

AS OF MAY 2014, THE FDA IS SPECIFICALLY TARGETING ESTROGEN!

Preliminary findings show that certain drug products from abroad, such as insulin, estrogen, bimatoprost, human chorionic gonadotropin, tramadol, tadalafil and sildenafil citrate were on their way to U.S. consumers. The FDA also notified Internet service providers, domain name registrars and related organizations that 1,975 websites were selling products in violation of U.S. law.

<http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm398499.htm>

WHAT IS "INFORMED CONSENT?"

Informed Consent is a treatment model that simplifies access to medical care - specifically access to hormone replacement therapy - for trans* people.

Put another way, the informed consent approach gives agency to trans* people to make responsible decisions for themselves and to not wait months, even years, just to access the basic care they need in order to get on with their life.

Under informed consent;

- You talk with a medical care provider (a physician or a nurse practitioner) to review the medical / physical risks of transition and rule out any medical conditions that could cause problems.
- Go over a checklist of risks and effects like <http://dl.dropbox.com/u/932389/Trans/MTF%20Informed%20Consent%20Form.pdf>
- Get bloodwork done
- Sign a consent form that states that you are making the decision to take hormones consciously, of sound mind and conviction.
- A fairly short psychological evaluation to rule out other mental health conditions may also occur.

In other words, there isn't a "gatekeeping process" as there would be with "the traditional treatment model" (more about this below) - if you are determined to start hormones, it will allow you to access the basic care you need in a quick and efficient manner - the trade off is that you are the one who takes on the liability if you later regret starting hormones.

Informed consent may not be for everyone.

- If you are still trying to figure out whether you want to transition, by all means, talk to a therapist or psychologist - many of the contacts on this list will refer you to appropriate friendly and competent resources.
- Minors are viewed differently both legally and medically - some of these clinics will work with minors, but parental consent will probably be required (just because this list doesn't say they do, contact them anyways and let me know what you hear back)
- If you're not in the USA or Canada, you might be out of luck. I unfortunately don't know anyone internationally.

This sounds really "out there" and is nothing like what my doctor does!

While many doctors (and insurers) still use the "traditional system" this isn't something groundbreaking.

Providers have been offering informed consent hormone replacement therapy without problems for years! The latest WPATH standards (version 7) also support (with some tiny differences, see page 36 of the [WPATH v7 SOCs](#)) informed consent as the right way of treating patients. Hopefully soon we will see more and more providers prescribe hormones under this model!

Will I get the same quality of care if I use an informed consent provider?

Yes, absolutely.

In fact, many of the people who started offering hormones under informed consent only did so after seeing many trans* patients and gaining a lot of experience over the years - their experience and superior level of knowledge allowed them to be confident enough to take the step of offering HRT under the informed consent model.

WHY SHOULD I GO DOWN THE INFORMED CONSENT PATH?

*If you know what you want, feel free to skip this section.
Below, I'll talk a bit about the history of treatment and why.*

A couple different reasons.

The "traditional system" of trans* care has a very high potential for abuse of trans* people.

And to be clear, there have been incredible amounts of abuse - we've had providers;

- delay medical assistance with transition for years (or even decades)
- force trans* people to pay for expensive amounts of psychotherapy
- force trans* people to go "full time" before getting hormones, a practice that is highly discriminatory to those who do not "pass" before hormones and has absolutely no diagnostic or deterministic value
- force trans* people to divorce their partner (still happens)
- force trans* people to cut off communication from everyone in a trans person's life (friends, siblings, children, parents, spouses, etc) thereby eliminating our support networks at a time when we need it most.
- subject trans* people to the same kind of treatment a child molester would receive
- told trans women seeking treatment to go and have anonymous sex at a gay bar to "see if they are gay"
- and on and on...

The situation is better today, but by no means is the situation perfect.

The "traditional system" of trans care hasn't been ideal for all groups.

Many psychologists / psychiatrists discriminated against trans* people for varying reasons. Some of the groups that experienced this were;

- People who did not fit in the gender binary (genderqueer, etc)
- People who were "non op"
- People who would (in the opinion of the psychologist) have issues passing / didn't look androgynous
- People who didn't dress and act overly feminine/masculine
- People whose sexual orientation wasn't "straight"

Again, it's better today, but it's not perfect. If you're in one of these groups, it's probably a lot more hassle free to go to an IC provider, or at least a known friendly one.

The "traditional system" of trans care pathologizes trans* people as mentally ill.

This has real world implications - a mental health diagnosis can hurt you in some jobs (for example, FAA Air Traffic Controllers will be suspended immediately upon being diagnosed as "mentally ill")

The "traditional system" of trans care is viewed as out of date by the largest group of those studying trans care.

In late 2011, the World Professional Association of Transgender Health released version 7 of their "Standards of Care" which advocated an informed consent approach for the prescription of hormones. This is really an affirmation of the last 15 years of neuroscience literature demonstrating that trans people are not pathologies but persons who have a congenital feature in their neurology that often necessitates hormonal and even surgical intervention to ameliorate the problems with having a body that is incongruent with body that are in.

The "traditional system" of trans* care hasn't encouraged honesty or a good relationship between care providers and patients.

This stems from 3 main reasons.

1. The power to deny or discontinue treatment creates a severe imbalance in the dynamics of the patient / "gatekeeping doctor" relationship, especially with those who are desperate to transition.

Additionally, a double standard is in place for trans* people. While both cis and trans* people can have bad days, a trans* person admitting to a doctor that they're having a bad day means they may not receive necessary medical care or existing medical care may even be withdrawn. Transition often is extremely difficult, whether it is because the loss of family,

friends, jobs, social status and privilege or any combination of hundreds of different things. Unfortunately, instead of helping patients deal with these issues, doctors re-victimize them if they chose to seek support.

2. Many times, those providing care to trans* people were more interested in making sure cis people didn't accidentally transition than actually helping trans* people to do so. The traditional system created a situation where much time was spent making trans* people go through hoops to "prove" that they were trans*.

Many of these hoops were intentionally demoralizing in order to weed out as many people as possible as someone transitioning was viewed as a "bad outcome"

3. Historically, treatment was only available through male academics who had little understanding of femininity and women. As a result, the "ideal transsexual" was one that was a caricature of femininity. Many of the hoops in "gatekeeping" were highly cissexist and misogynistic (for example, if a trans woman wore pants, or even a tshirt to a session, she'd be punished by having her transition set back)

The situation was a little better with trans men, but still not ideal.

All these reasons provided strong incentive for someone desperately seeking care to be less than honest with the people they should have trusted the most, the doctors and mental health workers involved in their care.

Patients quickly learned, whether by firsthand experience or hearing stories "through the grapevine" what doctors expected and provided it so that they could get medical care. Unfortunately, trans* health care is still plagued by the effects of this, with patients afraid to report depression, self harm or suicidal ideation to their doctors for fear of being "set back."

In many cases, trans* people even avoid seeking emergency mental health resources.

The "traditional system" of trans care has forced trans people to self-medicate and endanger their health.

Desperate people do desperate things.

The most distrustful (or betrayed) often bypass the system entirely and self medicate, relying on hormones purchase online or off the street. Unfortunately, harm reduction strategies that have been accepted by the medical community are quietly ignored in the case of trans* people. Doctors still deny necessary blood tests, something that would be viewed as actionable malpractice if the patient was engaging in other risky behaviours. Instead of exchanging needles, hostile doctors refuse to do so, causing blood borne disease rates to increase.

Worse yet, some providers even refuse to work with those who are self medicating, preventing them from accessing medical care, whether trans related or not.

Many providers engaged in such behaviours not out of bad faith, but because of the belief they were doing good. As time has passed, the growing consensus is that we didn't do a great job in the past and have to improve.

A very special thanks for Patienceinbee from reddit and others for helping with this section!

WHY? I'M HAPPY WITH DIY!

A few reasons....

1. These providers have a great deal of experience and knowledge. I know a lot of us have had really negative experiences with doctors, but many of the people on this list have been vetted by fellow trans people. I also know that many of us are unable to afford to see doctors - because of this; **I've highlighted sliding scale providers and included pricing information in this document whenever I could.**
2. **It will probably save you money** - prescriptions under the care of a doctor tend to be cheaper than DIY. Take a look at this link <http://dl.dropbox.com/u/932389/Trans/Stepping%20Forward%20-%20USA%20Med%20Prices.pdf> - generics tend to be cheaper.
3. As pharmaceutical companies continue to lobby congress, **DIY will be harder to get.** We've already seen inhousepharmacy have their .com domain stolen from them and online pharmacies are having more and more issues finding credit card processors. Lobby groups in the USA are also quietly attempting to discredit the legitimate online pharmacies to confuse people looking to buy medication online.
Some background on some of these scumbags is here <http://pharmacycheckerblog.com/legitscript-not-so-legit>

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4. Hormones from a pharmacist are safer than street hormones and you'll know what you're getting. If you are self medicating, this guide may help you identify pills.

<http://dl.dropbox.com/u/932389/Trans/Street%20hormones%20identification%20guide.PDF>

Alternately, take a look here -

http://www.reddit.com/r/asktransgender/comments/sw0l3/its_time_for_a_newer_hormone_identification_guide/

Also, while Inhouse, AllDayChemist, etc are legit, some online pharmacies aren't.

If you're injecting DIY, stupid laws often make it difficult to get clean needles. Trans women, especially non white trans women have an incredibly high HIV infection rate (26% and 65% respectively, according to a 2007 CDC study) - obviously this is a fairly huge risk.

5. Should something ever happen and you're arrested, a legal prescription will ensure that you continue to get hormones while incarcerated (or at least it will be more likely.) If you are on DIY, you will probably not be able to get HRT in prison.

Federal BOP rules changed in September 2011, but "freeze frame" still applies in many states.

<http://nclrights.wordpress.com/2011/09/30/federal-bureau-of-prisons-makes-major-change-in-transgender-medical-policy>

6. Eventually we all will need a doctor for one reason or another, it's much less awkward to explain odd test results, etc. If there is a situation where you are unconscious, doctors may be able to pull your prescription records to see what medications you're on and make informed decisions about emergency care.

LIST OF PROVIDERS TO AVOID!

http://www.reddit.com/r/asktransgender/comments/uk16n/crappy_providers_list_2_old_thread_locked_due_to/
http://www.reddit.com/r/asktransgender/comments/jlhxo/hoopsrle_pathologizing_registry_list_the_clinics/

5 Stepping Forward Informed Consent Providers - [Catherine Mateo](#)

Updated: 4/6/2015 8:52:00 PM Make sure you have the latest version! Check [here](#) to check.

