Transgender and FGM: Surgical Advances on Two Fronts

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Intro
- Transgender History: Recent and Past
- Transgender Definitions
- Transgender Biology
- Surgical Technique and video
- Surgical Options/outcomes
- Female Genital Mutilation (FGM)
- MTF Vaginoplasty video
- Questions

Why Discuss Transgender?
- Transgender Persons increasingly visible
- Transgender persons throughout history
- Parallels other Civil Rights struggles including those of Religion, Women’s Rights and the Struggle for Racial Equality
- Reduction in teen suicide
- Reduction in anti-social and self-destructive behavior
- Generational Demand for Honesty in Sexuality and Gender
- Provides insight into what it is to be human and gives insight into maleness/femaleness

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Seattle, Washington

- Midwestern Upbringing
  - B.: Oak Park, Illinois
  - Raised: Oconomowoc, Wisconsin

Seattle/ Obstetrics and Gynecology

- University of Wisconsin (Bachelor of Science)
- University of Minnesota (MD)
- University of Washington (Ob/Gyn)
- Swedish Medical Center
- Polyclinic

Trinidad, Colorado

- Santa Fe Trail
- Elevation 6025 ft
- A ‘Western Victorian Town’
- Coal/Natural Gas
- Arts
- ‘Sex Change Capital of the World’
Marci Bowers, MD

- 24 Years experience Ob/Gyn/Pelvic and Reconstructive surgery
- Ob/Gyn Department Chairperson
- ‘Best Doctors’ in America (ARC)
- Member Elect European Academy of Sciences
- Dr. Stanley Biber, Dr. Pierre Brassard, others
- 1200+ MTF Vaginoplasties since 2003
- >220 Transgender Surgeries per year
- “Surgery as Art”
- National BOD GLAAD, Transgender Law Center

Dr. Stanley Biber: 5/4/1924 - 1/16/2006

Dr. Pierre Brassard
2003 Landscape for US Transgender Persons

- Surgeons
- Transition on job
- Functionality
- Pathetic Pathology

- Cash Only
- Fired
- Intimacy
- Family support
- Bullying/harrassment/Violence
- Transphobia
- Medical not psychological
Transgender Definitions

- Gender Expression
- Gender Identity
- Genitalia

- Gender Dysphoria

- Sexuality
2009 NCTE Study US Transgender

- Violence/Bullying
  - More than half of transgender and gender non-conforming people who were bullied, harassed or assaulted in school because of their gender identity have attempted suicide, according to just-released findings from the National Transgender Discrimination Survey, conducted by the National Gay and Lesbian Task Force and National Center for Transgender Equality.
  - “... my suicide attempt had a lot to do with the fact that I felt hopeless and alone in regards to my gender identity.” — Survey respondent

American Medical Association

- “Resolved that our AMA support public and private insurance coverage for treatment of Gender Identity Disorder [gender Incongruence] as recommended by a physician”: 2009—Resolution 22

Access to Care

- The U.S. Department of Health and Human Services has confirmed that it views a 2010 law prohibiting sex discrimination in health care services as protecting from discrimination based on gender identity and gender stereotyping.
Insurance Coverage

- National Health Plans (Canada, Cuba, Argentina, Brasil, Europe, Iran, Israel)
- Insurance (Microsoft, Intel, IBM, Google, Ebay, State of California, State of Minnesota, Colleges and Universities)
- 2004 (1/500 Fortune 500)
- 2009 (40/500 “ ” ) 9%
- 2012 Number of companies offering Transgender surgery coverage
- States
- Medicare (2014)

California Department of Managed Healthcare (DMHC)

- Advocacy by Transgender Law Center (TLC) on April 9, 2013 orders California Health Plans covering 22.5 million Californians to remove blanket exclusions of coverage based upon gender identity or gender expression allowing medically necessary coverage for transgender persons in California.
Teaching

- Israeli Health Ministry Sheba Medical center
- October 2013/May 2014

GRS History

- Biblical Eunuchs
- 855 A.D. Pope John/Joan
- Berlin, Germany: 1910 Magnus Hirschfeld: "Transvestition" and "transsexuality"
- Berlin: 1911 Steinach/Hirschfeld/Gonadal Transplantation
- 1930 Lili Elbe (Dutch Painter) World's "First Transsexual"
- 1933 Nazi's destroy Dr. Hirschfeld Laboratory: LGBT population becomes template for Holocaust
- 1938 DES Discovery

GRS History

- 1952 Christine Jorgensen / Copenhagen, First American Transsexual
- 1953 Dr. Harry Benjamin
- 1953 Dr. Georges Burou / Penile Inversion Technique / Casablanca
- 1962 Erickson Educational Foundation
GRS History

- 1969 Dr. Stanley Biber / SRS
- 1971 Johns Hopkins Closes Sex Reassignment Program
- 1979 Trinidad, Colorado dubbed "Sex Change Capitol of The World"
- 2003 Dr. Marci Bowers joins Dr. Biber / GRS in Trinidad, Colorado
- 2010 Dr. Bowers Relocates to San Francisco Bay Area
Real World Order

- Gender Expression: Male, Androgynous, Female
- GENITALIA: Male, Intersex, Female
- SEXUALITY: Male, Bisexual, Female

