

Patient Rights & Responsibilities

You have the right to:

- ☐ Be heard and understood by your provider and care team
- ☐ Be fairly evaluated for treatment and referrals
- ☐ Access an equal standard of care and information as any other patient
- ☐ Be provided with assistance or referrals to manage psychological and physical health issues
- ☐ As appropriate, to be given access to gender affirming medical treatment

You have the responsibility to:

- ☐ Accurately convey your experience (story and history) of gender dysphoria, gender identity development, medical and behavioral health history to your provider
- ☐ Follow your treatment plan and take your medications as prescribed
- ☐ Manage your medical and behavioral health conditions and needs
- ☐ Monitor the use of your gender affirming hormone therapy
- ☐ Communicate concerns and questions about your care to your care team

Review & Steps

- ☐ Make an appointment with a Fenway medical provider
- ☐ Have your medical records transferred (if applicable)
- ☐ Communicate your goals and needs with your provider during your appointment
- ☐ Begin gender affirming hormone therapy and monitor your progress

To Schedule an Appointment:

Fenway Health: Ansin Building

1340 Boylston Street, Boston, MA 02215
617.927.6000

Fenway: South End

142 Berkeley Street, Boston, MA 02116
617.247.7555

Resources

Visit fenwayhealth.org/transhealth to find informational handouts and resources for your review, including:

- ☐ Gender Affirming Hormone Therapy Risks and Benefits Handouts
- ☐ Gender Affirming Hormone Therapy Medication Options Handouts
- ☐ Support Groups
- ☐ And more!

Have More Questions?

Contact your care team at Fenway if you are a patient. Not a patient? Contact transhealth@fenwayhealth.org.



Fenway Health is a nationally recognized leader in gender affirming care. We conduct research and provide direct care, education, and advocacy. Please consider supporting Fenway's Gender Affirming Care efforts.



Image: Disabled and Here affecttheverb.com/disabledandhere



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Gender Affirming Hormone Therapy for Adults

Accessing hormone therapy through informed consent.

Content adapted from "Medical Care of Trans and Gender Diverse Adults", 2021 with input from Fenway Health's Trans Health Program.

Gender affirming hormone therapy for transgender and gender diverse adults at Fenway Health is managed by your primary care team under an informed consent model of care. As a patient, you will work with a medical provider to develop a treatment plan based on your goals, as well as medical and behavioral health care needs. Understanding your goals and concerns is central to gender affirming care at Fenway. Whether and when gender affirming hormones are recommended, and started, depends on your specific situation and needs. Criteria for accessing hormone therapy are informed by the WPATH (World Professional Association for Transgender Health) guidelines. **To be eligible to start hormones as an adult, you must:**

- Have the capacity to give informed consent
- Experience persistent, documented gender dysphoria (this is part of what you will discuss with your provider)
- Reasonably control any other medical or mental health concerns

Informed consent at Fenway Health includes discussing your gender identity development and reviewing benefits and risks for hormone therapy with your provider.

How to Get Started



Make an Appointment

If you are already a patient at Fenway, reach out to your provider – any of our primary care providers are happy to work with you on any goals for gender affirmation. If you are not yet a patient, call our scheduling line at **617.267.0900** to register and schedule an appointment. During your appointment(s), you will review medical, social, and behavioral health history with your provider. These appointments can be done during a yearly checkup/physical or a shorter consultative visit. Your provider may ask you questions about your body parts, or request blood tests before you start hormones.

Helpful Suggestion: You can send previous medical records to your Fenway provider if another provider has already performed this service.



Learn Your Care Options

While meeting with your provider, you will be asked about your gender affirmation needs and goals. Gender affirming hormone therapy may include a variety of medications, each with their own risks, benefits, and effects. Fenway provides as much flexibility as possible in dosing and administration methods. While it is your provider's role to provide you with accurate information and support, it is ultimately your choice whether starting hormones is right for you.



Monitor Your Progress

You'll want to pay attention if medications and their effects feel affirming to your gender. Each person's goals for gender affirmation are unique, and different people's bodies may respond in different ways to these medications. You may wish to have more frequent visits with your provider, get lab tests, and/or access supportive resources. It may also be helpful to think about the social or interpersonal impact gender affirming care may have in your life.

FAQ & Common Concerns

I've been told I don't need to talk to a therapist before I start hormones. Why is that?

Fenway Health aims to provide informed, low barrier access to gender affirming care and services. We don't require every one of our patients to see a therapist. However, a provider may still request a behavioral health assessment, or other engagement with a therapist, prior to starting your treatment. As part of meeting criteria for hormones, mental health concerns need to be reasonably well managed, and therapy, evaluation, or treatment may be your next step along the path to gender affirmation. Needing to see a therapist, as part of your transition, does not disqualify you from pursuing hormone therapy.

What does "persistent, documented" gender dysphoria mean?

It can be difficult to disclose your experience of your own gender to a clinician – especially when you aren't sure whether they will understand your experience. Based on the most current medical guidelines, "persistent" is typically defined as having experienced gender dysphoria for at least 6 months. The "documentation" is taken care of by your provider during their conversation with you. This is why our informed consent process includes talking about your gender identity development over time.

I have a serious medical condition. Can I start hormones and deal with my other health issue later?

You do not have to be in perfect health to start hormones. As with any healthcare program, your provider will be thinking about your overall health when deciding when to start hormones, and which medications might be best for you. Your provider will work with you if they determine that hormones may destabilize your physical or behavioral health condition.

Why is my friend on a different dose or method of hormones than me?

Your patient centered plan will differ from others even though you may have similar gender affirmation goals. Every body is different including baseline hormone production. Bodies also respond differently to hormone therapy. Your care will be an ongoing conversation with your provider.

