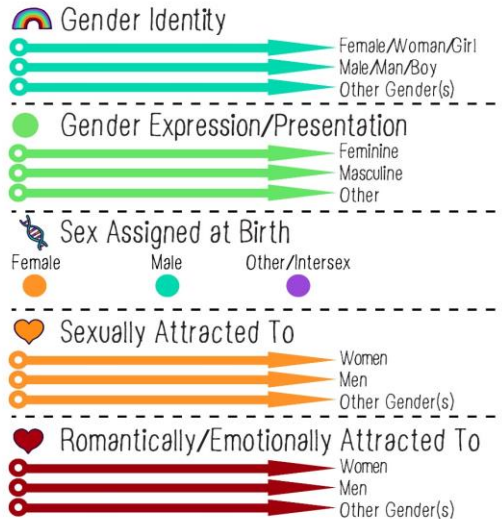
The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



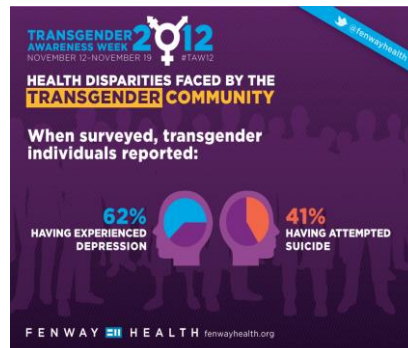
To learn more go to:
www.transstudent.org/gender

Design by Landyn Pan



Why do we talk about this?

- **28%** of transgender people postponed medical care due to discrimination
- **41%** have attempted suicide
- **78%** of trans students harassed
- **90%** experienced harassment or discrimination on the job
- **2x** the general rate of homelessness
- **Over 50%** experience sexual violence



Mental Health Considerations

- Historical relationship with healthcare
- Distrust of providers in medical and medical health settings
 - Forced procedures, institutionalization, gate keeping.

Mental Health Considerations

- Stress factors
 - Family & social supports
 - Survival needs
 - Jobs, school, housing
 - Healthcare Access
 - Mental health
 - Legal concerns
 - E.g. Hesitation to report/seek assistance due to violence

Better Practices

Different causes of trauma

- *Minority Stress Effect*
- *Social/cultural/familial*

Five ways to approach Trauma Informed Practices

- Ask permission/consent
- Check assumptions about your patient
- Acknowledge patients are experts on themselves
- Ask for patient's goals for care
- Affirm your patient's experiences and reality

When greeting others, be mindful of language.

Consider

"Thanks, **friends**.
Have a great
night."

"Good morning,
folks!"

"Hi, **everyone!**"
"And for **you?**"

"Can I get
you **all**
something?"

Why?

Shifting to gender-inclusive language respects and acknowledges the gender identities of all people and removes assumption.

Providing Healthcare: Language

Please use:

-Patient's words for affirming their identity, gender and body parts

-Clear, accessible medical terminology

Unless you are in the community, DONT use reclaimed, antiquated, or slur words



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Estrogen Therapy: Timeline

Effects in RED are permanent changes.

Effect	First noticeable:	Maximum effect:
Breast enlargement	3-6 months	2-3 years
Softening of skin, less oily skin	3-6 months	Unknown
Slower, thinner growth of facial and body hair	6-12 months	3 years or more
Decrease in male pattern baldness	Hair loss stops in 1-3 months but hair does not grow back	1-2 years
Decreased muscle mass / strength	3-6 months	1-2 years
Body fat redistribution (more fat on buttocks, hips, thighs, face)	3-6 months	2-5 years
Decreased libido (sex drive)	1-3 months	1-2 years
Decreased spontaneous erections	1-3 months	3-6 months
Decreased volume (shrinking) of the testes	3-6 months	2-3 years
Decreased sperm production/Infertility	Variable	Variable

Endocrine Treatment of Gender-Dysphoric/Gender-Incongruent Persons: An Endocrine Society* Clinical Practice Guideline, 2017

Testosterone Therapy: Timeline

Effects in RED are permanent changes.

Effect	First noticeable:	Maximum effect:
Facial and body hair growth	3-6 months	3-5 years
Scalp hair loss (male pattern balding)	After 12 months or more	Variable
Oily skin / acne	1-6 months	1-2 years
Deeper voice	3-12 months	1-2 years
Body fat redistribution (more on the abdomen, less on the buttocks, hips, thighs)	3-6 months	2-5 years
Increased muscle mass / strength	6-12 months	2-5 years
Clitoris enlarges	3-6 months	1-2 years
Menstrual periods stop	2-6 months	
Infertility	Variable	Variable

Endocrine Treatment of Gender-dysphoric/Gender-Incongruent Persons: An Endocrine Society* Clinical Practice Guideline, 2017

Herbal Treatments

- **Common Complaints that herbs can address:**
- Mental Health
 - Anxiety
 - Depression
- Liver Inflammation
- Preventative heart health
- UTI
- Pelvic cramping
- Skin/acne support

Mental Health

- **Tea/Tincture:** Linden, Lemon Balm, Skullcap, Hawthorne, Passionflower, Milky Oats
- **Sleep Support:** Lemon Balm, Skullcap, Valerian, Chamomile, Passionflower
- **Caution:** St Johnswort- Increases the CYP 450 3A4 pathway which about half of prescribed medications use for elimination and breakdown in the body.