Nature Versus Nurture

- "God Made You a Man"
- "Men are from Mars, women are from Venus"
Intersex: Genital Diversity

- Intersex
  - Ambiguous genitalia/“Hermaphrodite”
    - Congenital Adrenal Hyperplasia
    - Klinefelter’s (47XXY)
    - Androgen Insensitivity Syndrome (AIS)
    - Hypospadias
  - Male=Female until 2nd trimester
  - Incidence: 1/2000 live births
  - Public lack of awareness: addicted to binary

WPATH Standards of Care (SOC)

- Psychological Evaluation
- One Year Cross-sex Hormone Therapy
- One Year Real Life Experience (RLE)
- Legal Age of Majority: 18 years old +/-

Hormone Therapy

- FTM
  1. DepotTestosterone
     1. Test Enanthate or Cypionate
     2. 75-200 mg Bi-weekly IM
     3. 22-38g X 1 ½“ needles
  2. Transdermal Testosterone: 2.5-10 mg q day
  3. Testosterone Gel
     1. Androgel 50,75,100 mg
- MTF
  1. Estrogens
     1. Estradiol 2-8 mg q day
     2. Estradiol Valerate 20-60 mg IM Bi-weekly
     3. Premarin, ethinyl estradiol
  2. Anti-androgens
     1. Spironolactone 50-200 mg/day
     2. Proscar
  3. +/- Progesterone
     1. Prometrium 200 mg/day or 200 mg 1-24
Estrogen: Risks

- Thrombosis/Thromboembolism
- Hypertension
- Lipid Changes (Triglycerides)
- ?Malignancy
- ?Bone Density

Testosterone: Risks

- Thromboembolism
- Lipid Changes (HDL, LDL)
- Drug Interactions

The Road To Trinidad
WPATH Standards of Care

- Psychological Evaluation
- One Year Real Life Experience
- One Year Hormone Therapy
- ‘18 Years of Age’ (now under review)
Surgery Options

**FTM**
1. Mastectomy ("Chest Surgery") 95%
2. Hysterectomy ("hysto") 66%
3. Metoidioplasty ("Bottom Surgery") 10%
4. Phaloplasty ("Bottom Surgery") 5%
5. Testicle Implants ("Scrotoplasty") 10%
6. Vaginectomy +/- 5%

**MTF**
1. FFS (Facial Feminization Surgery) 40%
2. Chondrolaryngoplasty (Tracheal Shave) 20%
3. Augmentation Mammaplasty (BA) 55%
4. Vaginoplasty/Neocolporrhaphy 80% (GSR/SRS)
5. +/- Labiaplasty 10%

Surgery for the MTF
Surgical Technique: MTF Vaginoplasty

- Testicles Removed
- Glans Penis....Clitoris
- Scrotum....Labia Majora
- Urethra ....Labia Minora Mucosa
- Scrotum/Penile Skin.....Vagina
- Cowper’s glands and prostate retained

Surgical Technique: Vaginoplasty

Hypospadias
Genital Reassignment Surgery (MTF Vaginoplasty)

GRS I
Complications (GRS):

- Acute
  - Wound separation (3-7%)
  - Necrotic tissue (5%)
  - Poor cosmetic result
  - Bleeding (7 units/950 surgeries)
  - Infection (rare)
  - Fistula (0.4%)
  - Urinary difficulties (rare)
Outcomes

- Factors Associated with Satisfaction or regret following Male-to-female Sex reassignment surgery
  - Lawrence AA
  - ArchSexBehav. 2003 Aug; 32 (4): 309-315
- “Longterm assessment of the Physical, Mental and Sexual Health among Transsexual women”
  - Weyers, S
  - J Sex Med 2009 Mar; 6 (3) 752-60. Epub 2008 Nov. 17
Basic Human Senses

- Sight
- Smell
- Touch
- Hearing
- Vision
- Intuition/Spirit
- Sexuality

Female Genital Mutilation (FGM)
Female Genital Mutilation

- 140 Million Women Worldwide, 3 million annually
- Cultural not religious Procedure
  - Tradition
  - ‘Cleansing’, ‘purification’, ‘coming of age’ in preparation for marriage
  - Control of female sexual autonomy (promiscuity, infidelity, lesbianism, infidelity)
  - Often performed without parental approval
  - Performed typically without anesthetic

A Global Perspective

An African Perspective

FGM Morbidity
❖ Shame and embarrassment
❖ Pain
❖ Obstructed outflow, inclusion cysts
❖ Urinary Retention and UTI’s
❖ Obstructed Labor, hemorrhage and poor obstetrical outcomes including obstetrical fistulas
❖ Inability to achieve sexual satisfaction
❖ Mortality (8%)

Technique
❖ De-infibulation
❖ Exposure of underlying clitoral body
❖ Excision of overlying scar tissue
❖ Transection of suspensory ligament of clitoris to allow downward mobilization of clitoris
❖ Obliteration of potential space above suspensory ligament
❖ Sewing of free Clitoral edges to labial skin
❖ Restoration of pseudolabia with edge to edge closure below

Dr. Pierre Foldes
Questions

Spiritual Empowerment
- Z-spirit perspective
- Ying/yang