

Primary Care for Transgender and Gender Diverse Patients: Resources for Providers

Transgender and gender diverse (TGGD) individuals' gender identity does not align with their sex assigned at birth. People who identify as transgender often identify as another gender compared to their sex assigned at birth, while gender diverse individuals may identify their gender to be outside of the traditional binary system that is predominant in American society. For example, they may not identify within the man/woman gender binary or may not express themselves on the masculine/feminine spectrum. More information on definitions can be found on pages 2 and 3 of One Colorado's 2018 health report, [Closing the Gap: The Turning Point for LGBTQ Health](#).

Historically, the healthcare system in the US has been exclusionary and discriminatory towards the TGGD community, who have unique and specific healthcare needs to affirm their gender identity. It's important to work with patients to define what their goals are in their transition, as it may vary widely between patients, and to advocate to ensure that TGGD patients get medically-necessary care to treat their gender dysphoria.

[The World Professional Association for Transgender Health](#) (WPATH) is considered to be at the forefront of providing healthcare for TGGD patients that affirms their dignity and humanity. Within the US, [The Fenway Institute](#) in Boston, MA and the [Center of Excellence for Transgender Health](#) at the University of California at San Francisco (UCSF) offer resources to providers with TGGD patients.

- Overview: [Standards of Care](#) by WPATH
 - Purpose and Use of the Standards of Care: Page 1
 - Global Applicability of the Standards of Care: Page 3
 - The Difference between Gender Nonconformity and Gender Dysphoria: Page 4
 - Epidemiologic Considerations: Page 6
 - Overview of Therapeutic Approaches for Gender Dysphoria: Page 8
 - Assessment & Treatment of Children & Adolescents with Gender Dysphoria: Page 10
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 - Lifelong Preventive and Primary Care: Page 65
 - Applicability of the Standards of Care to People Living in Institutional Environments: Page 67
 - Applicability of the Standards of Care to People With Disorders of Sex Development: Page 69
- [Guidelines for Primary Care](#) by UCSF Transgender Center of Excellence

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- [Transgender patients and the physical examination](#)
- [Overview of gender affirming treatments and procedures](#)
- [Initiating hormone therapy](#)
- [Overview of feminizing hormone therapy](#)
- [Overview of masculinizing hormone therapy](#)
- [Pelvic pain and persistent menses in transgender men](#)
- [Approach to genderqueer, gender non-conforming, and gender nonbinary people](#)
- [Cardiovascular disease](#)
- [Diabetes mellitus](#)
- [Bone health and osteoporosis](#)
- [Transgender health and HIV](#)
- [Transgender health and hepatitis C](#)
- [Transgender people and sexually transmitted infections \(STIs\)](#)
- [Testicular and scrotal pain and related complaints](#)
- [Free silicone and other filler use](#)
- [Fertility options for transgender persons](#)
- [General approach to cancer screening in transgender people](#)
- [Screening for breast cancer in transgender women](#)
- [Prostate and testicular cancer considerations in transgender women](#)
- [Breast cancer screening in transgender men](#)
- [Screening for cervical cancer in transgender men](#)
- [Ovarian and endometrial cancer considerations in transgender men](#)
- [Mental health considerations with transgender and gender nonconforming clients](#)
- [Postoperative care and common issues after masculinizing chest surgery](#)
- [Perioperative and postoperative care for feminizing augmentation mammoplasty](#)
- [Vaginoplasty procedures, complications and aftercare](#)
- [Phalloplasty and metaoidioplasty - overview and postoperative considerations](#)
- [Hysterectomy](#)
- [Binding, packing, and tucking](#)
- [Hair removal](#)
- [Transgender voice and communication - vocal health and considerations](#)
- [Health insurance coverage issues for transgender people in the United States](#)
- [Legal and identity documents](#)
- [Sex segregated systems](#)
- [Homeless transgender individuals](#)
- [Health considerations for gender non-conforming children and transgender adolescents](#)

Interested in accessing more information quickly in clinic? If you have access to [UpToDate](#), there is great data to guide patient evaluation, selection, and monitoring for hormone replacement therapy. Examples below.

- [Masculinizing Hormone Therapy Guidelines](#)
- [Feminizing Hormone Therapy Guidelines](#)