

Gender Diversity Program

Brit Cervantes

Lynn Hunt, MD

Our Team

- Lynn Hunt MD, Pediatrician, Program Director
- Ajanta Naidu MD, Endocrinologist
- Jeffrey Vu, FNP
- Brit Cervantes, Program Coordinator
- (Coming soon, mental health professional)
- Collaborate with community programs, local therapists, UCI Family Medicine, Endocrinology, &... researchers??

What We Do

- The UC Irvine Pediatric Gender Diversity Program is dedicated to caring for transgender and gender-expansive children, teens and young adults.

What We Do

- Reduce Barriers to Care
- Patient and family counseling
- Puberty suppression
- Gender-affirming hormone therapy
- Community connections and support
- Sexual Health resources

Terms

- **Sex assigned at birth:** is the biological sex determined at birth. This is often determined by external anatomy or chromosomes.
 - Generally AFAB, AMAB
- **Intersex:** refers to a person whose body is not typically male or female, or whose anatomy is not concordant with genetic sex.

Terms

- **Gender Identity:** A person's internal, deeply felt knowledge of being male, female, something else or in between.
- **Gender Expression:** Outward expression of maleness, femaleness or other. Characteristics and behaviors such as appearance, dress and speech patterns, that are perceived as masculine or feminine.

Sexual Orientation v Gender Identity

- **Sexual Orientation:** refers to an individual's enduring pattern of physical, romantic, emotional and/or spiritual attraction toward other persons.
- The only way to know a person's sexual orientation or gender identity for them to tell you.

Terms

- **Transgender:** commonly just “trans,” is a person whose gender identity does not match their sex assigned at birth.
- **Cisgender:** commonly just “cis,” is a person whose gender identity matches their sex assigned at birth.

Terms

- **Affirmed Name:** Name that individual uses, may be in place of legal name.
- **“Preferred” Pronouns:** are gender pronouns that a person would like to us to use.

Gender-Affirming Care

- Gender affirming care refers to interventions that help a transgender person present in a way that feels authentic to their inner sense of who they are.
- A transgender person's transition can include a wide variety of interventions

Social and Legal Transition

- **Social transition** - process that a trans person may take to let others know about their gender identity. Friends, family, colleagues. May also include items of gender expression/perception.
- **Legal transition** – change in name &/or gender marker. The process includes updating documents like a drivers license, birth certificate, passport, etc.

Medical Transition

- Medical intervention is not a necessary step for every trans person
- Hormone replacement therapy and/or gender affirming surgeries are often important steps that transgender people take to transition.

Implementation of Best Practices



How to be more trans affirming?

- Be respectful of a person's name and pronouns.
- Not sure? Ask politely or introduce yourself with what pronouns you use.
- Allow patients to use a preferred name regardless of current legal name.

How to be more trans affirming?

- Remember that it is OKAY to make mistakes. If you mis-gender or misname a patient, correct yourself and continue.
- Continue to educate yourself about the transgender community and hear their stories.

Avoid Assumptions

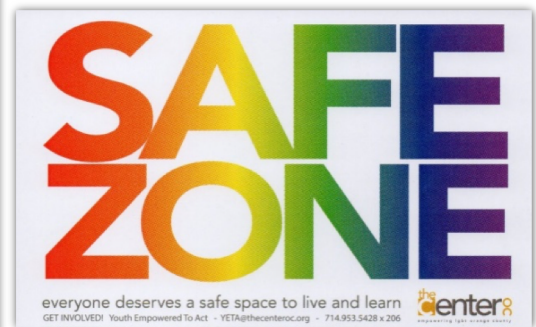
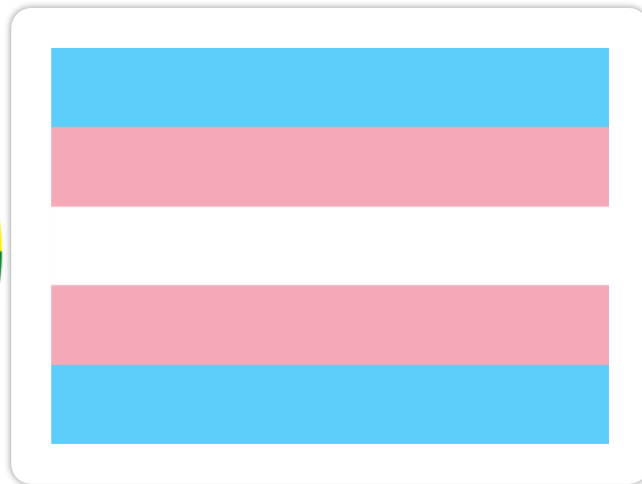
- Not everyone is straight, or cisgender.
- Pronouns don't always match gender presentation or sex assigned at birth.
- Being part of the LGBT community doesn't always mean their sexual practices puts them at high risk.

Resources

- **LGBT Centers** – *local LGBTQ resource centers in Long Beach and Santa Ana*
- **GLMA (health professionals for equality in healthcare)** – *provider directory that any interested health professional can join*
- **Trans Lifeline**– *crisis intervention and suicide prevention services: 877-565-8860*
- **Fenway Institute** – *online education*
- **Center of Excellence for Transgender Health**
- **UC Irvine Pediatric Gender Diversity Program**
- **WPATH** – *World professional association for Transgender Health*

Other LGBT-Friendly Ideas

- Visual symbols to signal welcoming environment.
- Post anti-discrimination policies.
- Make intake forms and EHRs more inclusive.



QUESTIONS?

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