

# Information about the hormonal phase

## What do you need to know ?

**After your first appointment with the endocrinologist and the nurse of the Center of Expertise on Genderdysphoria (KZcG), we may have overloaded you with information. For your reference, we have summarized the topics and information.**

### **Appointments**

During the hormonal phase:

- you will have an appointment with the psychologist every three months;
- you will be scheduled for an appointment with the endocrinologist and/or the nurse at the start of the hormonal phase, at month 3, month 9, and month 12 of your treatment.

Please be advised, that in some instances an extra hormonal check in may be required. If necessary this appointment will take place around month 6. Your endocrinologist will let you know if an extra appointment is necessary based on your blood tests, and feedback.

As you proceed through the hormone phase, you will continue to see the same psychologist as you did during your diagnostic phase.

We will do our best to try to schedule both appointments on the same day. We appreciate your understanding that although we try, we cannot make any guarantees. To see your upcoming appointments activate/log on to your MyChart. Activate here: <https://mijnamcvumcdossier.nl>, on the website type in the code that you were given from the counter employee.

### **Tests**

At your scheduled appointments with the endocrinologist we will check your blood levels, blood pressure, heart rate, and measurements.

Early in the hormone phase, you'll have a DEXA-Scan. This scan allows us to examine the health of your bones. (Please note, due to the lab, this appointment may not be on the same date as your endocrinologist appointment.)

Prior to the above tests, there are no special dietary restrictions. Follow your normal eating schedule.

### **Surgery**

During the hormonal phase, if surgery is of interest to you, you and your psychologist will discuss the options. Between your 9 and 12 month appointment your psychologist will host a meeting with specialists from the medical department (MDO). In order to be approved for surgery the entire medical team must approve your surgical request.

If an unanimous decision is made in your favor, you will be transitioned from the hormonal phase to the surgical phase.

### **Change your birth sex and name**

Changing your birth sex and name? For information about the procedure we want to refer you to the folder: Change your registered sex (born in a foreign country).

### **Facial hair removal**

To have facial hair removal costs reimbursed by your insurance company you will need a letter from KZcG. This letter can be attained from the nurse after your hormonal treatment, and will be sent directly to your insurance provider. Your nurse will help you choose a 'Nederlandse Vereniging van Huidtherapeuten' affiliated clinic for the treatment.

Once you receive your copy of the letter, you can contact your insurance provider for a written confirmation. After receiving written confirmation from your insurance provider, you can schedule a facial hair removal appointment.

### **Genital hair removal**

For trans women who are considering sex reassignment surgery (vaginoplasty) in the future it is necessary to apply for genital hair removal. Together with your nurse you will choose a clinic. After the consult, you'll receive a letter with the contact information of the clinic and a code. Be sure to present the code when you go to the clinic for your appointment to ensuring billing is directed to VUmc.

Appointments must be scheduled after you receive the post-consult letter. If you need more treatments than the standard 10 laser treatments or 20 treatments electric epilation your skin therapist can contact us. You do not need to make an appointment.

### **Reimbursement of additional facial hair removal treatments**

If you exceed the maximum number of treatments eligible for reimbursement, contact us. For additional treatment to be covered you will need to schedule an additional appointment with your nurse to reexamine your facial hair pattern.

In advance of the appointment we ask that:

- you schedule your appointment with the nurse a minimum of 2 weeks after your last laser treatment;
- you allow your facial hair to grow for at least 3 days leading up to your appointment;
- you bring a copy of your treatment plan from the clinic;
- you bring photos of your face from the various stages of the treatment cycle.

Please note for additional treatment to be covered by your insurance you will need to submit the request and required documentation directly to your insurance provider.

*A maximum of 2 extensions applications may be submitted.*

### **Injections**

If you are electing to receive your hormone treatment through injection, for safety the doctor's assistant of the genderteam will perform the procedure. If you have the medication you can report to reception M. If you would rather receive your injections through your GP, let your nurse know.

### **Speech therapy**

It is possible to get an appointment with the speech therapist in VUmc. During the consult there will be some exams. After this the speech therapist will refer you to a colleague more nearby to continue therapy.

### **Fertility**

The combination of the medication and the surgery has a negative influence on your fertility. If you would like to preserve your fertility, we advise you to see more information by scheduling an

appointment with our fertility nurse or gynecologist.

*While the hormone treatment has an effect on your fertility, it is not a prescribed form of birth control. We recommend that you practice safe sex throughout your hormone treatment.*

### **Screening**

In the Netherlands we offer preventative screenings for early detection of certain diseases like breast cancer and cervical cancer.

If you changed your registered sex in the BRP (Basic Registration Persons), you will not receive the standard invitation for screening program of your biological born sex. Please be reminded that these diseases may still present as long as you have not had an operation.

If you have any questions on how to apply for these exams, please contact the nurse of the genderteam.

### **In conclusion**

If you have any questions, contact the genderteam.

If you have questions for a nurse, choose 'medical question' in the call menu. The nurse will call you back.

T 020 44 405 42 (work days from 9-12 a.m. and 1-4 p.m.)

[www.vumc.nl/afdelingen/zorgcentrum-voor-gender](http://www.vumc.nl/afdelingen/zorgcentrum-voor-gender)