



## Specialised online training on trans health care for General Practitioners

Thursday 29<sup>th</sup> October 2020 8pm to 10.30pm

**Agenda:**

<i>Time</i>	<i>Topic</i>	<i>Speaker</i>
20:00	Introduction	Dr Jason Bonnici MCFD
20:05	Overview of the Gender Wellbeing Clinic Services	TBA
20:15	Building trans inclusive care services	Profs. Dr. Joz Motmans
	In this short introduction, Joz Motmans will get you acquainted with trans terminology and appropriate language, gender diversity, aspects of epidemiology, and how to build trans-inclusive care services as a general practitioner.	
20:30	Caring for children and adolescents, Q&A	Profs. Dr. Karlien Dhondt
	Feelings of gender dysphoria in children and adolescents is characterized by an incongruence between the assigned and experienced gender. Despite the diversity in clinical presentation, literature demonstrates that many of these children experience mental health difficulties and high rates of psychopathology, in which the role of social acceptance cannot be neglected. Due to the overlap of physical aspects as well as psychological needs in these children, a multidisciplinary approach is highly desirable. With this information as a background, the aim of this presentation is to discuss several topics relevant in this domain. The guidelines on psychological counselling and hormonal treatment, the risks and protective factors, the co-occurrence with Autism Spectrum Disorder and reflection on early social transition, puberty blockers, etc. will be addressed	
21:00	Adult Care, Q&A	Profs. Dr. Els Elaut
	Els Elaut will introduce the care path that is currently in use for adult transgender adults, with attention for the most prevalent obstacles that are encountered in counselling, and during a social and medical transition. Since a transition is always a very social process, she will address the importance of actively involving significant others (such as parents, partners, children, etc.), and stress the role the GP can have in this process. Attention for long term psychological and sexual health, as well as the possible need for care after transitioning will be addressed as well.	
21:30	Endocrine care and aspects of surgery, Q&A	Profs. Dr. Guy T'Sjoen
	Gender affirming treatment for transgender people requires an interdisciplinary approach in which endocrinologists play an important role. The Endocrine Society guidelines (Hembree 2017) for transgender women include oestrogens in combination with androgen lowering medications. Feminizing treatment with oestrogens and anti-androgens has desired physical changes, such as enhanced breast growth, reduction of facial and body hair growth and fat redistribution in a female pattern. Possible side effects should be discussed with patients, particularly those at risk of venous thromboembolism, including smokers. Bioidentical oestrogens are preferred over synthetic oestrogens, and evidence on a presumed advantage of adding progestogens is lacking. The Endocrine Society guidelines for transgender men include testosterone therapy for virilization with deepening of the	



	voice, cessation of menses plus increase of muscle mass, facial and body hair. Hematocrit values are to be monitored, and acne may be a side-effect, but problems occur rarely. If cessation of menses does not occur, additional treatment with a progestogen is advised. Due to the lack of evidence, treatment for gender non-binary people should be individualized. Young people may receive pubertal suspension, consisting of gonadotrophin-releasing hormone analogs, later followed by sex steroids. Options for fertility preservation should be discussed before any hormonal intervention, and practical implications will be dependent on local facilities and legislation. Morbidity and cardiovascular risk with hormone treatment are unchanged among transgender men and remain unclear among transgender women. Sex steroid-related malignancies can occur but are rare. Mental health problems such as depression and anxiety have been found to reduce considerably following hormonal treatment. Future studies should aim to explore the longer-term outcome of hormonal treatment in transgender people, not forgetting transgender youth, and provide evidence as to effect of gender affirming treatment in the non-binary population.
22:00	Q&A

#### The speakers are:

**Prof. Dr. Joz Motmans** is visiting professor of Gender Studies at Ghent University and teaches a course on “Gender and Diversity”. As a psychologist and social scientist, his research focuses on LGBTIQ+ studies, new social movements, legal gender recognition, equality and emancipation, health and quality of life, transgender families, gender non-binary persons, and social attitudes towards gender and sexual minorities. In 2012, Joz installed the Flemish Transgender Info Point in the Center for Sexology & Gender in the Ghent University Hospital, a free support, information, and expertise center on transgender issues. He is also a founding board member and current president-elect of the European Professional Association for Transgender Health ([www.epath.eu](http://www.epath.eu)). Together with colleagues, Joz published the “ESSM Position Statement: Assessment and hormonal management in adolescent and adult trans people, with attention for sexual function and satisfaction” which was published in the Journal of Sexual Medicine (free download at [https://www.jsm.jssexmed.org/article/S1743-6095\(20\)30045-X/pdf](https://www.jsm.jssexmed.org/article/S1743-6095(20)30045-X/pdf)), and has published on aspects of language and ethics in transgender research and patient involvement in research. Joz is co-chapter lead of the new upcoming chapter on gender non-binary and co-edited the special issue on gender non-binary

