**Additional Information about Transgender Health Care – Pediatrics**

Questions:

* What is the process for consent in MN (one parent vs two, etc).
* Do children who are seeking gender affirming treatment go through a psychological and bioethical consultation process?

Answers:

* Minnesota law says one parent or guardian must consent to any medical care (anecdote: Mayo legal does support this for trans care)
* Our clinic, specifically, strongly encourages support of all caregivers in this process due to the history of loss of familial support in the queer/gender diverse population. Therefore, if there are active parents that have legal rights, we reach out if able to all parties to participate unless there is a safety concern.
* Our clinic prefers in person consent (no forms to sign)
* Bioethics is only involved if we have a recommendation for care and parents are unable to come to a joint decision to proceed in the best interest of the child (can say this would be similar in other scenarios, e.g. pediatric hematology/oncology). It is not common that they are involved with our patient population. An example of when this may be done – divorced parents who do not agree.
* Psychological assessment is done if there are behavioral health complexities

**Additional Helpful Articles/Resources**

* Some of these resources are listed in your slides
* UCSF Guidelines
  + <https://transcare.ucsf.edu/guidelines>
* WPATH V7 (V8 to be released later this year)
  + <https://www.wpath.org/>
* Psychological Functioning
  + <https://pubmed.ncbi.nlm.nih.gov/27595141/>
* VTE
  + <https://pubmed.ncbi.nlm.nih.gov/17986639/>
  + <https://pubmed.ncbi.nlm.nih.gov/33417686/>
  + <https://pubmed.ncbi.nlm.nih.gov/33776045/>
  + <https://pubmed.ncbi.nlm.nih.gov/33776045/>
* Breast cancer
  + <https://www.bmj.com/content/365/bmj.l1652>
  + <https://pubmed.ncbi.nlm.nih.gov/34455238/>
* CV Disease/Cholesterol/Diabetes
  + <https://pubmed.ncbi.nlm.nih.gov/23904280/>
  + <https://academic.oup.com/jcem/article/102/11/3914/4157557>
* Erythrocytosis
  + <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8048491/>
* Obesity
  + <https://pubmed.ncbi.nlm.nih.gov/34400797/> (just an FYI – we do start hormones in obese patients)
* Other
  + <https://pubmed.ncbi.nlm.nih.gov/34474185/>

I will note that some of these do show increased risks, and my recommendation is to consider those risk factors, discuss them, and work on appropriate management. Encourage smoking cessation, screen lipids, screen glucose, get your routine screenings, healthy lifestyle, etc.