

# CARING FOR TRANS TEENS' PHYSICAL, MENTAL, & EMOTIONAL HEALTH



**HEALTH**  
UNIVERSITY OF UTAH

# We offer a comprehensive clinic for

- transgender,
- non-binary,
- intersex, and
- non-conforming youth,
- as well as for youth questioning their gender—
- care for physical, mental, and emotional health.



During a clinic visit, your teen and their family will be seen by all four of our providers.

Our goals are to:

- answer questions about your teen's transition,
- make sure your teen stays in good physical and mental health, and



## Services

- Puberty blockers
- Gender affirming hormones
- Behavioral health
- Nutrition wellness
- Family Planning
- Coordinated care

## Our Team Includes An

- Adolescent medicine physician,
- Pediatric endocrinology physician
- psychologist
- dietitian





## When Can I Start Hormones?

Your overall health is important to us. Before prescribing puberty blockers or hormones, we want to make sure that any physical or mental health conditions you have are being treated and well-managed

## When Can I Have Surgery?

Before performing gender-affirming surgery (top or bottom), most surgeons prefer that:

- you take hormones for at least 12 months and
- you establish a relationship with a mental health therapists
- This helps surgeons make sure you are ready and healthy enough for surgery.



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- establish a relationship with a mental health therapist, and
- are 18 years old.

# ADOLESCENT GENDER MANAGEMENT & SUPPORT (GEMS) CLINIC

The Adolescent Gender Management & Support (GEMS) Clinic helps teens affirm their gender through treatment and support.



## What Can I Expect at My First Appointment?

During your first appointment at our clinic, our team will get to know you and your parents/guardians. We'll ask you questions about your medical history.

We will also:

1. Review the transition process with you and answer any questions.
2. Give you blood tests and a physical exam.
3. Have you and your parents/guardians sign a consent form.
4. Get permission to contact your mental health therapists. If you don't have a therapist, we'll help you find one.



## Second Appointment: What to Expect

During your second appointment at the GEMS Clinic, we will:

1. Continue to get to know you.
2. Give you a physical exam.
3. Talk about the benefits & risks of hormone therapy and how it may affect your fertility (whether you can have children in the future).
4. Talk about your social support network: Do you have family and friends who will help you during your transition?

## Third Appointment: What to Expect

At your third appointment, we will:

1. Review the treatment & consent forms with you and have you sign them.
2. Create a plan for the rest of your transition process.
3. Start puberty blockers or hormone therapy.





## Fourth Appointment: What to Expect

At your fourth appointment and the appointments after, we will:

1. Talk about your social support network (friends and family who can help you during your transition).
2. Talk about how hormones are affecting your mood.
3. Talk about how hormones are changing your body.
4. Give you blood tests to monitor how blockers and/or hormones are affecting your body and mood.

## How Often Do I Need to Come to the Clinic?

After starting hormones, we'll usually plan to see you every 3 months for 2 years until you've finished your gender affirming puberty.

After 2 years, we'll plan to see you every 6-12 months, depending on your needs.



**(21) "Transgender procedure" means performing, or causing to be performed, in order**

**291 to facilitate an individual's desire to present or appear in a manner that is inconsistent with the**

**292 individual's sex, any of the following procedures:**

**293 (a) a surgery that sterilizes, including castration, vasectomy, hysterectomy, 294 oophorectomy, metoidioplasty, orchiectomy, penectomy, phalloplasty, or vaginoplasty;**

**295 (b) a mastectomy;**

**296 (c) administering or supplying any of the following medications that induce transient or**

**297 permanent infertility:**

**298 (i) puberty-blocking medication to stop or delay normal puberty;**

**299 (ii) supraphysiologic doses of testosterone or other androgens to members of the**

**300 female sex; or**

**301 (iii) supraphysiologic doses of estrogen or synthetic compounds with estrogenic**

**302 activity to members of the male sex; or**

**303 (d) removing any otherwise healthy or non-diseased body part or tissue.**

# **Sister of anti-trans Republican ‘implores’ him to stop: ‘These families know their children and what is best for them’**



**A Utah lawmaker who wrote an anti-trans bill that would ban gender-related treatment for minors is facing calls to reconsider from his LGBT+ advocate sister, transgender brother-in-law and transgender niece.**

**The Tribune reported that Daw is writing the draft legislation following a request by the conservative [Eagle Forum](#), founded by the activist Phyllis Schlafly.**