

ADULT CARE RECOMMENDATIONS

SCREEN AND ASSESSMENT FOR TRANSGENDER ADULTS

BY THE ENDOCRINE SOCIETY

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You are now independent and in charge of your healthcare and can make your own healthcare decisions. This is an exciting time for you, but also can be overwhelming. These recommendations will help you ease into your new role.

Remember you are the most important part of your medical team. Know your facts and advocate for yourself.

CARE RECOMMENDATIONS

Below is a list of recommendations for care of transgender adults. Your physicians should be familiar with these recommendations, but if not, you should feel comfortable informing them about these recommendations. In addition, be sure to ask your provider if the recommendations have been updated.

WHO IS RESPONSIBLE FOR WHAT?

In order to avoid confusion, you and your care team should be clear on who is responsible for managing different aspects of your care. The goal is to minimize missed recommendations without duplicating. You can use this sheet to be sure each component is delegated to a certain physician.

WHO MAKES UP YOUR HEALTHCARE TEAM?

Finally, we want to address the composition of your adult care team. Different physicians have expertise in different areas. Each transgender person may have different types of physicians on their care team, depending on their needs. The types of physicians with expertise in transgender medicine in your area may also drive the type of doctors on your team. Some people will see only an endocrinologist. Some will see

a primary care physician, adult endocrinologist and gynecologist. Depending on your health issues you may be seeing other specialists as well. You may want to speak with your current doctors to get their input on which types of physicians should make up your team and which adult specialists have an expertise in transgender medicine.

MAINTAINING GOOD HEALTH:

- Be active and eat healthy
- Keep your blood pressure normal
- Take estrogen or testosterone as prescribed

REMINDER

We want to highlight one set of physical findings that are more prevalent in transgender adults of which you and your doctors should be aware. Chest pain and shortness of breath can signify something called pulmonary embolism or heart attack. Difficulty speaking or slurred speech could indicate a stroke. These two conditions are very uncommon but something you should be aware of. Unfortunately, these conditions can be dangerous and even fatal. If you experience any of these symptoms it is important for you to seek immediate medical care.

RECOMMENDED EVALUATIONS AND TESTING:

SCREENING RECOMMENDATIONS	RESPONSIBLE PROVIDER				
	Primary Care	Adult Endocrine	Gynecologist or Reproductive Endocrinologist	Cardiologist	Other
Laboratory Studies (Annually)					
Sex steroids (estradiol/testosterone)					
Potassium (Transgender women on spironolactone)					
Prolactin (Transgender women)					
CBC (Transgender men)					
Screen for Cardiovascular Risk Factors					
Blood Pressure					
HgbA1c, fasting glucose					
Fasting Lipids					
Evaluate need for aspirin or statin therapy					
Screen for Bone Health:					
Baseline DXA and follow-up					
Reproductive/Sexual Health:					
Discuss and assist with reproduction options					
Management of hormone therapy					
HIV and STI screen and discussion for prevention					
Letter of support for gender affirmation surgery					
Psychosocial Issues:					
Screening and treatment of any mental health or social concerns					
Cancer Screening:					
Appropriate screening per national guidelines based on organs present					
Other: Letters of support for legal and gender marker change					