

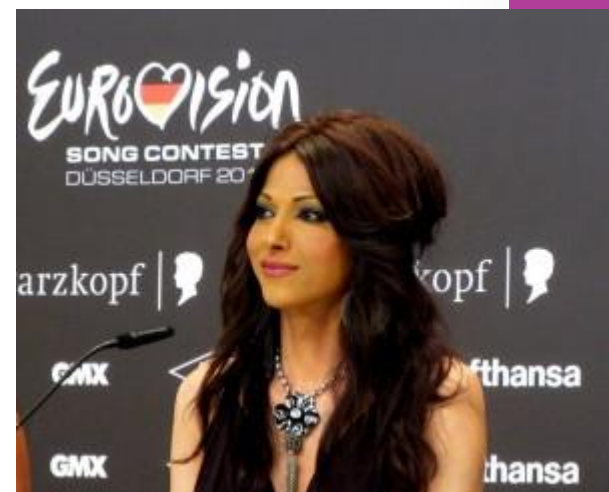
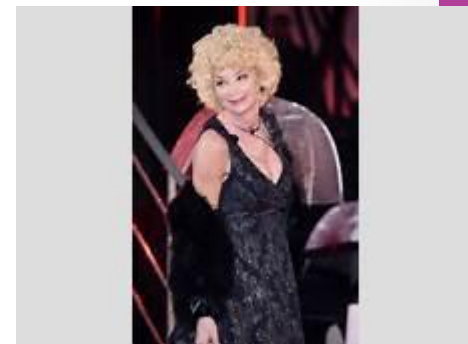
Transgender Sexual Health

Dr Tara Suchak

CliniQ / 56 Dean Street

Contents

- Introduction to Transgender Issues
- Introduction to CliniQ
- Trans Men
- Trans Women
- The Future.....





Trans*

Transgender

Gender Non-Conforming

Trans* History

Transvestite

Third Gender

Gender Neutral

Non-Binary

Transsexual

Gender Variant

Gender Queer



cliniQ



Nursing
Times
Awards
2014
Winner

LONDON friend



Choose
Chelsea and
Westminster



- <https://cliniq.org.uk>
- Every Wednesday 5-7pm at 56 Dean Street
- Currently a drop in service



- Gender identity counselling
- Drug & alcohol counselling/support
- Housing Advice via *Stonewall*
- Sexual assault & hate crime support and on-going case work via *Galop*
- Health Adviser support & non-statutory social work
- Social support & community drop-ins
- Acupuncture provided weekly by volunteer Amanda
- Yoga
- *Intersections*— A group for queer & trans Muslims, held at cliniQ

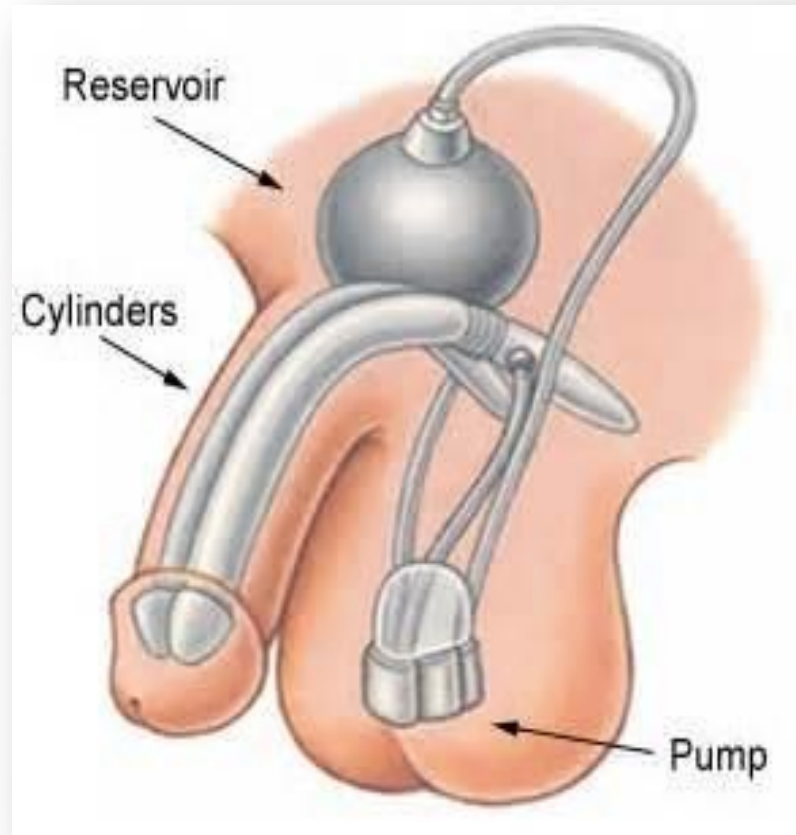
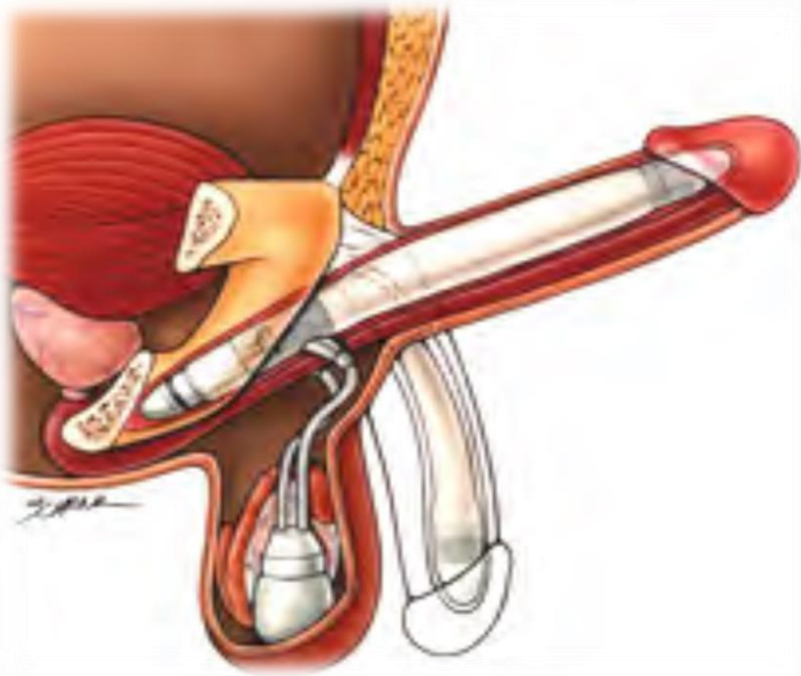