LIST OF INFORMED CONSENT PROVIDERS

The following providers use an informed consent protocol for hormones. Due to budget cuts, a number of these organizations may not offer these services currently, but I will try to keep this list updated (though, y'all need to tell me, I don't have time to call around regularly ;)

I generally try to update once a month or so. If you have a review, please feel free to email it to me :)

Because this list was compiled from your experiences, I can't (and won't) claim ownership on it - Feel free to copy, redistribute, etc

But I would strongly suggest that you simply link to this document as I will update it as more and more people contact me and having a central source is the best way of ensuring everyone has access to the latest information.

<http://dl.dropbox.com/u/932389/Trans/Stepping%20Forward%20-%20Informed%20Consent%20Clinics.pdf>

My email (if you know of any informed consent providers not on this list or wish to add information) is catherine@transresources.ca

If you are starting your own informed consent clinic list, please contact me so we can be sure that we both have as much up to date information on both lists.

If you think projects like this are cool and are willing to help, get in touch with me and we'll see what we can do :) I think a handful of people can make a real difference in the lives of others.

EAST COAST - 14

CALLEN-LORDE COMMUNITY HEALTH CENTER, NEW YORK, NEW YORK

<http://www.callen-lorde.org/transgender.html>

Question about Callen Lorde: I've been told by a friend that started HRT there that they only do informed consent for people over 21, and nobody I've spoken to can think of anybody they know who started HRT there before they were 21. I've searched high and low around their website, and the only thing about age I've found *anywhere* is that people in the HOTT program can be registered for medical care at 21.

Heterogenic@reddit

- If you have health insurance and/or private resources [and they have a long wait list], ask for a reference to a local physician instead of burdening their in-house staff please!

Just going to link to threads for this provider.

http://www.reddit.com/r/asktransgender/comments/233h5l/going_to_callenlorde_soon_what_should_i_expect/

https://www.reddit.com/r/asktransgender/comments/275mue/callenlorde_informed_consent_at_18_years_old_what/

If you get them early enough, Megabus fares are cheap, occasionally even as low as \$1 each way.

Be aware: Megabuses are often late, so I wouldn't cut it too close on the way down there.

COMMUNITY KINSHIP LIFE - BRONX LEBANON HOSPITAL TRANS CARE CLINIC, NEW YORK, NEW YORK

1650 Grand Concourse New York, New York 10457-7697 - (718) 583-0542 <http://cklife.org/NYC-Resources.php>

Provides: General Medical care, Hormone Replacement therapy, Therapy, HIV treatment, Hep C treatment. Contact Mr. Cris @347-881-7005 or Cris@Cklife.org for an appointment
h/t [dunimal](https://www.reddit.com/user/dunimal)@reddit, trans men and trans women are served.

APICHA, NEW YORK, NEW YORK

[400 Broadway New York, NY 10013](#) (Entrance is on 70 Walker Street – one block south from Canal Street in lower Manhattan.)

[Heterogenic@reddit](#)

APICHA is awesome. No, you do not need to be Asian/PI to go there. Last I heard their trans clinic had no wait and they do informed consent.

CENTER FOR ADOLESCENT & YOUNG ADULT HEALTH, ROCHESTER, NEW YORK

1800 English Road, Suite 2, Rochester, NY 14616 (585) 225-2600 FAX (585) 225-2606 <http://cayah.com>

We accept most health insurance plans. Co-pays are expected at the time of service.

MichaellalsNow@reddit: I found out they **do not** prescribe under informed consent. They staff a therapist (who is experienced in tg issues) who corresponds directly with the physician, so no peddling a letter to other physicians. From what I understand, the physician doesn't require any endo visits and will prescribe spiro after a blood test, prior to the therapist's HRT approval. So while there's no IC, the whole process is contained and there's no need to locate a GP, a therapist, and an endo that will all give you the time of day and accept your insurance.

[ed. leaving in for now] [link](#)

2014 - They claimed that they can't even accept my own money because medicaid doesn't cover their treatment, which apparently requires a decent amount therapy beforehand.

WHITMAN-WALKER CLINIC, WASHINGTON, DC

<http://www.whitman-walker.org/page.aspx?pid=475>

R3cognizer@reddit:

- Whitman Walker is great!
- I live all the way down in Fredericksburg, and it's where I've been going myself. Everybody's nice there. Their transgender advocate is Thomas Coughlin, and you'll just need to interview with him before they'll take you as a new patient. He seemed pretty cool with me. He just make sure that prospective patients already know most of what they're getting themselves into. The only issue with scheduling is that their phone number to schedule appointments is ALWAYS busy enough to wait at least half an hour for someone to answer, even early in the morning. If you want to schedule or reschedule an appointment, send them an email instead. They always got back to me within a few hours that way. And when scheduling an actual appointment, the larger blocks of time they need for new patients books up quickly. Expect to have to wait a few weeks for your physical + blood work, so make sure you plan ahead when possible.

dontsayyouwont@reddit:

- Whitman Walker operates on informed consent, is sliding scale for those who can't afford care, offers mental health, HIV, substance addiction, transgender care and general health care, plus legal services for those interested in name/gender change. Scheduling is easy. Could not recommend highly enough.
- Becoming a Patient (You can book appointments online - even your first one!) <http://www.whitman-walker.org/page.aspx?pid=368>

madk@reddit: requires parental consent for minors.

Cath - They have assisted people with getting asylum claims in – see http://www.washingtonpost.com/local/transgender-immigrant-finds-new-life-protection-in-dc/2011/12/08/gIQAILGjyO_story.html

POTENTIAL WARNING - MARCH 2012 -

http://www.reddit.com/r/asktransgender/comments/rkdt8/whitman_walker_informed_consent_clinic_telling_me/

http://www.reddit.com/r/asktransgender/comments/sdu10/informed_consent_at_whitman_walker_not_for_me/

General questions, etc

http://www.reddit.com/r/asktransgender/comments/tybpq/primary_care_at_whitmanwalker/

-Every so often I hear about someone having a bad experience there, and they are *very* busy, but if you do your homework and go in there with realistic expectations, it's been my experience that they will bend over backwards to help you.

http://www.reddit.com/r/asktransgender/comments/ukzro/amazing_awesome_providers_list_2_old_thread/c4wbobn?context=3

MAYRA CRUZ-POLANCO, BETH ISRAEL DEACONESS, JAMAICA PLAIN. BOSTON, MASSACHUSETTS

FENWAY HEALTH, BOSTON, MASSACHUSETTS

http://www.fenwayhealth.org/site/PageServer?pagename=FCHC_srv_services_trans

Transgender Care Fact Sheet.

http://www.fenwayhealth.org/site/DocServer/COM.11.026_TransCare_withcrops_03.07.11.pdf?docID=8481

How do I get hormone treatments?

- You will need to have a physical done at Fenway or proof of a physical done outside Fenway in the past 12 months faxed to your provider here at 617.247.3912
 - You will need some specific lab work. You may have this done at Fenway or done outside Fenway and the results faxed to your provider here at 617.247.3912
 - If you are transferring ongoing hormone treatment, you will need to supply a copy of your original hormone referral letter and sign a release for your past medical records
 - If you do not have a previous hormone referral letter or have never been on medically managed hormones, please call Ruben Hopwood, Transgender Health Program Coordinator at 617.927.6225
 - If you have completed a medical gender transition/affirmation process including GRS/SRS, please inform your provider of this and the requirement of a supplying previous hormone referral letter will be waived. [Note that you will still be required to sign the informed consent for reproductive rights and you may be asked to show proof of completed GRS]
- JennaNicole@susans - Fenway Health is not only a great clinic, but one that does not make you jump through hoops you really don't need to.

ELLEN ROTTERSMAN, LICSW (CLINICAL SOCIAL WORK/THERAPIST) BROOKLINE, MASSACHUSETTS

1131 Beacon Street Suite C1 Brookline, MA (617) 730-9417 erottersmann@comcast.net

Not informed consent, but is known to be competent and quick in evaluations / writing letters.

Ellen:

- I have been working with questioning and trans clients and their families for 15 years both at Fenway Community Health and in private practice. **I take all Blue Cross plan, any PPO plan as well as a sliding fee scale.**"
- I do a psychological evaluation in as few sessions as possible for medical providers who require a therapist letter.

http://www.helppro.com/HP/Provider/397198259800001/Ellen_Rottersmann_LICSW.aspx

http://therapists.psychologytoday.com/rms/prof_detail.php?profid=49028&sid=1314819251.9557_14320&lastname=Rottersmann

HOWARD BROWN HEALTH CENTER, CHICAGO, ILLINOIS

http://www.howardbrown.org/hb_services.asp?id=37

More information about policies / procedures

- http://www.howardbrown.org/uploadedFiles/Services_and_Programs/Primary_Care_Medical_Services/HORMONE%20FAQs.pdf
- http://www.howardbrown.org/uploadedFiles/Services_and_Programs/Primary_Care_Medical_Services/THInC%20BROCHURE.pdf
- [Their pharmacy has excellent prices on testosterone \(\\$20-30 per 10ml bottle\)](#)

December 2013

Hi Catherine, I was just reading your Stepping Forward - Informed Consent Clinics list, really amazing and an incredible resource. I just wanted to let you know that we eliminated our waiting list over a year ago and most people, either insured or uninsured, can get an appointment within 2-3 days.

Anyone transferring care from anyone on your list does not have to complete the Hormone Advocate appointment.

Thanks for all your hard work on this.

John Stryker, Howard Brown Health Center

jvatimes@reddit:

- Howard Brown is informed consent but they still have a multi-visit set up that requires a visit with a hormone advocate who will consult with other medical professionals on your case and whether hormone therapy is

'appropriate' for you. They also have had their wait list for the uninsured screwed down tight, so expect a long wait.

- I kind of think Howard Brown's informed consent program is really a half-step towards informed consent. They still are evaluating people and conferring about clients in private, and thus there still is a possibility that someone's agency could be revoked. Better than the SOC and a GID diagnosis, though, by far.

SatanicVegan@reddit

1ST UPDATE

Ok, so today I had my appointment with my primary care physician (Dr. Magda Houlberg) who is her herself a doctor at Howard Brown. As soon as I mentioned the purpose of my visit was to obtain a referral for their informed consent program, she asked what my goals were in seeking HRT (since they do provide hormones to people who aren't necessarily trans, are genderfluid, etc) and we started to discuss my options. She gave me a rundown of what I should and should not expect from hormone therapy, what the potential side effects were and finally the pros and cons of pills vs. injections vs. patches.

