

TRANS-COMPETENT
HEALTHCARE PROVIDERS

Anchor Health Initiative
info@anchorhealthinitiative.org

- Stamford Office
30 Myano Lane, Suite 16
Stamford, CT 06902
(203) 674-1102
- New Haven Office
54 Meadow Street, 1st Floor
New Haven, CT 06519
(203) 903-8308



First Choice Health Centers, Inc.
firstchc.org
LGBTQ+ services
809 Main Street, East Hartford, CT 06108
LGBTQ+ Services Line: 860-610-6300
24 Hour After Hours Care: 860-528-1359

Community Health Center & Center for Key Populations
CenterForKeyPopulations.com/#programs
LGB+ and Trans-friendly primary care, hormone therapy,
HIV/AIDS screening, prevention and more

Hartford Gay & Lesbian Health Collective HGLHC.org
LGBT-friendly healthcare, gay AA or NA groups For a list of
providers call 860-278-4163

Trans Pulse Transgender Resources
transgenderpulse.com

WPATH | wpath.org/provider/search

- ACCEPTS MEDICAID
- Hartford Healthcare | transcaresite.org
 - Crescent Street OBGYN (Dr. Julie S. Flagg)
crescentstreetobgyn.com
 - Planned Parenthood | plannedparenthood.org

For more Physicians including Obstetricians
and Gynecologists Visit
ALANABEHRENS.WIXSITE/TRANSRESOURCE

LEGAL RESOURCES

CT Commission on Human Rights and Opportunities
ct.gov/chro/site/default.asp

CT Fair Housing Center | ctfairhousing.org

CT Women’s Education & Legal Fund | cwealf.org

Greater Hartford Legal Aid | ghla.org

Legal Assistance When You Can’t Afford a Lawyer
uwc.211ct.org/legal-assistance-when-you-cant-afford-a-lawyer-civil-matters

GLBTQ Legal Advocates and Defenders
glad.org

Lambda Legal | lambdalegal.org

Connecticut American Civil Liberties Union
aclu.org/issues/lgbt-rights/transgender-rights

Transgender Legal Defense & Education Fund
transgenderlegal.org



Community Health Center
New London, CT

TRANSGENDER SUPPORT GROUPS

Community Health Center (CHC) | chc1.com

- New London (18+)
3rd Wednesday of month; 5:30-6:30pm
CHC, New London, 1 Shaws Cover,
New London, CT
- Meriden
Last Thursday of month; 5:30-6:30pm
CHC, 134 State St, Meriden, CT

PFLAG | pflag.org/find-a-chapter

Triangle Transgender Society (18+ Support)
ctpridecenter.org/peer_support_groups
1st & 3rd Tuesday Bimonthly, 7-8PM,
Triangle Community Center
618 W. Ave, 2nd Floor, Rm C, Norwalk, CT 06850

Center for Key Populations | Adult Groups
centerforkeypopulations.com/resources

HEALTH INSURANCE

The Office of the Healthcare Advocate (OHA)
ct.gov/oha/site/default.asp
Free & confidential help with healthcare coverage

Transcend Legal
transcendlegal.org/health-insurance
Information about transgender-led legal representation,
advocacy, and community empowerment

National Center for Transgender Equality
transequality.org/health-coverage-guide

Connecticut Insurance Department
portal.ct.gov/cid
Information about individual and group health insurance
including Medicare

Husky Health (Medicaid)
Policy on Gender Affirmation Surgery
https://www.huskyhealthct.org/providers/provider_postings/policies_procedures/Gender_Affirmation_Surgery.pdf

CT Insurance Commissioner’s Bulletin IC-34 | Insurance
Coverage for Gender Dysphoria
portal.ct.gov/-/media/CID/BulletinIC37GenderIdentity
NondiscriminationRequirementspdf.pdf?la=en

Gender-based discrimination prohibited by law

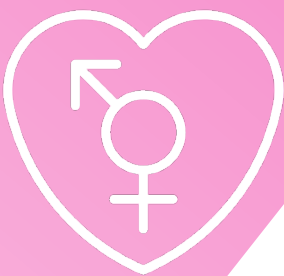


Community Health Center
New London, CT

REVIEW THIS BROCHURE AT:
http://bit.ly/transhealthbrochure

TRANS WOMEN
RESOURCE
BROCHURE

COMMUNITY-SELECTED
TOPICS



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THIS INFORMATION IS NOT MEANT TO REPLACE
PHYSICIAN ADVICE. WHEN CONSIDERING THESE
PROCEDURES, IT IS IMPORTANT TO HAVE A DISCUSSION
WITH YOUR PHYSICIAN. THE INFORMATION PROVIDED
HERE IS MEANT AS A GENERAL OVERVIEW.