Heart Health

- **Hawthorn (Crataegus):** Antioxidant, tonic for the heart and blood vessels-protects heart and blood vessel cells from apoptosis, increases production of vasodilators, reduces cholesterol as well.
- **Magnesium:** Relaxes smooth muscle which is what blood vessels are made of. Also required for many metabolic processes, and the north american diet is typically deficient. Can cause diarrhea if taken in high doses <800mg daily.
- **Ginseng, Siberian (Eleutherococcus):** Lowers blood pressure and reduces atherosclerosis, improves renal function as well, reduces angina symptoms, an effective stress controller and adaptogen, reduces adrenal cortex response to stress, reduces hepatic biosynthesis of cholesterol, lowers elevated prothrombin times.
- **Linden flower** (Tilia, gentle heart tonic-tea): Nerve/Adaptogen,

Hypercholesterolemia

- **GINSENG, PANAX:** **Regulates blood pressure**, either hyper or hypotensive, as does Eleutherococcus. Reduces total serum cholesterol, triglycerides, non-esterified fatty acids, platelet adhesiveness while increasing HDL.
- **Fish oil:** The eicosapentaenoic acid (EPA) in fish oil downregulates genes that produce cholesterol and reduces the amount of cholesterol reuptake in the GI tract (2-4 grams daily omega 3/6)
- **Gotu Kola (*Centella asiatica*):** Increases HDL, lowers LDL and triglycerides. Protects the liver, antioxidant . It is a very effective remedy for wound healing, as well as reducing inflammation and helping the liver to clear out toxins. Gotu Kola may be applied topically as a cream, or may be taken internally as a tea or tincture several times a day to help with post anesthesia detoxification, and deeper surgical incision healing.

Thromboembolism

- **Interactions/Side Effects of hormones:** Increased hypercoagulability risk
- **Caution:** Do not take 2 weeks prior, and 1 week post surgery
- **Ginkgo:** Blood thinning (inhibits platelet aggregation)
- **Fish oil:** Reduces platelet aggregation
- **Angelica sinensis:** Chinese medicinal that reduces blood stasis and improves circulation. It also inhibits platelet aggregation and reduces inflammatory markers that contribute to clotting. (For pelvic pain: also antispasmodic and smooth-muscle relaxant)
- **Garlic and onion:** Contain allicin and other compounds that reduce platelet aggregation. When using in cooking, after chopping, let sit out for 10 mins to activate the allicin.

Liver Health

- **Turmeric**- Shown to be hepatoprotective against drug injury in multiple studies, inhibits production of inflammatory cytokines, antioxidant.
- **Milk Thistle (Silybum)** (Caution about drug interactions and binding with estrogen receptors): Multiple studies show compounds including silymarin are protective against a wide variety of toxins. Decrease liver enzymes, improve hepatocellular function. Not for long term use in combination with hormones.
- **Castor oil**: Naturopathic treatment where in the oil is applied topically to the abdomen over the liver and heated with a hot water bottle or hot pad. It increases circulation of lymph and improves the liver's ability to detoxify chemicals. Also for **pelvic pain**.
- **Burdock Root, *Arctium lappa*** is a potent detoxifying herb for the liver, protecting the liver from damage from a variety of chemicals, including those used in anesthesia. It also has anti-platelet effects. This herb is best used after surgery is complete, and may be taken as a tea, tincture, or eaten as a vegetable frequently.

Skin Health

General Protocol for Acne (Jill Stansbury)

1. Steam and gently scrub the face each day
2. Drink ample water or herbal teas and limit coffee, alcohol and sugar drinks
3. Consume ample fiber and avoid constipation
4. Consume ample fresh fruits and vegetables to provide beta carotene and other essential nutrients.
5. Limit fried foods and animal fats which contribute pro-inflammatory fatty acids to the body.
6. Supplement with essential fatty acids such as flax or fish oil to improve EFAs in the body.
7. Consider probiotic, Beta Carotene, Zinc, B vitamins or other nutritional supplements.
8. Exercise to the point of breaking a sweat at least 3 times each week.
9. Mild sunlight to the face each day where possible. Consider UV light therapy as an alternative.

Pelvic Health

- **Pelvic Pain**
- Consider all physiologic and psychological components
 - Testosterone induces hypoestrogenic state to promote atrophy, increased vaginal pH, with increased risk of vaginitis and cervicitis

Pelvic Cramping:

- Viburnum, Angelica Sinensis, Motherwort (can stimulate menstruation)
- Castor Oil Packs
- **Pelvic Steams/Bajos** (Lemon Balm, Oregano, Chamomile, Basil, Rosemary, Motherwort, Lavender, Damiana, Dandelion, Horsetail, Yellow Dock, Calendula)

Urinary Health

- **Hydration!!!!**

Urinary Tract Infection Tea

- *Uva ursi*
 - *Calendula*
 - *Urtica*
 - *Althea*
- (equal parts)*

- Steep 1 tbl/cup hot water and
- Sip constantly through the day.

Post Surgery Healing Protocol

- Day 1-3: Wobenzyme (joint health and digestive enzymes) 3 tablets 4x day, Vitamin C 2,000mg 4x day, Zinc 50mg 2x day, Arnica 30 c 5 pellets 4x day, Echinacea 2 droppersful 4x day, Vitamin D 4,000 iu a day.
- Day 4-7: Wobenzyme 2 tablets 4x day, Vitamin C 1,000mg 4x day, Zinc 50mg 2x day, Arnica 30 c 5 pellets 4x day, Echinacea 2 droppersful 4x day, Vitamin D 4,000 iu a day
- After day 7: Let the arnica and echinacea run out, drop down to 1 tablet of Wobenzyme 4x day until you run out. You can drop off the zinc, continue with vitamin C. Add B complex.
- After day 14: 500mg curcumin a day
- Nutrition: mostly vegetables and lean proteins, lots of high omega 3 foods (fish oil supplements are also awesome), lots of water. Also stool softener daily for the first few days if taking opioid pain medication.

Questions????

- Contact:
- Yasha Annah Shapiro
- Email: Annah.Shapiro@gmail.com

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