It wasn't until she told me that I could go downstairs to the lab for my blood work and started printing out a copy of their consent forms that I realized that, rather than needing a referral from her for my first appointment, I was already done with it!

She told me that as soon as I was done with my bloodwork, I could schedule my 2nd and 3rd appointments. The 2nd will be with a "hormone advocate" and the third will be with her again and that's when she'll write me a prescription. She said that the second appointment could be as soon as I wanted and that if I scheduled my 3rd appointment for 2 to 3 weeks for now that should be enough time for everything else to be handled.

I made a point of asking specifically what criteria might render someone ineligible because I thought it would be of interest to folks here and she told me that really the only reason they would turn someone away was if they were unable to make an informed decision based on the information presented (specifically if they appeared to be delusional) and that typically pre-existing conditions or family histories of certain illness didn't preclude you from getting a prescription for hormones. She said a lot of people intentionally declined to mention such conditions thinking they would be declined and that it made it harder to plan their program for as a result.

Overall it was an overwhelmingly positive experience and although it does require multiple appointments, I don't really feel like they're placing unreasonable barriers and I'm vastly more comfortable with this process than going through a therapist.

With that having been said, I don't know what kind of experience you might expect if you aren't insured or they don't accept your insurance.

I'll update this again after my meeting with the hormone advocate and one last time when I'm done with the whole process.

2ND UPDATE

Yesterday morning was my meeting with the "hormone advocate." I wasn't really sure what to expect from this meeting. I (mistakenly) thought we were going to go over my blood work. This was actually just a quick review of my personal history, what kind of support structure I have, things like that. It was basically like a very quick, very casual therapy session. My feeling was that this part of the process was mostly designed to weed out folks who were perhaps acting on a whim? Or who might not be all that stable? That's speculation on my part, though. Anyway, I think this is the part of the process folks might chafe at because it's at variance from other informed consent providers as far as I can tell from this thread.

Overall, the meeting was very supportive and I wasn't bothered by it all. We briefly went over my personal history as it related directly to my identifying as trans, discussed my friends, family and partner, how they'd responded to my coming out, how I expected those that I hadn't come out to yet to respond. We talked about my work situation and how I intended to handle that. Lastly, I was asked about how I deal with stress. I didn't get the impression that there were wrong answers, here. I think she mainly wanted to know that I had considered fully the impact transitioning might have on my life and that, where I didn't have full support, I at least had a contingency plan. For example, we talked about my job and I mentioned that I felt that it wouldn't be a problem since I work for a small company, I have no direct interaction with customers and

have a secure role that nobody else really wants to fill, plus that I just didn't think that it would matter to the owner or any of my direct supervisors. She asked, ok but what if it does matter to them. What would you do? I gave examples of a couple of contingency plans and she was ok with that.

The last thing we covered was the effects of HRT, what was an wasn't likely to happen, pretty much the same material my doctor covered in my first appointment. She explained that checking your blood levels was important and emphasized the importance of getting my blood tested regularly if for some reason I wasn't able to get my hormones through Howard Brown and decided to go DIY. I appreciated her concern for my safety outside the context of their program.

She asked if I had any questions and I asked if she'd be signing off on this step of the process. She said she would be OK'ing me and that my doctor would go over my blood work with me and make the final call.

3RD UPDATE

Met with my doctor, reviewed my transition goals one more time, reviewed the relative merits of different delivery methods/dosages as well as expected costs. Walked out 20 minutes later with scripts for 50mg Spironolactone tablets (twice daily) and 2mg tablets of Estradiol (twice daily). I'll be going in for a follow up next month, mostly to check how effective the Spironolactone dosage is.

I opted for tablets instead of the patches because I have very sensitive skin. The difference in price wasn't that bad, I just didn't see any real benefit with the patches over the tablets.

I asked about progesterone because I thought that might be of interest to people here and she said that she didn't feel it was effective but that she would prescribe it if a patient had taken it in the past or if they were really set on it.

One last thing: The Walgreens at 3406 N Clark St near Illinois Masonic (which is where my doctor's office is actually located) has something called 340B pricing. I am not really sure what that is but if you get your hormones from Howard Brown and pick them up at that Walgreens, it's only like \$10 for each script.

All in all, I had a super positive experience. Dr Houlberg was considerate, used my chosen name, respected my pronouns and obviously has a lot of experience with trans issues.

I know some people are wary of the fact that Howard Brown isn't a one-stop informed consent clinic but since Dr Houlberg is also my primary care physician, the wait was not a problem for me at all. It was 20 days from my first appointment to getting my scripts. Additionally, I have a doctor who I know I can trust to understand my needs when I go in for anything. Again, I am insured and can't comment on what to expect if you're not.

Hope someone finds this information useful!

[Howard Brown Review, Continued...]

[wannabe_girl@reddit](#)

http://www.reddit.com/r/asktransgender/comments/op1iz/went_to_start_informed_consent_today_and_got_a/

Went to Howard Brown this morning to start their Thinc Informed consent process for HRT. Met with Josh for a good half hour and he was absolutely great. They were even able to draw my blood right there in the next room. When I showed up, I didn't feel too nervous, but I guess I was. My BP was 180/100, which is higher than my usually high BP. After we went through the physical exam, Josh took my BP again, still at 160/100. That's high. He said they have to get me on something cause that's not good to be up that high.

He leaves the exam room and I'm thinking, what is he going to put me on. I know spiro is a great BP med, but is he going to give that to me early? I'm not supposed to get that until I get my E. He comes back a few minutes later and hands me a script for 50mg x 2 a day Spiro! I get to start half of the magic cocktail today, even though it's a lower dose than I'll probably end up at!

News article about THINC @Howard Brown

http://campusprogress.org/articles/shunning_medical_hoops_transgender_patients_turn_to_informed_consent_m/

http://www.reddit.com/r/asktransgender/comments/ukzro/amazing_awesome_providers_list_2_old_thread/c4wc64j?context=3

I'm just going to paste links for this provider as I see them.

http://www.reddit.com/r/asktransgender/comments/176yp0/anyone_use_howard_browns_thinc_clinic_in_chicago/

http://www.reddit.com/r/asktransgender/comments/op1iz/went_to_start_informed_consent_today_and_got_a/

TGAP (TRANS GREATER ACCESS PROJECT) AT CHICAGO WOMEN'S HEALTH CENTER, CHICAGO ILLINOIS

[3435 N Sheffield Ave Chicago, IL 60657](#) Open daily, 9AM - 4PM, by appointment 773.935.6126 Fax: 773.935.7145

Anon (March 2012)

<http://www.chicagowomenshealthcenter.org/services/tgap-trans-greater-access-project>

[Some of our providers have more extensive training in trans* health issues; therefore, we invite our clients to request a TGAP provider. All services are offered on a self-determined, sliding fee scale.](#)

DR. RACHEL LEVINE, PENN STATE HERSHEY ADOLESCENT MEDICINE, HERSHEY, PENNSYLVANIA

905 W. Governor Rd. Suite 250 Hershey, PA 17033 Tel: 800-243-1455 / 717-531-7235 Fax: 717-531-0067

<http://www.pennstatehershey.org/findaprovider/provider/254>

tassel_hats@reddit 2014ish

She doesn't advertise as informed consent, she doesn't even really advertise her transgender services and mainly works with adolescents who have eating disorders. I was referred (no letter, though they did speak about me a bit as I was told) by a therapist whom I had seen a couple times because the therapist did not feel good about asking the CRNP at their clinic (Alder Health) to prescribe me medication (apparently due to me not fitting the archetypal trans narrative well enough). Dr. Levine seemed to understand me very well. She asked my preferred name and pronouns, about how I came to question my gender, and then general medical history, especially as applies to HRT risks. Then I got a basic physical including height and weight. I was informed orally of what you'd expect to be informed of. I said that I had already been on DIY meds for 13 days and she MIGHT have not prescribed without me saying so, but she never asked to see my meds (which I had with me). She wrote me prescriptions for what I was already taking at the same doses (100mg spiro and 2mg estradiol valerate pills) and also wrote me a blood test order, which I promptly carried out in [the hospital across the street](#). I made a second appointment for a month from now as instructed, and she told me that I would probably have my dose increased then.

MAZZONI CENTER, PHILADELPHIA, PENNSYLVANIA

809 LOCUST ST, PHILADELPHIA PA 19107-5507 (215) 563-0663, Fax: 215.563.0662

info@mazzonicenter.org

<http://mazzonicenter.org/content/trans-care-mazzoni-center>

http://mazzonicenter.org/sites/default/files/ma_resources/Transgender%20Health%20Program%20description.pdf

http://www.t-vox.org/index.php?title=Physicians_in_the_United_States

*LGBT health centre. "Transgender services include: primary care, hormone therapy and monitoring, supportive counseling and referrals as needed. Our clients include female-to-male and male-to-female transsexuals, genderqueer people, queens, trannyfags, and people who don't feel that any label fits them. Our clients come from many different cultural backgrounds and all walks of life. Some come looking for hormones and genital surgery, some feel they are comfortable without either. Our Trans health program focuses on helping patients determine their own transition and identity goals." **Payment is on a sliding scale, no therapist letter required to start hormones. Has a fantastic reputation for working with Trans youth in particular, including those under 18.***

Spring 2012 - Anon@reddit - I just got my first HRT prescription from Mazzoni this week (the whole process took about a month, although it was about an additional month before I could get my first appointment). Overall I was really happy with the experience. Their informed consent document was just a two-page pink piece of paper that lists risks (things like body fat distribution, sexual side effects, increased risk of certain types of tumors, etc.) and then a place for you to sign. My doctor read it to me and answered any questions I had, then I signed it.

As for the rest of the process, it's pretty much all outlined in [this PDF](#). I didn't have any problems with the staff; they were all very nice. I was asked things like my orientation, how I identify, when and how I realized I was trans, etc., but I don't think I was actually required to answer any of that, and it didn't affect whether I'd be prescribed hormones.

There was a standard medical history form that I had to fill out, and the social worker asked about any history of mental illness, relationships, whether I was out to anyone; questions like that.

DR. ANTHONY ZAVADIL, SOPHIA MEDICAL ASSOCIATES CLINIC, FREDERICKSBURG, VIRGINIA

12 **Stepping Forward** Informed Consent Providers - [Catherine Mateo](#)

Updated: 4/6/2015 8:52:00 PM Make sure you have the latest version! Check [here](#) to check.