FOR MORE INFORMATION VISIT:
ALANABEHRENS.WIXSITE.COM/TRANSRESOURCE

TRANS WOMEN SURGERY & CARE

BREAST / CHEST “TOP” SURGERY MAMMOPLASTY

IMPLANT POSITION HAS TWO MAIN LOCATIONS

- **Subpectoral** is the typical approach due to inadequate breast development³
- **Subglandular** placement preferred over subpectoral due to better appearance and less implant dislocation⁴

One third experienced health complaints⁵

NONGENITAL / NONBREAST

FACIAL FEMINIZATION SURGERY²

These include many cosmetic surgeries such as rhinoplasty or “nose jobs” and thyroid shave to reduce Adam’s apple size

Many procedures available, for more information visit WIX

GENITAL “BOTTOM” SURGERY VAGINOPLASTY

There are two main types of vaginoplasty

1. PENILE INVERSION VAGINOPLASTY

PREPARATION

Permanent hair removal (electrolysis or laser) are recommended⁷

PROCEDURE⁷

- Penile skin inverted inside to create a vagina
- Testes are removed and prostate left in place
- Labia majora created from scrotal skin

2. INTESTINAL VAGINOPLASTY

PROCEDURE⁷

- Less common and usually after prior unsatisfactory penile inversion surgery
- Advantage: diminished need for dilation

DISADVANTAGE

- Digestive secretions are frequent and may have malodor
- Panty liners or pads may be necessary long-term
- Requires more invasive abdominal surgery

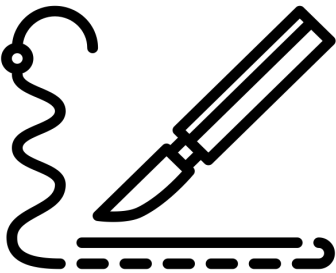
POSTOPERATIVE CARE⁷

GENERAL

- Avoid strenuous activity for 6 weeks, swimming / cycling for 3 months
- Donut ring suggested to relieve pain with sitting
- Usually may resume sexual intercourse 3 months after surgery
- No baths or submerging for 8 weeks
- Wash hands before and after genital contact
- Wipe from front-to-back
- Labial Swelling typically resolves 6-8 weeks postoperatively
apply ice for 20 min every hour to perineum first week
- Avoid smoking for 1 month
- Start with liquid diet, stool softener prevents constipation

DILATION

- Insertion of a device into the neovagina to increase its size and prevent it from shrinking
- 3 times daily for 3 months after packing is removed
- Stop if a lot of resistance or severe pain



Created by Binpodo
from Noun Project

TRANS-SPECIFIC SCREENING CARE

Screening should be done regardless of gender identity

The following topics should be discussed with your primary care provider

CARDIOVASCULAR DISEASE & LIPIDS

This impacts heart and blood vessel health

- Feminizing hormones increase risk of blood clots
- Risk calculators do not account for hormone therapy
- Affirmed gender may be more appropriate for those who have been on hormone therapy since adolescence³

DIABETES MELLITUS & POLYCYSTIC OVARIAN SYNDROME

Diabetes impacts vessels, nerves, and many organs

- Transgender women on estrogen therapy may be at higher risk for diabetes^{4,5}

OSTEOPOROSIS SCREENING (No accepted guidelines exist)

This affects bone health and risk of fractures

Screening recommended for:^{3,6}

- Any age, after gonadectomy, and 5yrs without hormone replacement
- Ages 50-64 with androgen blockers or GnRH analogues
- All transgender people age 65 years

PROSTATE CANCER

- At age 50, consider prostate monitoring for transwomen⁹
- Prostate specific antigen levels suppressed by anti-androgen therapy⁹

BREAST CANCER

This is one of the most common and deadly cancers in women

Screening is recommended for intact breasts regardless of gender identity³

Transgender Women over Age 50

- Mammography biannually after 5-10 years of feminizing hormones¹⁴

CERVICAL CANCER

This is a common preventable cancer in women

Neovagina (Vaginoplasty)

- Annual pelvic examinations to screen for pelvic cancer¹⁸
- Pap exam are recommended with a Glans Penis as Neocervix¹⁸

References available at
ALANABEHRENS.WIXSITE/TRANSRESOURCE