

Endocrinologist and the Transgender Patient

Transgendered individuals from the Trans Solidarity Project, Long Island New York and around the country were asked to provide information regarding their experiences with seeking out hormone therapy and their dealing with endocrinologists, their treatment experiences, and office staff. This was accomplished utilizing an anonymous online survey. Participants were chosen based upon their association with online social groups and are self-identified as being transgendered. This information was gathered to empower transitioning transgender patients with information on what to expect when seeing an endocrinologist. Additionally, this document could provide a primer for new medical providers who are looking to serve the transgender community.

1. 39% of the respondents self-identified as male to female transsexuals followed by 24.4% self-identified as Female to Male.
2. 67.5 % of those questioned also have a General Practitioner they see in addition to an Endocrinologist.
3. 77% see only one endocrinologist at each visit and do not see any other practitioners in their Endocrinologists office.
4. 86.4% do not receive similar exams when they do see other practitioners from the same office.
5. 38.6% of those surveyed have been seeing their Endocrinologist less than one year or less followed by 25% at 2-4 years.
6. Between 94.9% and 76.9% of the 39 of those choosing to describe their experiences with the office staff described their experiences as pleasant. The staff treated them with respect, called them by their preferred name, and seemed to be trained to be sensitive to their needs.

Of the 44 patients who responded, all described the following components of the exam;

- 42 (95.5%) have their blood pressure checked.
- 31 (70.5%) have their heart and lungs checked.
- 41 (93.2%) have their blood work reviewed
- 11 (25%) have their sexual organs viewed and examined
- 1 (2.3%) stated that they have their sexual organs measured
- 8 (18.2%) are examined for body hair
- 40 (90.9%) have their weight checked
- 28 (63.6%) have their height recorded
- 10 (22.7%) discuss personal relationships with their endocrinologist.

The results show that no respondents received the same care.

From our sample group we concluded that each Endocrinologist has their own idea as to what that *Standard of Care* should be.