

# EXPECT MORE

Everyone Deserves Good Health

7<sup>th</sup> Annual National LGBT Health Awareness Week

## TRANSMEN'S HEALTH

If you are transgender or think you might be, you can live a healthy life. There are certain things you should know:

**HORMONE REPLACEMENT THERAPY (HRT)** - HRT involves taking testosterone to increase facial and body hair growth, muscle mass, deepening of voice and other physical changes. Taking testosterone is not risk-free and must be used carefully with regular medical supervision and blood test monitoring. Smoking while taking testosterone is especially dangerous to your health.

**MENTAL HEALTH** - Living in a transphobic society can cause a great deal of stress, anxiety and depression, mental health providers must be trained to be culturally competent. Make sure you get the support you need!

**SEX REASSIGNMENT SURGERY** - Sex Reassignment Surgery (SRS) usually follows the Standards of Care of the World Professional Association for Transgender Healthcare (WPATH). Although these standards are imperfect, they still offer the best protection for patients and surgeons. Regular visits are necessary to make sure of proper healing after surgery.

**SEXUAL HEALTH** - Safe sex methods must be appropriate to the practices of transmen, this can include the use of condoms, dental dams and/or other latex barriers with sex partners. All sexually active people should be tested for STDs every six months to one year. It's important to remember that chest (top) surgery does not remove 100% of breast tissue, so cancer risk still exists and a monthly breast/chest self-exam (SBE) is recommended. Pelvis exams and pap smears should also be done.

### For more information, please see:

Gender Education and Advocacy (GEA) ([www.gender.org](http://www.gender.org))

International Foundation for Gender Education ([www.ifge.org](http://www.ifge.org))

National Center for Transgender Equality ([www.ncte.org](http://www.ncte.org))

Trans Health Conference ([www.trans-health.org](http://www.trans-health.org))