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
  - Mental Health: Page 21
  - Hormone Therapy: Page 33
  - Reproductive Health: Page 50
  - Voice and Communication Therapy: Page 52
  - Surgery: Page 54
  - Postoperative Care and Follow-Up: Page 64
  - 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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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
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Postoperative care and common issues after masculinizing chest surgery
Perioperative and postoperative care for feminizing augmentation mammaplasty
Vaginoplasty procedures, complications and aftercare
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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

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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

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