**Prof. Dr. Guy T’Sjoen** is a specialist in Endocrinology - Andrology – Diabetology, with a special interest in transgender health. Guy G. R. T’Sjoen obtained his medical degree at Ghent University (cum laude) in 1995. From 1995 till 2000 he specialised in Internal Medicine (St.- Jan Ziekenhuis, Brugge, St.-Bartholomew’s, London; Ghent University Hospital). He obtained his specialist qualifications in Endocrinology- Diabetology in 2001. He obtained the title of Clinical Andrologist from the European Academy of Andrology in 2002 (Malmö, Sweden) and Fellow of the European Committee on Sexual Medicine (FECSM, Istanbul 2014). Currently he is working as head of department, clinical staff physician and clinical researcher at the Department of Endocrinology including the Center for Sexology and Gender, and the Center for Andrology (certified by the European Academy of Andrology), Ghent University Hospital, Belgium. He is author of the Dutch books 'Transgenderzorg' (ACCO) 'Onder de gordel' (Van Halewyck) 'Het Transgender Boek' (Angèle) and co-editor of 'Gender Dysphoria and Gender Incongruence', published by Routledge. He is (interim) president of EPATH (European Professional Association for Transgender Health) since 2015.

He publishes on androgen deficiency, transgender health, pituitary disease, sexual health and variations of sexual differentiation. Memberships include the Endocrine Society, the Belgian Endocrine Society (board member- secretary), the Gender team and the DSD team of the Ghent University Hospital, The World Professional Association for Transgender Health (scientific committee) and The European Society for Sexual Medicine. He is co-editor of the Journal of Sexual Medicine and the International Journal of Transgenderism. He organized the first conference for EPATH in 2015, followed by the second edition in April 2017, Belgrade, Serbia and a third one in Rome, Italy, April 2019. His research line was recently covered in Nature.

**Prof. Dr. Els Elaut** is a clinical psychologist, clinical sexologist and a behavioral therapist with over ten years of experience in transgender health care. She coordinates the Center of Sexology and Gender at the Ghent University Hospital, that is currently the professional home of sixteen gender clinicians (four child psychologists in the children's team, six psychologists-sexologists in the adult team, two psychiatrists and two social workers).

Els is a clinical professor at the Ghent University and coordinates the post-graduate training in Sexology. This two-year post-graduate course trains clinical psychologists and medical doctors in the field of clinical sex therapy. Apart from training sexologists, she also teaches in the Master of Clinical Psychology where she introduces the psychology students in the broad field of 'Genderstudies and Sexology'.

Apart from clinical work and teaching, Els has since her start at the Center of Sexology and Gender always been active in research. Her PhD looked into the sexual effects of hormonal contraception. The Center of Sexology and Gender is a founding member of the European Network for the Investigation of Gender Incongruence (ENIGI), a collaboration between several genderteams. Els is an active member of the ENIGI steering committee.

**Prof. Dr. Karlien Dhondt** is a professor Child & Adolescent psychiatry at Ghent University, Ghent, Belgium. She is a leading physician in the paediatric somnology and in the health care of gender diverse children and adolescents at Ghent University Hospital. She is consultant as well as supervisor. She was trained as a physician and a child & adolescent psychiatrist in the Catholic University of Leuven from 1990 until 1997, respectively from 1997 until 2003. She started working in the Ghent University Hospital from 2005 until today. In 2015 she received her PhD from the Ghent University. Besides a significant clinical experience in paediatric sleep, she also continued her research in that field. She published in international peer reviewed journals, has reviewed manuscripts for different professional journals, published several book chapters in professional books and coaches (doctoral) students.

Her general area of sleep research has been the description, elucidation of pathophysiology and treatment of sleep disorders in children, especially in paediatric/child psychiatric conditions. In addition, she is also involved in the research on nocturia in adults.

As a supervisor and coordinator of the paediatric genderteam, she is involved in clinical activities as well as in scientific research regarding gender diverse children and adolescents. Psychosocial factors and psychiatric complexities in this research group are of her main interests, but broader topics including epidemiology, longitudinal follow up and hormonal, surgical treatment are also relevant and are elaborated in collaboration with the Center for Gender and Sexuology of the Ghent University Hospital.

She was consulted by the scientific board of EPATH (European Professional Association Transgender Health) and she was invited in scientific advisory boards on the topic of sleep and nocturia/nocturnal enuresis (2015-2017, resp. Ferring Denmark, Kimberly-Clarke London).



As a staff member (2015) of the medical ethics committee, that is housing in the Ghent University Hospital, she focusses on ethical questions regarding children and adolescents in complex conditions as well as in research proposals.

Since 2019, she is an official member of the Royal Academy of Medicine, Belgium (KAGB); and represents the child & adolescent discipline in organizing national symposia, in the role of jury on research proposals.