603 Kenmore Avenue, Fredericksburg, Virginia Tel.: 540-368-9380/ Fax: 540-368-9382<http://www.sophiahealth.com/>

Ratings: <http://www.healthgrades.com/physician/dr-anthony-zavadil-2vpdx/office-locations>

Board certified in Internal Medicine and Endocrinology

Dr. Zavadil graduated with honors from Cornell University and Cornell University Medical College. His post graduate training in Internal Medicine was at the Harvard Medical Service, Boston City Hospital and Georgetown University Hospital. He completed his Endocrinology Fellowship at Walter Reed Army Medical Center.

[Heliotroper](#)@reddit

- Allowed me to start HRT without a therapist's letter after signing an informed consent form.
- He's also a really cool doctor, very easy going and helpful.
- I'm not sure exactly how much experience he has with trans patients, or who he is willing to prescribe. I am MtF. So far I've had no complications in my 5 months of being on HRT.
- While I didn't have a therapist's letter, I did see a therapist (on and off) for a year and he spoke to my therapist before giving me the informed consent form. I don't know if you would be able to simply call him up and ask for HRT, but it's worth a try.

FAN FREE CLINIC, RICHMOND, VIRGINIA

1010 N. Thompson Street, Richmond, VA 23230, (804) 358-6343

<http://www.fanfreeclinic.org/>

[Heliotroper](#)@reddit:

- that I think operates on informed consent
- I've never been there, but my therapist suggested I go there if I wanted to get on HRT ASAP. They require you to make an appointment, and there is a waiting list to get in. I think they operate on IC because that is where my doctor got the IC form.

hadrienne@reddit:

- I know a woman who goes to Fan Free Clinic, actually! She lives in Maryland but is from Richmond, and she says they're awesome. She kinda has some money know so she gives them lots of cash per visit, but I can vouch for them by proxy. Not that useful, but I figured I'd second such an awesomely helpful post.

R3cognizer@reddit:

- The Fan Free Clinic does operate on informed consent AFAIK, but they only service limited income patients. Unfortunately, I make too much money, or I'd have gone there since it's more convenient than the whitman walker clinic in DC. I know someone who does use it and she has nothing but praise, and Whitman walker is great, too!

[More Virginia Resources](#)

<http://www.vdh.state.va.us/epidemiology/DiseasePrevention/Hotline/TransRRList.pdf>

FEMINIST WOMEN'S HEALTH CENTER, ATLANTA, GEORGIA

1924 Cliff Valley Way, Atlanta, GA 30329 • Clinic: 404-728-7900 • 1 (800) 877-6013

<http://www.feministcenter.org/HealthServices/TransHealthInitiative.php>

transhealth@feministcenter.org

- **Not accepting new patients at this time (2011-08)! Hopefully resuming October 2011)**
- Offers sliding scale rates and STI & Wellness labs.
- Possibly FTM HRT only. They'd like to add MTF in the future.
- Their resource list for GA - <http://dl.dropbox.com/u/932389/Trans/Stepping%20Forward%20-%20Atlanta%20Resources%20from%20Feminist%20Women%27s%20Health%20Center.pdf>

anon@ reddit - Spring 2012, http://www.reddit.com/r/asktransgender/comments/rj0un/how_to_go_about_starting_hrt/

Feminist Center is GREAT, they don't hate transwomen at all. The trans health initiative there started as a way to spread awareness to transguys that they need lower exams, not give out HRT. Most of the doctors that work there are gynecologists and obstetricians and their primary work there is reproductive health- only a few years ago did they add HRT to their services. The original person in charge of the trans health stuff was NOT an endocrinologist, so no, they couldn't do MTF stuff and technically shouldn't have been doing FTM stuff either.

In the past month they have hired a new medical director who CAN do hormones, but it's still only service for guys because their nurses/doctors are trained in gynecology. With the new doctor who actually is an endocrinologist, they have been trying to gather resources to have services for transwomen too.

Anyways, if you're in the Atlanta and want an endocrinologist, try Dr. Smiddy, most girls I know see him, and if FWHC fucks up and can't write scripts again, I'll be going to him. He requires a letter, but if you see one of the therapists on the FWHC list, most are pretty cool about writing a letter without much gatekeeping.

Tana Hall is NOT free anymore, but she is sliding scale and friends with Smiddy. She wrote letters for three girls I know, and even though she is actually not such a great therapist, if you just need to get a letter and run, she's fine. Sebastian at FWHC told me Eli Budd was one of the better therapists on that list, so he might be worth looking into.

...

They're not a private doctor's office, but a nonprofit.

Anyhoo, this is the important info for the OP and other transgirls in Atlanta:

- a. you can call or email FWHC: it's safe, they are VERY respectful and they will give you referrals to therapists/GPs
- b. they're working on adding services for transwomen, it's not done yet, they JUST signed on the new doctor last month. Come to their public meetings or write Sebastian an email if you have suggestions/questions
- c. Tana Hall is an LPC who gives out letters pretty universally and she will send you to Dr. Smiddy (also check out Dr. Dott, just remembered someone who sees them). FWHC recommended Dr. Budd to me.

Well, they certainly wanted to give service, the doctor just said she wasn't comfortable giving out prescriptions to anyone: transmen OR women. From about last Sept. to this past month, there were no HRT scrips given out to anybody. It's more a legal matter- if someone finds out a doctor is doing something they aren't legally authorized to do, the whole place can get shut down.

Georgia lawmakers have been trying to wipe out FWHC and the few other clinics in GA that provide affordable abortions for ages.

Community meetings were held right after Chloe stepped down as director and services for transwomen was on the agenda. They're working on making it LEGAL and SAFE first- and in the meantime are doing what they can by giving referrals for therapists and endocrinologists.

DR. SCOTT PARRY, INTOWN PRIMARY CARE, ATLANTA, GEORGIA

730 Ponce De Leon Place, Atlanta, GA 30306, (404) 541-0944 <http://www.intownprimarycare.com/>

Provides full services for FTM and MTF - not informed consent, but may help people who previously were on HRT.

sporepod@reddit - Just adding a comment about Dr. Parry in Atlanta. He's not informed consent, as noted, but he and his staff are extremely respectful. The only thing he requires is a note from a therapist (or probably psychiatrist) that says you're mentally okay (as in of sound mind, able to make this decision). I've had nothing but a good experience with him. He doesn't take HMO insurance, though.

DR. MARK EARHART, WINDRIDGE FAMILY MEDICINE, WATKINSVILLE, GEORGIA

1612 MARS HILL RD STE B, WATKINSVILLE GA 30677-4889 (706) 769-1100

Prescribes and maintains hormones for several Trans people in the greater Athens area. Doesn't require a therapist's support letter. Without insurance, the cost per visit is \$120, and he does require periodic lab work. He and his physician's assistant also provide Trans-friendly chest/breast and genital exams.

- http://www.t-vox.org/index.php?title=Physicians_in_the_United_States

DR. LAURA KIMBALL-RAVARI, BOSSIER CITY, LOUISIANA

2300 Hospital Drive Suite 360 Bossier City, LA 71111 (318) 212-7902

Endocrinology, Diabetes & Metabolism, Internal Medicine

http://www.vitals.com/doctors/Dr_Laura_Kimball-Ravari.html#ixzz1Wak0QnCS

Anon c.2009: I can do nothing but recommend her. She claims to have experience with both FtM and MtF trans patients and doesn't require a letter to provide hormones.

DR. KENNETH COMBS, MD. NEW ORLEANS, LOUISIANA

501 Frenchman St. New Orleans, LA 70116, (504) 948-4331

Anon c.2009 : His name came up at a New Orleans support group meeting so I made an appointment. He prescribed me Estradiol and Spironolactone on the spot! I give him a 10/10.

Anon c.2011: I would like to post a bit of an update as it pertains to the docs I've seen for HRT. It seems like Dr. Combs expertise basically ends once the script is written. He just didn't seem to be able to determine what good T and E levels were. However, he is good if you need meds with no letter. Anon recommends Dr. Tracy Conrad @Tulane Multispecialty Clinic Metairie if you can get a letter.

CHOICES CLINIC, MEMPHIS, TENNESSEE

1726 Poplar Avenue, Memphis, TN 38104 Local: 901-274-3550 Toll Free: 800-843-9895

[emmanate](#)

I set up an appointment with a sexual health office. I signed an informed consent form, she made sure I had realistic expectations of HRT and what my goals were. After that, I was prescribed E and spiro, and have been on it since. But it might be a local thing.

If you have any LGBT centers in the area, give them a call and ask for help. I saw the card for the clinic at a LGBT center.

DR. RICHARD WYNN, COTSWALDFAMILY MEDICINE, CHARLOTTE, NORTH CAROLINA

309 S Sharon Amity Rd, Charlotte, NC, (704) 446-2360

Anon c.2011:

He seems nice, I spoke with him about my life for about an hour to 1 1/2 hour and then he gave me a prescription without a letter of recommendation. I'm pretty sure that he also billed it as primary care and hormone imbalance, because my insurance seems like it's going to cover it. The only problem was that there was a 6 week wait period for new patients.

NORTH CAROLINA - APPEARS MANY PLANNED PARENTHOOD CLINICS MAY PRESCRIBE

<http://goqnotes.com/13436/health-centers-a-mecca-for-lgbt-community/>

In North Carolina, planned parenthood will have you hooked up in 2-3 appointments: consultation, blood work, prescription. Really, the longest part of my wait was waiting for the labs to get processed.

-http://www.reddit.com/r/asktransgender/comments/16ryf8/average_time_to_hormones/

KATE SWIFT-SCANLAN, PLANNED PARENTHOOD, RALEIGH, NORTH CAROLINA

Provides IC services to trans women. See: <http://goqnotes.com/13436/health-centers-a-mecca-for-lgbt-community/>

Hey, just wanted to give you a heads-up since you're the one managing the .pdf, but I had a consultation with Kate Swift-Scanlan at the Planned Parenthood clinic in Raleigh and I couldn't possibly say enough positive things. She was incredibly respectful and professional in every way and she went over the two-page IC sheet with me and made sure to answer any questions I had. Even though I presented as male both in name and pronoun preference (as she no doubt asked), I did notice, as I took my forms back to the receptionist to schedule a blood draw for a couple of tests, that there was a tiny 'F' on the form next to my name. I absolutely couldn't contain my <http://i.imgur.com/GJ6yE.png> face or the giant grin that followed it.

