

SO HOW DOES ONE START TRANSITIONING?

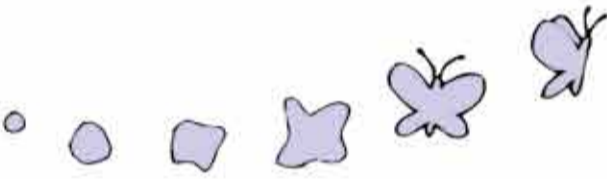
PSYCHOLOGICAL

FOLLOW-UP

IS RECOMMENDED FOR TRANS* INDIVIDUALS TO GUIDE THEM THROUGH THE

• DIFFERENT PHASES •

OF THE LIFE-CHANGING TRANSITION PROCESS.



THE GD REPORT IS A REQUIREMENT FOR AN

ENDOCRINOLOGIST

TO START HORMONAL THERAPY AND/OR FOR A

SURGEON

TO ADVISE ON SURGERY



SOME TRANS* INDIVIDUALS WHO WISH TO

ATTAIN AND MAINTAIN

PHYSICAL CHARACTERISTICS OF A SEX OPPOSITE TO THEIRS AT BIRTH RESORT TO HORMONAL THERAPY AND/OR SURGERY



MENTAL HEALTH ASPECT

Being trans* was previously viewed as a mental illness. Nowadays, mental health professionals no longer diagnose individuals who identify as trans* as having a disorder but as suffering from

GENDER DYSPHORIA (GD)

THE FEELING THAT ONE IS IN THE WRONG GENDER.

GD IS DIAGNOSED BY A

PSYCHIATRIST

A MEDICAL DOCTOR WHOSE SPECIALTY IS MENTAL HEALTH. THE ROLE OF THE PSYCHIATRIST IS TO AFFIRM GD AND TO

RULE OUT OTHER MENTAL HEALTH ISSUES.

THE PSYCHIATRIST

ISSUES A MEDICAL REPORT AND SIGNS IT

STATING THAT THE TRANS* INDIVIDUAL HAS GD. THIS ALLOWS THE INDIVIDUAL TO

START PHYSICAL TRANSITION AS NECESSARY.



THE LATEST EDITION OF THE

DIAGNOSTIC AND STATISTICAL MANUAL (DSM5)

OF MENTAL ILLNESSES DESCRIBES TRANS* INDIVIDUALS AS HAVING

"GENDER DYSPHORIA".

THIS TERM REPLACED THE PREVIOUSLY STIGMATIZING DIAGNOSIS,

"GENDER IDENTITY DISORDER".

IT IS LEGAL

to identify as trans* in Lebanon, however

IT IS ILLEGAL

to go out in public without any official

IDENTIFICATION DOCUMENTS (ID)

EVEN IF YOUR PHOTO ON THE ID DOES NOT MATCH WHAT YOU LOOK LIKE NOW, KEEP YOUR ID ON YOU AT ALL TIMES TO AVOID TROUBLE WITH THE POLICE.



marsa ●● مرسى

sexual health center ● مركز الصحة الجنسية



HORMONAL THERAPY

Hormones are chemical substances produced by the body. Some hormones are specific to the development of certain

SEXUAL CHARACTERISTICS

such as growth of body hair, breast development, etc.

HORMONAL THERAPY COULD BE

APPLIED ON THE SKIN

IN THE FORM OF CREAMS,

TAKEN ORALLY

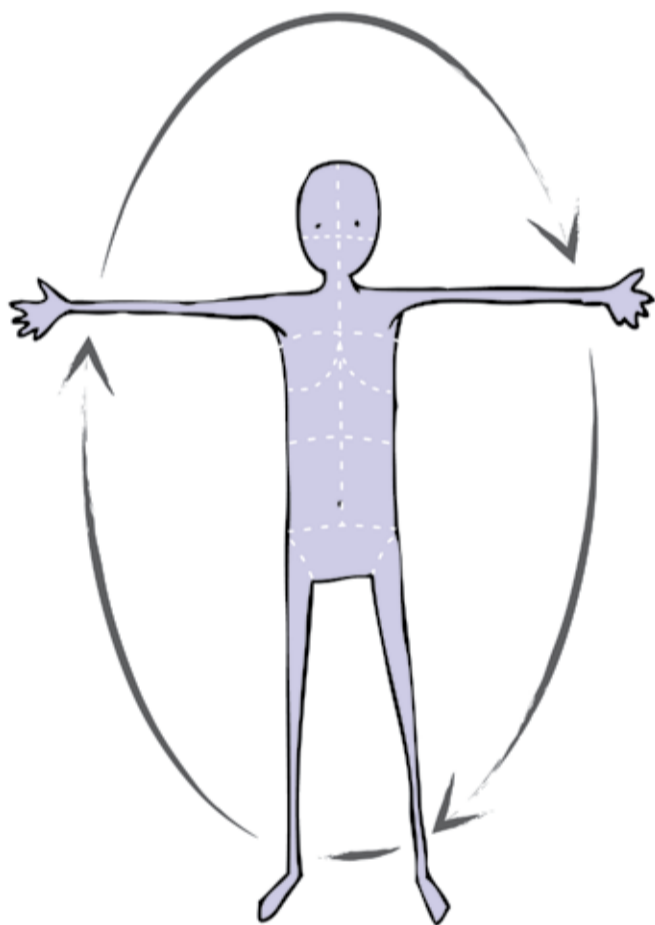
IN THE FORM OF PILLS, OR IN THE FORM OF

INJECTIONS

ANY FORM OF HORMONAL THERAPY SHOULD BE TAKEN UNDER STRICT

SURVEILLANCE AND FOLLOW-UP

OF A LICENSED HEALTH CARE PRACTITIONER.



SOME CHANGES SEEN AFTER SOME SURGERIES ARE

IRREVERSIBLE.

THIS IS THE REASON TRANS* INDIVIDUALS NEED TO

DISCUSS

the implications of every surgical procedure and its consequences with the surgeon, their therapist and/or their peers. Some procedures may also require many surgeries to achieve the wanted result.

SOME MAJOR SURGERIES

REQUIRE A STRICT FOLLOW UP WITH THE SURGEON. IT IS NOT ALWAYS A

ONE-TIME PROCEDURE.

WHEN IN DOUBT ABOUT A PROCEDURE, ASK FOR A

SECOND OPINION

YOU HAVE THE RIGHT TO.



DOSES AND MEDICATIONS DIFFER FROM ONE BODY TO ANOTHER. THAT IS WHY TREATMENT PLANS RESPOND TO EACH PERSON'S INDIVIDUAL BODILY NEEDS AND SHOULD NOT BE SELF-PRESCRIBED.

SURGICAL TRANSITION

Some trans* individuals may also resort to surgeries depending on how far they wish to transition and on their circumstances. For some, surgery is a relatively minor aspect of their

GENDER AFFIRMATION.

SOME SURGERIES ARE DONE

TO REMOVE OR TO IMPLANT AN ORGAN

TO RECONSTRUCT A BODY PART

AND/OR TO CHANGE FEATURES.



NOTE : THE INFORMATION IN THIS DOCUMENT IS APPLICABLE IN THE CONTEXT OF LEBANON.