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Examining Health Outcomes for People Who Are Transgender

REACH Dissemination Committee, Maine, USA

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Examining Health Outcomes for People Who Are Transgender

The Study of Transition, Outcomes, and Gender was initiated to **assess morbidity among transgender people** in general and after gender-affirming treatments.

LOCATION & POPULATION

► Kaiser Permanente health plans in **Georgia** and **Northern and Southern California** and in the **US Department of Veterans Affairs (VA)** national health system



► **11,442 transgender people of all ages** with known transmasculine (TM) or transfeminine (TF) status



Compared to:

► **200,000 age-, race-/ethnicity-, and site-matched referents** (i.e., cisgender male and females used as comparison groups) selected from the same underlying populations

STUDY DESIGN

The study included 2 cohort studies and a cross-sectional survey.

Kaiser Permanente Cohort Study

- incidence of acute cardiovascular events in relation to hormone therapy
- prevalence of mental health problems
- cancer incidence



Cross-Sectional Survey

- quality of life by history and extent of gender affirmation

VA Retrospective Cohort Study

- all-cause mortality
- cancer incidence

FINDINGS

► PREVALANCE OF mental health conditions

At the time of presentation for care, there was a high prevalence in transgender individuals compared to cisgender individuals

Particularly among adolescents and youth, with markedly higher suicidal ideas and self-inflicted injuries.



► RISK OF cardiovascular conditions

Significantly higher risk of venous thromboembolism (VTE) and ischemic stroke in transgender females

Compared to cisgender males in the Kaiser cohort, particularly at 6 years after initiation of estrogen



► RISK OF cancer

Unrelated to gender identity except that prostate cancer risk was lower in transgender females compared to cisgender males



► The survey showed that there was **greater gender congruence and satisfaction with body image** among those who received more gender-affirming treatment



USED ACRONYMS

VA – Veterans Affairs
TM – transmasculine

TF – transfeminine
VTE – venous thromboembolism

Key Take-Away

Long-term follow-up of transfemale participants receiving hormone therapy should include counseling related to stroke and VTE risk and surveillance; transgender youth should be routinely evaluated for mental health issues and active plans for suicide prevention and self-harm prevention put in place.

REFERENCES

1. Goodman M, Nash R. (2019). *Examining Health Outcomes for People Who Are Transgender*. Patient-Centered Outcomes Research Institute (PCORI). <https://doi.org/10.25302/2.2019.AD.12114532>

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