With any luck, and if the bloodwork comes back fine, I'll have my hands on my magic girl-pills sometime in early September! Thanks so much for posting that article and linking the .pdf two months ago, it's really made the job so much easier on me knowing about this place!

http://www.reddit.com/r/transgender/comments/u5s91/living_in_near_north_carolina_some_new_trans/

-generic_throwaway235 Fall 2012

DR. BURKETT, ASHVILLE HEALTH CENTER (PLANNED PARENTHOOD), ASHEVILLE, NORTH CAROLINA

603 Biltmore Ave Asheville, NC 28801 Phone: 828.252.7928

pixelsofdoom@reddit

So the Planned Parenthood location I called panned out!

Dr. Burkett gave her full permission to advertise the location and will be accepting trans clients as of September.

https://www.reddit.com/r/asktransgender/comments/2xmk60/how_do_informed_consent_clinics_work/

RALEIGH HEALTH CENTER - RALEIGH, NORTH CAROLINA

100 S Boylan Ave. Raleigh, NC 27603 Phone: 919.833.7526

Accepting trans clients now.

PLANNED PARENTHOOD, CHAPEL HILL, NORTH CAROLINA

Provides IC services to trans men. See: <http://goqnotes.com/13436/health-centers-a-mecca-for-lgbt-community/>

AVOID

Anon - May 2012 – **AVOID THE FOLLOWING** Dr. Jennifer Perkins, an endocrinologist with Duke Healthcare, Dr. Elizabeth Holt, and endo with Raleigh Endocrine Associates, and Kimball Sargent, a gender therapist in the Raleigh/Fuquay-Varina region, are **NOT IC**. Sargent strictly enforces SoC and will only refer patients to Holt, and my experience with Holt was classic gatekeeper (reading between the lines on her questions at each appointment, she wanted me showing up in dresses and heels with full makeup and to give up such interests as motorcycles.) Perkins is also a strict SoCer and less gatekeeper, but she focuses exclusively on serum Estradiol levels and tends toward the low side."

DR. ERIC KLETT, UNC HIGHGATE ENDOCRINE CLINIC, DURHAM, NORTH CAROLINA

UNC Highgate Specialty Center, 5316 Highgate Drive, Suite 125Durham, NC 27713Ph: (919) 484-1015Fax: (919) 806-2181
<https://medicine.med.unc.edu/divisions/endocrinology-metabolism/clinical-faculty/eric-klett-md>

Anon, May 2012 - A lovely doctor who has gone out of his way for me multiple times; I would like to give him presents. I'd like to give him as much business as possible and help out other trans people. He's a real sweetheart and he has helped me out with carry letters and he even told me how to get my gender marker changed on my passport, which I didn't know was a possibility! He's the only endo there who treats trans patients. (And I have seen numerous other trans people there; he treats people going in both the FTM and MTF directions hormone-wise.) Didn't try to get me to give the "trans narrative" or figure out if I was masculine enough to deserve hormones, etc. (and I am non binary and visibly not very masculine). He didn't even use the phrase "informed consent" during my first visit, but just made sure that I knew what I was getting myself into, and talked about health risks, etc., and made sure that I was seeking or would seek therapy, but did not ask for proof of it. Gave me a prescription for testosterone on my first visit. His clinic takes major health insurance, which does help some but, he will not fudge on medical forms--he always writes the code for Gender Identity Disorder, which will cause many insurance companies to reject some payments. He currently only works at the clinic on Mondays, but it's fairly easy to schedule an appointment with him. He also is a diabetic endocrinologist.

One tip for this clinic that Dr. Klett works at: Lab fees are VERY expensive there for some reason, but he gladly accepts the same blood tests from other places if you can get them done more cheaply.

If you're looking for a cheap testing place, try this. MTF http://www.privatendlabs.com/lp/Female_Hormone_Testing.php
FTM http://www.privatendlabs.com/lab_tests.php?view=category_result&show=1033&category=14&search=#1033

Alternately, check Planned Parenthood's labs.

GEAR (GENDER EDUCATION, ADVOCACY & RESOURCES) DALLAS, TEXAS

Nelson-Tebedo Community Clinic, [4012 Cedar Springs, Dallas TX 75219](http://www.rcdallas.org/index.php?q=node/157) Phone 214.528.2336 | Fax 214.528.8436

3rd Monday of each month, 6:00 p.m. - Low-cost lab work and access to medical staff (referral may be required at a doctor's discretion) - to schedule an appointment, please contact 214-528-2336
Transgender Helpline: Every Wednesday, 6 – 9 p.m. Please call 214-528-0144

<http://www.rcdallas.org/index.php?q=node/157>

GEAR (Gender Education, Advocacy & Resources) was created as a program of the Resource Center Dallas in 2005, and is the first formalized transgender program sponsored by a major gay, lesbian, bisexual and transgender (GLBT) organization in North Texas. GEAR is dedicated to empowering transgender men and women within the community through educational and social opportunities, outreach and medical services. GEAR focuses on increasing the well-being of all transgender people, their families and their friends.

Yahoo Group: DallasGEAR@yahoogroups.com

Facebook: http://www.facebook.com/gear_RCD#!/profile.php?id=1541786914 Twitter @GEAR_Dallas

[kaliscion](https://www.reddit.com/user/kaliscion)@reddit: The doctor who serves the GEAR program has always been Dr. Jaime Vazquez, but he picked up another volunteer physician to help them take on more patients some months ago. Program is still only available once a month and the waiting list for new patients is several months long.

FELESHIA PORTER, MS, LPC, DALLAS, TEXAS

3530 Forest Lane #188 * Dallas, Texas 75234 - Cell (214) 454-8144 - <http://feleshiaporter.com> - Feleshia@aol.com

- \$110/hr or sliding scale.

not informed consent - but non-gatekeeping therapist in an area with few resources

"she will not gatekeep and provide letters rapidly. Works with Dr. Karen King" - [kaliscion](https://www.reddit.com/user/kaliscion)@reddit

ANDREA COZBY, LPC, DALLAS, TEXAS

3530 Forest Lane, Suite 189, Dallas, Texas, 75234 (214) 912-4872 or (214) 727-4931 info@creatingwomenswellness.org

<http://www.creatingwomenswellness.org/id69.html>

not informed consent - but non-gatekeeping therapist in an area with few resources

"she will not gatekeep and provide letters rapidly. Works with Dr. Karen King" - [kaliscion](https://www.reddit.com/user/kaliscion)@reddit

DR. KAREN KING, DALLAS, TEXAS

Not taking new patients, see below for referral to new doc

9323 Garland Rd Ste 111, Dallas, TX, 75218 Phone: (214) 328-7400 Fax: (214) 328-7680

<http://www.wellness.com/dir/2450389/family-doctor/tx/dallas/karen-king-do>

Received by anonymous, 2014

To anyone seeking HRT in Dallas, do NOT contact Dr. Karen King. She no longer does HRT and her receptionist is hateful and rude. She used slurs over the phone with me and told me to "find a real man" when I explained that I was looking for resources for my husband.

*"Dr. King will do the work right away, but she **will not prescribe any hormones for a smoker, and insists you be quit** (due to her unwillingness to associate with the increased risk of stroke from the hormones). Both are very helpful about helping out with extending or renewing prescriptions in an emergency."* - [kaliscion](https://www.reddit.com/user/kaliscion)@reddit

[flivia](https://www.reddit.com/user/flivia)@reddit - 2013-09

Hey! I was just checking out [/r/transhealth](#) and saw the informed consent provider list in the sidebar. I noticed that you had posted the original thread and wanted to give you an update since I had to contact a few of the providers around Dallas when I started transitioning.

Dr. Karen King no longer accepts new patients for hormone replacement therapy. She's been on several lists that I've seen which seem to be at least a year old, but sometime between then and now she decided to only continue managing her existing patients.

She's now referring people to Dr. Steven Dorfman, but I didn't follow up with him and ended up seeing another doctor, so I don't know his policies.

DR. STEVEN DORFMAN, DALLAS TEXAS

<http://www.endocrineassociatesdallas.com/dorfman.htm>

Dr. Karen King (above) used to prescribe under informed consent. This provider may not practice informed consent. If you are local, please provide an update by emailing creativecatherine@gmail.com

DR. APRIL DAY, FAMILY MEDICAL CENTER, GARLAND, TEXAS

601 Clara Barton Boulevard, Suite 140 Garland, TX 75042 (972)272-6561

Anon says: "The staff and nurses in Dr. Day's office are all great. Since I started seeing her they've slipped up with my name and pronouns maybe once, but generally they all call me by my chosen name (even though it's not the name on my medical records) and treat me with the same respect and professionalism that they would any other patient."

-http://www.t-vox.org/index.php?title=Physicians_in_the_United_States#Texas

Anon: "Family doctor who will also prescribe HRT; does not require a therapist's letter."

[DSparda@reddit](#) I've been meaning to tell you Dr. Day in Arkansas Texas has actually moved to Austin.

2014 – [Apparently not providing HRT services anymore. Needs confirmation](#)

LEGACY MONTROSE CLINIC, HOUSTON, TEXAS

1415 California Street, Houston, Texas 77006 (Formerly at 215 Westheimer)

<http://www.legacycommunityhealth.org/LocationsHours.aspx>

[Jazzieliz@reddit](#)<http://tinyurl.com/3vketaw>

- I really recommend Legacy. Dr. Natalie Vanek specializes in HRT, and I felt really confident in her. We talked for 10-15 minutes, she decided I really was serious, and got out the prescription pad. She also ordered bloodwork.
- The staff was wonderful too, really respectful and made a point of asking me what name I would like to be called, and then calling me exclusively by that name. A wonderful, wonderful experience. Visit cost was \$80

DR. HUNTER HAMMILL, HOUSTON, TEXAS

<http://drhammill.transhouston.com/>

[starien@reddit](#) - I called, got an appointment, went in there, chatted with him for a while (he did ask for the contact credentials of my therapist), and he wrote me a prescription. Fairly painless overall, but my threshold for BS is ridiculously high, so I'm probably not the best judge of that. His nurses and staff are all very friendly and attentive to your preferred name/pronoun if it doesn't match your documentation.

DR. MELANIE CLOONAN-SCHULTE, CHANDLER, ARIZONA

595 North Dobson Road, Chandler, AZ 85224, (480) 821-0788

"She is treating me under informed consent but I started DIY too. I'm not sure how it works for those just starting out."

-[nebarnix@reddit](#)

CAROL E. WILLIAMS, NP, PHOENIX, ARIZONA.