- Free, confidential sexual health screening (including HIV & Hepatitis C)
- Hormone Monitoring and associated testing
- Hepatitis B vaccination
- Cervical smear testing (for anyone over 25 with a cervix)
- PEP and PreP
- Hormone injections (with ID and proof of prescription)
- Post surgical complications
- Management of those Living with HIV
- Provision of Contraception

Trans Men

- Trans Men (biologically female now identifying as male)
 - Testosterone - injections / gels (after taking testosterone for 2 years a hysterectomy is advised)
 - Binding – may or may not undergo top surgery
 - Most have not undergone phalloplasty
 - May or may not be having penetrative sex

Phalloplasty



Examining Trans Men

Taking testosterone causes the vaginal walls to atrophy – examination can be very difficult

- Time
- Range of speculums / proctoscope
- Use of topical anaesthetics can sometimes help

Smear Tests

- Many patients are far too embarrassed to see their GP
- Due to difficulty of examination / testosterone / non use of vagina, samples may return inadequate
- Refer to colposcopy



Abnormal Bleeding

- Testosterone causes most men to be amenorrheic
- Lots of patients present with bleeding / spotting
- Most managed in-house
- Sometimes referral may be necessary

- (Don't forget contraception)

Trans Women

- People born biologically male but now identify as female
 - Usually start by taking hormones +/- androgen blockers
- May or may not have had lower surgery (higher rates than trans men)
- Many will have had breast augmentation

Surgery for Trans Women

- Q **Breast Augmentation:** using implants.
- Q **Penectomy:** removal of the penis and shortening of the urethra.
- Q **Clitoroplasty:** creation of a clitoris using tissue from the "head" of the penis (glans).
- Q **Vaginoplasty:** creation of a "neo-vagina" out of skin from the penis (penile inversion) or tissue from the lining of the colon (colon resection).
- Q **Labiaplasty:** creation of labia minora and majora out of skin from the penis and scrotal sac.

The Neo-vagina

- Made from either scrotal / penile tissue or bowel (much less rarely)
- Patients have to undergo hair removal by electrolysis prior to surgery to prevent hair growth within the vagina

Vaginoplasty cont..

- Dilate vagina 2x daily for approx 1hr
- Dilate less frequently over time
- If not having intercourse at 6m post-op, dilation needed 2x weekly

Sexual Intercourse: After 3 months – 2 months if healing very well.

Possible risks and complications:

1. Post-operative bleeding or Hematoma
2. Infection
3. Wound healing problem
4. Recto-vaginal fistula
5. Partial or complete flap necrosis
6. Intra-vaginal hair growth & Warts
7. Hypertrophic scarring

Trans Female Complications

- Most patients require reassurance only
- Post-op care / wound care is much less for trans people (undissolved stiches etc.). Surgery often done “under the radar” practice nurses unaware of what surgery has been done
- Granulation Tissue

Examining and Testing Trans Women

- Time
 - Range of speculums / proctoscope
 - Use of topical anaesthetics can sometimes help
-
- A neo vagina does not contain a mucosa – need to adapt swabs etc.
 - For chlamydia / gonorrhoea we do a self taken vulvo-vaginal swab AND a urine sample

The future.....

- Attendances at CliniQ are skyrocketing...
- From 5-25 now per week
- Manage patient expectation and provide good quality clinical care

Future Developments

- New results email service
- Extended Opening Times on Saturdays – bookable appointments
- Dedicated Phone Line
- Partnership working with Endocrine Team

- Could you open a transgender clinic in your areas?

Thank You

- To all the staff and patients of CliniQ
- The staff of 56 Dean Street
- Any Questions?



cliniQ
sexual health clinic
for trans people