

# Gender Affirming Hormone Therapy for Adults

Information on hormone therapy for adults age 18 and over using an informed consent model of integrated care.

Gender affirming treatment for transgender and gender diverse adults at Fenway Health is managed through primary care teams under an informed consent model of care. Patients work with a medical provider to develop a treatment plan based on the individual's goals of treatment and any medical and mental health care needs. Understanding the goals and concerns of the patient is central to gender affirming care at Fenway. Whether and when any gender affirming medical interventions are recommended or initiated depends on the patient's specific situation and needs. Our criteria for hormone therapy are informed by the WPATH (World Professional Association for Transgender Health) guidelines.

- Capacity to give informed consent
- Age of majority (18+)
- Persistent, documented gender dysphoria (this is part of what you will discuss with your provider)
- Any other medical or mental health issues are reasonably well controlled

Your provider will discuss the informed consent process, discuss your gender identity development history, review effects, and possible risk factors for hormone therapy prior to writing a prescription.

## Patients 18 Years of Age & Older



### **First Appointment (Initial Intake)**

Have you had a physical in the past year? If so, make sure to bring a copy of your records to your appointment or have the documents released and sent to Fenway ahead of your first appointment. If needed, your provider may schedule a physical.

Helpful Hint: You can stop or reschedule part of an exam if you are uncomfortable. What procedures are needed to determine medical readiness for hormones is determined by your situation.



## Second Appointment

If you brought a copy of your records to your first appointment or had a physical during that visit, your second appointment will be to discuss your hormone goals and any follow-up from your exam.

Helpful Hint: Depending on your history and needs, your gender development history, and other topics, the process may take more than one or two appointments.



## Third (or more) Appointment(s)

Follow-up to previous visits includes: any additional tests or assessments, discussion of risks and benefits of treatment, signing of informed consent for treatment.

If appropriate, you may be able to initiate hormone treatments at this visit.

## FAQ & Common Concerns

### **I've been told I need to talk to a therapist before I can start hormones. Why? I thought informed consent meant I didn't need to see a therapist!**

Informed consent means you are not required to have a letter of support before being seen by a medical provider for hormones. A provider may still request a behavioral health assessment prior to starting you on treatment. As part of meeting criteria for hormones, mental health concerns need to be reasonably well managed, and therapy, evaluation, or treatment may be the next step along your path to gender affirmation. Needing to see a therapist as part of your transition does not



disqualify you from pursuing hormone treatment. Some people start seeing a therapist at the same time that they start hormone therapy.

**I have a medical condition that my provider says I need to manage before starting hormones. I came to Fenway for hormones! I want to start hormones and deal with my other health issue later.**

As with any program of health care, our providers need to ensure that a patient's total health is addressed when deciding whether or not to prescribe hormones. You do not have to be in perfect health to start hormones. If a provider thinks that hormones might destabilize a physical or mental health condition, however, they will work with you on that issue prior to prescribing hormones.

**This is taking a long time! I thought "informed consent" meant I could just come in and get hormones!**

Informed consent does not mean "hormones on demand". Informed consent means you can demonstrate understanding of both the risks and the benefits of hormone therapy and you and your provider have both decided that this is the appropriate time for you to begin treatment. Under the informed consent model, we respect the individual's sense of self and agency, and this means taking the time to ensure that we are providing the most comprehensive and holistic care possible.



# Transgender Health Program

## Patient Rights & Responsibilities

### You have the right to:

- Be heard and understood by your provider and care team
- Be fairly evaluated for treatment and referrals
- Access an equal standard of care as any other patient
- Be provided with assistance or referrals to manage psychological and physical health issues
- If appropriate, to be given access to gender affirming medical treatment

### You have the responsibility to:

- Accurately convey your symptoms (story and history) of gender dysphoria, gender identity development, medical and mental health history to your provider
- Follow your treatment plan and take your medications as prescribed
- Work to manage your medical and mental health conditions and concerns
- Follow up with care as recommended
- Communicate your concerns and questions about your treatment to your provider

### Review & Steps

- Make an appointment with any medical provider
- Have your medical records transferred
- Communicate your goals with your provider
- Move forward with your care!

## To Schedule an Appointment:

### Patients of all ages:

Fenway Health: Ansin Building  
1340 Boylston Street  
Boston, MA 02215  
**TEL** 617.927.6000

Fenway: South End  
142 Berkeley Street  
Boston, MA 02116  
**TEL** 617.247.7555

### Patients up to age 29:

Sidney Borum Jr. Health Center  
75 Kneeland Street  
Boston, MA 02111  
**TEL** 617.457.8140

## Resources

Visit [fenwayhealth.org/transhealth](https://fenwayhealth.org/transhealth) to download informed consent forms for review: (These forms are available in English and Spanish)

- Masculinizing Hormone Therapy
- Feminizing Hormone Therapy

## Have More Questions?

Contact your care team at Fenway if you are a patient. Everyone else contact: [transhealth@fenwayhealth.org](mailto:transhealth@fenwayhealth.org).