McDowell Clinic: Internal Medicine, 1144 E. McDowell Rd Suite 3000 Phoenix AZ 85006, 602-344-6550, Fax: 602-344-6551
from anon@reddit dec 2011: Alrighty! I got permission from my Doc to include her on the IC document:
Accepts AHCCCS, for the financially challenged like myself. =P

September 2014 - verify attribution through <https://www.facebook.com/groups/409603435813399/permalink/656567797783627/>
Dr. Carol Williams got me prescribed through informed consent, with a fifty dollar deposit being all it cost me. It only took me one trip up there, made an appointment in advance and walked out with my prescription that day.

DR. RIXT LUIKENAAR, SALT LAKE CITY, UTAH.

Greenwood Clinic, 7495 S. State St., Midvale, Utah. 8 a.m. to 4 p.m. 801-213-9400

Wavooka@reddit (March 2012)

From what I gathered during a phone-call to the clinic:

They offer prescriptions for HRT on the first visit. The clinic is held once a month. Typically, on third Friday of every month. Walk-ins are acceptable, although appointment is preferred. They offer a sliding fee scale for those uninsured. Besides from offering hormones, they provide other medical care in a trans-positive environment. (I'm not sure as to how broadly they define this though.)

Here is a link to the health center that the clinic is located in. I searched high and low, but it doesn't mention trans-related health care anywhere on the site, but it does have contact/biographical information for the doctor running the clinic.

<http://healthcare.utah.edu/primarycare/greenwood/services.php>

Finally, here's an article from the local LGBT paper:

<http://qsaltlake.com/2012/01/05/monthly-transgender-health-clinic-opens-in-midvale/>

http://www.reddit.com/r/asktransgender/comments/ukzro/amazing_awesome_providers_list_2_old_thread/c4wb0sz?context=3

For Utah folks looking for some mental health support - http://lgbtqtherapists.com/directory_individuals.html

PLANNED PARENTHOOD, BILLINGS, GREAT FALLS, HELENA MONTANA

I can't confirm this is IC, but all the previous PP rollouts have been.

<http://plannedparenthood.tumblr.com/post/86714508239/does-planned-parenthood-offer-hormone-replacement>

STEPHANIE BRETZ, NURSE PRACTITIONER / DR. STEPHEN HINDS, ENGLEWOOD, COLORADO

300 E Hampden Ste 201, Englewood CO 80113. 303-991-7700

See below for important information about a negative experience.

Stephanie Bretz is apparently no longer working here.

Anon GF@Felife, Spring 2012- Met her yesterday and all went well... very trans-friendly and caring. Started T-blocker ;) yeah!!!

valek879@reddit - 2013

I went to Stephen Hinds' office here in Denver (Englewood, CO), there I scheduled an appointment with the current NP, Jodi Grout. The appointment seemed to go fairly well in the beginning, I let her know I was already taking estradiol and spironolactone, and she understood and said that as soon as possible that she would like to get me a prescription for it, but first she would need a note from my therapist.

Okay so big deal, she isn't completely up to date, not a huge problem, let her know that there were new guidelines out, not that it did anything to change her mind. So that was kind of a blow, and not one I wasn't expecting, but still a blow. Then she decided to try and "inform" (I prefer the word scare) me on what HRT entailed and the risks. Jodi seemed shocked when I handed her back the information packet she had printed off the internet and told her none of the information was new to me.

Finally after spending 20 minutes talking, which mostly involved me telling her that I am entirely certain about this decision and have been certain for 10 years, since I was 11, Jodi said that they could draw blood today if I was interested. So I let them draw the blood, during which I passed out.

When I came to, I spent 10 minutes listening to an endless stream of "he's" coming from Jodi, the office manager, and the nurse who had drawn my blood. Every sentence was about me, and every sentence used he. After all this time spent talking about how I felt it utterly destroyed me. I left the clinic went home and sobbed myself to sleep.

A week later I got news about my blood tests and was able to speak with Jodi over the phone about them. She told me my testosterone is low and estrogen was high.

This was all about a month ago. I plucked up enough courage to got there last week to pickup my blood tests, when I got home I did my research and found out that Jodi read the tests off exactly as it was written, for a male, In fact my testosterone was perfect and my estrogen levels were good, maybe just a little low.

Basically, unless Dr. Hindes is any better, I feel that this practice is completely useless and certainly did nothing at all to make me feel comfortable or even accepted. She also used my given name the entire time when I clearly wrote Val in their box titled preferred name.

DR. SHELLEY BLACKBURN, COLUMBUS, OHIO

Rivers Edge Family Medicine, 4626 Sawmill Rd (614) 538-9339 Fax: (614) 538-9162 <http://riversefm.com>

Not informed consent

Spring 2014 [genderconfuzzled](#)

Called her and they said she required a letter. So if she did do informed consent she has stopped for some reason.

J0lt@reddit.

The only thing she required of me before writing my prescription was bloodwork. She talked about the medical side of things, but when it was clear to her that I understood and knew what she was saying already, she didn't re-lecture me on anything I already knew and instead gave me room to ask questions about things I was unsure of. She did not at any time police my presentation or pry into why I wanted to do this, and didn't ask any questions about my or time spent or experiences in therapy She treated this as is it were any other medical condition, and she and her staff have excellent "bedside manner". She wrote my prescription the same day as my first appointment with her, since I had already gotten bloodwork done at my university's health center. She is willing to code insurance claims in non-trans manners (in fact, I had to have her re-code my first visit as trans related because my insurance will cover that but not a "routine exam"). Also, you can come in on Tuesday afternoons without making an appointment if you want one of the nurses there to do your T shot for you

She sees a lot of trans patients and keeps up with the literature, which I believe because her office is one of the few medical places where I didn't feel like if I wanted my trans care done right, I'd have to do it myself. I never felt pathologized or medicalized or like I had to prove anything to her and her staff. She said something along the lines of how they feel it's their job to make us feel comfortable and to provide us with medical treatment without making us feel like there's something wrong with us, and this shines through in every experience I've had there. If only I could make copies of her and put them in every city.

I know they serve transfeminine people as well, because the one time a nurse (who had not met me before) accidentally misgendered me, she said "I'm so sorry, it's just that we see a lot more trans women than trans men". I know that including both assigned genders can be a problem in some places, but it's not an issue in her office.

OTHER OHIO RESOURCES

<http://transwellness.org/resources/health-resources/local-doctors-and-healthcare-professionals/ohio/> has a few potential docs. I haven't had contact with any of them but comments there indicate a few don't need letters.

DR. JULIANNE STOUT, PURDUE UNIVERSITY STUDENT HEALTH CENTER, WEST LAFAYETTE, INDIANA

601 Stadium Mall Drive, West Lafayette, IN 47907, (765) 494-1700 <http://www.purdue.edu/push/>

[Captain Salty](#)

Dr. Julianne Stout at Purdue University! She works in the student health center, so I'm unsure whether or not anyone who isn't a student can see her unfortunately... If you want you can PM me, there's a bunch more about how trans-friendly the area is down here that might be worth sharing with people who are looking for a college/friendly environment. I'm not sure where I could add stuff like that though.

http://www.reddit.com/r/transpositive/comments/23bcp7/getting_my_spiro_and_injections_tomorrow/

DR. ERIC MEININGER, MD, MPH, SAINT PAUL, MINNESOTA

435 Phalen Boulevard, Saint Paul, Minnesota - (651) 265-7308

Flying_Cat@reddit:

- He is willing to prescribe to minors with parental consent
- Clinic atmosphere is a bit of a downer

- Make sure to double check his doses against the Waddell centre health protocols since occasionally he does get clumsy when converting between pills and inject able doses.

RECLAIM INTEGRATIVE HEALTH CLINIC, MINNEAPOLIS, MINNESOTA

3217 Hennepin Ave, Minneapolis, MN 55408 612-235-6743 <http://reclaim-lgbtyouth.org/>

real-dreamer@reddit

- Dr. Thorpe is my Dr. I've started Spiro and am just about to start doing the informed consent. 0 gatekeeping experienced there. I've been going there about a year. It's been incredible. **Sliding scale fees.** I saw her for maybe 8 months without insurance and **paid what I could, when I could.** She likes to go over everything that will change. How you could lose your job, housing or family. Not to deter you just to make sure you're ready. I know I've seen some younger people there (I'm 24) and they've been on hormones. Parental consent I assume.

[name3639](#)@reddit - October 2013

Here's what they said about the waitlist:

"We kind of take things case by case here. We are a small org with just two people that provide the counseling/informed consent support so we are often close to or at capacity. We don't keep a wait list but we do promise to make sure no one will fall through the cracks."

EMMA GOLDMAN CLINIC, IOWA CITY, IOWA

227 North Dubuque Street, Iowa City, IA 52245(319) 337-2111<http://www.emmagoldman.com/>

Emma Goldman Clinic

It works like this: Don't eat 12 hours before you go up there. I know, it's a difficult drive on no food. Otherwise it is going to take longer. I learned that the hard way :D

Grab the information for the pharmacy you're going to want your mones from before you go: telephone number, etc. Bring about 700 or 800 dollars for the initial blood tests. Unless your insurance covers it. They'll draw your blood there. Otherwise they'll send you with a req form that you can take to a LabCorp down here. I did the tests with my blood up there that I could do without fasting, but I had to come back down here for the rest.

From there, tell them basically what regimen you want. They will not use overseas pharmacies, so Spiro is basically your only option for AA, other than Avodart - but that runs \$130.00 per month. They will use Strohecker's out of Portland for injections, and the turn around on that is 4 or 5 days from them sending in the prescriptions.

They're going to list your medications as an endocrine disorder, which they tell me makes its way around most insurance companies.

You'll need to do a six month check up with new blood tests, so you may want to start saving. From there it is once a year. Once you go home after the first time there, they will call you when your blood test results are back. If you're in the clear, they'll call in your prescriptions for you the same day. They're understaffed and overworked, so you may want to check back if more time elapses than should - they're just really that overworked. You should know what to look for if you're prescriptions are too low or too high in regards to how you feel on the dosages given. They'll adjust them for you within reason over the phone.

You're good to go. They have no bias against genderqueer people either, and they'll work with you for your desired results. They're awesome, and they've dealt with transitions before on their staff.

If you have them write the req form you save money, because you pay them instead of Labcorp and then the form says bill to them on it. They probably can send that req sheet to you.

Tell them Nikki said hi. Relax if you go to them, they're super nice, and they're a real deal informed consent clinic. And Good Luck!!

-Nikki_Nerdfire@Reddit

Are they affiliated with the university?

They are directly on the campus, but I think they're separate.

ywdaoraycg - I'm still in the process of setting things up, but I recommend this clinic highly as well. The receptionist was incredibly helpful on the phone. She let me know what blood tests I would need so I could get that done at my regular doctors in town. Then once those are back and faxed I'm going to drive up there and get setup with a script.

JASMINE ST. JOHN MS, LMFT, MADISON, WISCONSIN

55 Oaks Corporate Center, 700 Rayovac Dr, Suite 103, Madison, WI 53711 Phone 608-279-3900 jsi@jsitherapy.com
<http://jsitherapy.com/jasmine-st-john-ms-lmft/>

Added August 2013

Jasmine St. John MS, LMFT is a licensed therapist in Madison, WI that works with clients that are in transition, gender variant, and gender fluid. She looks to provide a positive safe experience for those that are looking to understand and express their authentic selves. Well versed in the approaches necessary to help someone find what path works best for them, Jasmine has been long established in the community as an advocate for the right of each person to be exactly who they are without judgment.

Jasmine writes: *"I'm a therapist and I don't prescribe but rather help clients get through the process and help them locate regional doctors for hormones and surgery. **While I wish I could provide direct informed consent, there aren't any local doctors that will work in that direction at this time. However, I do work extremely hard to evaluate and move the process along as quickly as possible for the clients, as I understand it is emotional and financially taxing to have to wait and wait.** I wasn't sure if I could be listed as a provider because I'm a therapist and I don't prescribe but rather help clients get through the process and help them locate regional doctors for hormones and surgery"*

AMANDA L STROSAHL, MD, LA CROSSE, WISCONSIN

4th Floor Medical Center, 1900 South Avenue, La Crosse, WI 54601, (608) 775-8388 Fax:(608) 775-2179
<http://www.gundluth.org/clinicians/AmandaStrosahl>

Whit: If I remember correctly she only sees new patients on Mondays and Wednesdays.

She told me during the appointment that she used to be quite strict (WPATH standards), but now as she's seen more patients (Both MtF and FtM) she's more lenient and goes on a case-to-case basis with patients. I had already been self-medicating for 6 days and knew quite a bit of information, which I think helped my case. However, before she would provide me with a prescription she wanted to make sure I had emotional support in the form of a counselor/psychiatrist. Luckily, I have one and she said she was going to contact her and make sure she was on board with me getting hormones.

With the spacious geographical area that is the Midwest, it's quite hard to find local doctors who are willing to prescribe hormones on an informed consent basis. She was very well informed and it was a pleasure working with her.

DR. MARK SIKORSKI, DOFARMBROOKE FAMILY MEDICINE, MACOMB, MICHIGAN

48924 Hayes Rd, Macomb, MI, 48044, Phone: (586) 566-8270, Fax: (586) 566-8404

<http://www.wellness.com/dir/2223556/family-doctor/mi/macomb/mark-sikorski-farmbrooke-family-medicine-do>

H@trueselves

- He also takes Medicare for all those on disability.
- My only side note on him is that he tends to have a narrow view of femininity. Be that as he may, he only brings this up when recommending surgery options. Other than that, he's a good doc for the cheap especially for getting hormones without letters.
- He also keeps you informed of what your levels are and goes over them with you and helps explain them.

Brittany_Delirium@reddit

http://www.reddit.com/r/asktransgender/comments/lccul/just_had_the_worst_experience_ever_at_a_new_clinic/

Background: I lived in the Minneapolis/Saint Paul area for 3 years, and I've been on HRT for 8 months. My previous Dr. was great.

I walk into this clinic and wait for an hour to see the Dr. This woman who barely speaks English calls out for me finally. I go into the examination room and am given my paperwork to fill out while I wait for the Dr.

The Dr. finally shows up and treats me like I'm mentally ill. He comments on my small breasts and adam's apple. I tell him that I am on injectable estrogen and I like the method of administration. My E2 levels are usually about 700-800 right after injection and 300-400 right before injection. He flat-out refuses to give me injections and says that I need to be on oral estrogen despite my research. He then continues to tell me that my E2 levels should never be above 100, and that I should reduce my spiro doses to 50 mg and get off progesterone, because in his experience, it's worthless. Never mind that I have had wonderful results from it. Anything I tried to tell him, any of my research, my experience, meant absolutely nothing because I'm "not a doctor," although I'm studying medicine and going to specialize in trans care.

[2014 - Dr.Sikorski is pretty nice, I had a letter before seeing him and started hrt. First visit was \\$239 my insurance covered it, blood work was \\$900 insurance covered it as well. Now its \\$102 and around \\$200. I have seen 3 other trans girls their and know of around 30 more that use him. He won't gate keep..](#)

DR. JOHN RANDOLPH, ANN ARBOR, MICHIGAN

475 Market Pl, Ann Arbor, MI 48108 Phone: (586) 566-8270, Fax: TBD

<https://www.ratemds.com/doctor-ratings/5709/Dr-John%2BF.-Randolph-Ann%2BArbor-MI.html>

alitales@reddit Summer 2014

I shall approach this in chronological order. I called UMHS (University of Michigan Health System) to set up an appointment around November 2013. At the time, I told the receptionist I didn't have a letter from therapist, and they scheduled an appointment for Mid December. At the Dec. appt, I told Dr. Randolph I didn't have a letter from my therapist yet, but that I was pretty sure I would be able to get one. He agreed to prescribe me estradiol and spironolactone immediately and expect a letter from my therapist. I'd highly recommend him as would several of my friends; he's really knowledgeable and he and his staff are really kind people overall.

It cost \$275; Randolph's office isn't in Cofinity

JEANETTE LANIER, ARNP, WICHITA, KANSAS

1001 N. MINNEAPOLIS, WICHITA KS 67214, (316) 293-1840 <http://mpa.kumc.edu/midtown/physicians.html>

2015 UPDATE: You have down that Jeanette Lanier with the KU Medical in Wichita, Kansas will do informed consent. Upon calling their clinic, the receptionists inform you must have a psychiatrist's letter and be with that psychiatrist for at least 6 months before they will start you on HRT.

*Will give hormone prescription without therapist's letter. KU Med Clinic also provides diabetes, eating disorder, and HIV/AIDS services. If homeless or low-income, KU Med *should* work with you or you can research the needed blood tests and get [Hunter Health Clinic](#) to help with labwork.*

- <http://www.t-vox.org/index.php?title=Endocrinologists>

DR. SHARON LEE, KANSAS CITY - SEE NOTE BELOW

Southwest Boulevard Clinic - 340 Southwest Blvd. Kansas City, KS 66103 Phone: (913) 722-3100

<http://www.thebody.com/content/art39710.html>

NatashaD@susans

- She doesn't have people fill out a questionnaire, but does sit down with the patient and grills them over why they are there and what to expect. I am told she is very experienced and has successfully treated over two hundred transgendered patients.
- It can take forever to get in. I think my first appointment had to be booked 4-6 weeks in advance for the initial consultation, then another month for the appointment where you'll get something done.

So, today I went to Southwest Boulevard Family Health Center in Kansas City, KS. Doctor was Dr Sharon Lee. I chose this clinic because I wanted to pursue informed consent for hormones. well, appoint went WRONG in every way! if any of this sounds "normal" for informed consent model, then I've been seriously misinformed on how IC works.

My understanding for informed consent is basically that you go to the doctor, they give you a mental health evaluation to ensure you are making a sound judgment call, you fill out paperwork that explains exactly what the hormones do and don't do to you, and then bloodwork etc, and done! no therapist, no "tell me about your childhood" none of that couch stuff.

Well, just about everything I just said is pretty much was Dr Lee DIDN'T do. She started out asking some simple questions, family life, friend life (can understand, making sure I have a support group). but then she started asking what my life was like when I was a kid, before puberty. who i hung out with, if I went TO SLEEPOVERS. What the heck do sleepovers have to do with GID??

Not once did she ask me about my recent history. She seemed very concerned with what sort of friends i had growing up. I mentioned to her that I've been crossdressing since I was around 12-13. then she had a big concern that my self-diagnosis of GID might be sexually motivated and there might be a sexual reason for me wanting to transition.

She said that if I want her to prescribe me hormones, I need to do one of 2 things. I need to full dress as female (wig, makeup, and DRESS mentioned specifically) and go out to a store away from home/school to buy something. If I don't want to do that, then I need to make another appointment and come to that appointment fully presenting as female(wig, makeup, and dress again). keep in mind I went to THIS appointment where the only "male" clothing I was wearing was a watch and unisex tshirt. I went in tucked, girls' jeans, songs and even girl's sneakers. I told her I wasn't comfortable with either of those options, because I don't feel I remotely pass as female, and the whole reason i want to start HRT is so i CAN feel comfortable presenting as female.

NORTHERN NEVADA HOPES, RENO, NEVADA

580 W 5th St, Reno, NV 89503 +1 775-786-4673

Unfortunately to become a patient there you have to be within one of the first 5 callers at 8am so it is not the easiest thing becoming a patient there. The visit was pretty okay. I felt pretty comfortable and they used my preferred name. They gave me some paperwork that I had to sign saying thag I knew what demonizing hormones would do. I believe they accept Medicare and Medicaid. The clinic has been involved in the LGBT community so i felt safe there.

http://www.reddit.com/r/asktransgender/comments/2ca8r6/i_just_found_out_a_local_clinic_does_informed/

BONNIE SPRAGUE, ARNP, BELLINGHAM, WASHINGTON

[Bellingham Family Health Care](#) 302 36th Street Bellingham, WA 98225 (360) 756-9793

[enjoyingthe](#)@reddit -

I walked out of an office visit with a prescription for the goodies (estradiol + sprionolactone), which I was not expecting! I made an appointment with a local nurse as a new patient, specialized in hormone therapy, and said I was seeking hormone replacement therapy. 30 minutes later, I have my prescription.

2013 - Anonymous - I had contacted Bellingham Family Health to ask about Bonnie Sprague's guidelines and was told one must not be "obese by BMI standards for a person of your sex." When I asked if mitigating factors like not being diabetic, normal to low blood pressure (mine's actually low, low), etc would count, the line above was repeated. BTW, the sex-based BMI isn't used in the States anymore. It seemed like a blanket refusal for weight. I mean, yeah, technically I'm "obese" and also I'm a marathon runner, soooo...she's gonna be a fine option for 75% of people, and may well be convincible otherwise in person.

As I see another doctor further afield who doesn't give a shit as long as one is generally in good health (I believe she put it that I'm the size of a horse but as healthy as one, which I had a good laugh about) I just shrugged and said fuckit, as I'm not going to B'ham and paying for an appointment to probably get negged. I have access even if it's a bit of a trip.

April 2014 - The Bellingham Family Clinic **doesn't take** new Medicare patients.

INFORMED CONSENT FOR ACCESS TO TRANS HEALTH, SEATTLE, WASHINGTON

Seattle has a lot of gatekeepers and few non-gatekeepers. These 3 folks are part of ICATH, an organization committed to getting trans people treatment.

[A. Canelli](#), MA LMHC 206 424 4604

[Calvin Burnap](#), MA LMHC 206 395 5324

[Talcott Broadhead](#), MSW LSWAA 360 402 0240

ICATH - How it works - <http://www.icath.org/How-Does-it-Work-.html>

Hadrienne@reddit - If you're looking for a therapist-type person in the South Sound, I would recommend zim; however, ze does not prescribe meds of any sort; one needs a doctor for that. (Talcott also works with trans youth and is also expectedly Talcott-awesome about that.) That said, as therapist-type people go, he's tops, and ze has indicated a willingness to write a letter on the IC model, though what doctors will and won't take that is a little trickier. But as therapist-type people go, you'd be hard-pressed to do better.

JESSICA RONGITSCH, SEATTLE, WASHINGTON

[Capital Hill Medical](#), 901 Boren Ave Suite 705, Seattle, WA 98104 (206)720-9999 Fax (206) 329-4444

Not informed consent, but a decent provider in a city infected with gatekeeping doctors.

2013-11 Dr. Jessica Rongitsch is back in a decent practice.

PacMed had really serious restrictions on who she could take and worked to block her from taking too many trans patients, on top of being a general jerk to her attempts to be queer-focused. So Dr. Rongitsch moved! She's really great. I know trans men who report she's equally great. She's taking new patients again, too. Oh and she non binary folks too, so yay again there. She has complete autonomy other than the front desk staff, who can be bitchy or really nice from what I've been told. The bad part? No sliding scale for now, but when she's formally a member of the corporation partnership that runs Cap Hill Medical, she'll probably be able to work something out on a limited basis.

You could say "practices principles of informed consent in her medical practice"

I just wouldn't say she *is* an Informed Consent Providaaaah, as that would probably bring out the wolves, and I don't want them on her. She is a very nice human being and doesn't deserve scorn.

March 2014 - Still not sliding scale, may not be a good option if you're poor.

iyzie@reddit Fall 2014

I give her a positive review for informed consent; she was nice and she started me on HRT after our first meeting.

CEDAR RIVER CLINICS, RENTON, SEATTLE, TACOMA, WASHINGTON

800-572-4223 <http://www.cedarriverclinics.org/>

Late 2014 from reddit –

“They do informed consent, sliding scale, accept Medicaid and private insurance (but they don't specify). Also, my doctor at the Renton clinic is awesome; wasn't phased at all by my self medicating, and prescribed me the same dose I was taking already. They have a Seattle location too though, and I'm sure they're just as cool.”

“Simon f***ing rules”

“they even cut my already reasonable bill in half just today”

LYON-MARTIN HEALTH SERVICES, SAN FRANCISCO, CALIFORNIA

<http://www.lyon-martin.org/transgender.php> - SEEING NEW PATIENTS STARTING SEPTEMBER 1, 2011!

terrance@reddit:

- Lyon-Martin in San Francisco -- I was told over the phone that it will be \$10-\$60 per visit (income sliding scale), averaging around \$30 for most of the clients, including blood work. So with 2 visits of \$60 to get started on T it seems they could be just half of the price of Tri-City. And I was told that no one will be turned away for lack of money.
- In summary, Lyon-Martin is the winner being least expensive. When I mentioned that I was inquiring about transgender services they responded positively and enthusiastically

TOM WADDELL HEALTH CENTER, SAN FRANCISCO, CALIFORNIA

<http://www.sfdph.org/dph/comupg/oservices/medSvs/hlthCtrs/TransgenderHlthCtr.asp>

DR. MADELINE (MADDIE) B. DEUTSCH, MD, SAN FRANCISCO, CALIFORNIA

San Francisco Office: 3150 18th St., Suite #222 Mailbox #503 San Francisco, CA 94117 (415) 797-7136 | fax 323-679-0389

http://westbaywellness.com/?page_id=593

info@WestBayWellness.com

DIMENSIONS CLINIC, CASTRO-MISSION HEALTH CENTER, SAN FRANCISCO, CALIFORNIA

3850 17th Street @ Noe, San Francisco, CA (415) 934-7700 <http://www.dimensionsclinic.org/>

<http://www.sfdph.org/dph/comupg/oservices/medSvs/hlthCtrs/CastroMissionHlthCtr.asp>

h/t ICFATHC

<http://www.dimensionsclinic.org/docs/LittleBlackBook.pdf> - **Extensive** list of youth resources in SF.

Youth groups and a bunch of stuff onsite - check their website!

TURK CLINIC, BAART PROGRAMS, SAN FRANCISCO, CALIFORNIA

433 Turk St, San Francisco, CA 94102, (415) 928-7800

<http://www.baartprograms.com/turk.html>

[dunimal](#)@reddit:

- Danny the NP can help you out.
- You need to have healthy SF or SF health plan, Medical, Medicaid, Medicare. You'll have to call if you have private insurance.
- When we started back in the day, it was a drug treatment program only. Today BAART TURK ST (Other BAARTs are single focused) offers primary care, programs for low income pregnant women, mental health, and drug treatment. HRT is through the primary care clinic.

DR. SHAWN K. HASSLER, SAN FRANCISCO, CALIFORNIA

870 Market St., Suite 600 San Francisco, California 94102 (415) 397-0700 Fax: (415) 397-6805

* Private insurance only *

<http://www.cpmc.org/providersearch/?sitecfg=49&action=providerdetail&masterid=10728&isLevelOne=1>

DR. MICHELLE ORENGO-MACFARLANE, UNION CITY, CALIFORNIA

<http://www.mywtmf.com/fremont-family-physician-michelle-orengo-mcfarlane.html>

[catamorphism](#)@reddit

She was previously at Lyon-Martin, so I would think she wouldn't suddenly become a crappy now that she's in private practice, and would assume she will continue practicing informed consent. She's my doctor and is cool. I also personally know at least one CAMAB trans person who went to her and who she was cool to as well.

TRANS VISION, TRI-CITY HEALTH CENTER (HABLA ESPANOL), FREEMONT, CALIFORNIA

39184 State Street, Fremont, CA 94538 - Fax#: 510-739-1239

Tiffany Woods - Program Coordinator (510) 713-6690 ext 6121 tiffany.woods@earthlink.net

TransVision Info Line 713-6690 ex6237

100% of TransVision's staff are Transgender women, Serving F-t-M, M-t-F, GenderQueer

No Insurance- OK, Private Insurance not accepted, Medi-Cal accepted, Non-Alameda County Resident-OK

<http://www.transvisiontricity.org/main.html>

<http://www.transvisiontricity.org/docs/TransvisionTRIFOLD2008.pdf>

Primary Care Services Hormone Assessment HIV Care & Treatment Free HEP A & B Vaccination Free Confidential HIV testing & counseling STD Screening	HIV Prevention Services for Trans women such as Individual/Group Support Safe, trans positive space in Fremont In-Service Trainings for providers Free Hormone needle exchange/disposal
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Anon@reddit:

- I went there for my first appointment in August 2011 and it was very easy and pleasant.
- I think they accept patients from anywhere, but if you live in Alameda County and are uninsured and low-income, then they can help set you up with HealthPAC.

terrince@reddit:

- The deal at Tri-City is that \$119 will get you intake counseling/consultation + the first medical appointment + blood work/test + second medical appointment to go over the test result and T prescription. **Only Alameda residents qualify for a low income sliding scale of reduced fees.** If you live outside of Alameda, even if unemployed / no income, there is no sliding scale available to you.
- When I mentioned that I was inquiring about the transgender services at their agency they responded positively and enthusiastically

DR. JENNIFER HASTINGS, PLANNED PARENTHOOD WESTSIDE HEALTH CENTER, SANTA CRUZ, CALIFORNIA

1119 Pacific Ave. Suite 200 Santa Cruz, CA 95060 P: 831.426.5550 | F: 831.425.0106

<http://www.plannedparenthood.org/health-center/centerDetails.asp?f=2232&a=0&v=details>

catamorphism : She sees both trans women and trans men.

Djcapelis@reddit: There can be a long wait if you just call up, but if you manage to reach Jenn, she usually tries to find a way to cut through the wait if possible. She's really passionate about making sure people can get access to the care they need.

terrince@reddit: Planned Parenthood in Santa Cruz -- I was told over the phone that it could be somewhere from \$50-\$120 (or more) per visit depending on the services provided and your financial status. Blood work will be extra. Lyon Martin and Trans Vision - also in the general area - appear to be cheaper.

hadrienne@reddit: Dr. Hastings is taking new patients; there can be quite a wait for an appointment but PP has a very fair sliding scale, understands if your insurance doesn't cover trans stuff, and, oh yeah, she's totally awesome. Actually "strongly recommended" doesn't begin to cover it, she used to teach right by my college, we bonded in seconds, and PP wanted....\$100 for the appointment. Including my bloodwork and her shooting my ass up with a preemptory dose o' hormones "so you will be a wreck in 3 days amongst your friends and not the first week of school". <3 <3 <3
You have no idea how great this woman is. If you think I'm effusing because she saved my ass and I'm high on her, look at her references generally...more people love her than cheese. Oh, and all her paperwork and disclaimers and sh*t is totally respectful and there's a space on the forms for feedback if you have a problem with anything. Oh and she didn't even ask about surgery until after she'd written the script and asked me if I wanted my nethers checked for unpleasant things. Oh and she called me at 5pm on a Saturday to tell me my pap was normal and my labs were "beautiful." Oh and no fat-shaming. Yeah. You have no idea how refreshing this was.

DR. MARKI J. KNOX, SANTA MONICA, CALIFORNIA

2121 Wilshire Blvd #303 Santa Monica, CA 90403 (310) 264-1777

Works / Consults with Dr. Maddie Deutsch

Her practice is primarily in Women's Health, particularly fertility and obstetrics. Her clinic has a policy of charging fees that insurance does not cover rather than billing first as a paperwork saving measure. This is perhaps the only serious knock I have against the practice.

<http://www.yelp.com/biz/marki-j-knox-md-santa-monica>

uragaaru @reddit - I can confirm she is IC.

DR. MADELINE (MADDIE) B. DEUTSCH, MD, LOS ANGELES, CALIFORNIA

Main practice is in San Francisco but she also travels to Los Angeles 1-2 times a month to see patients there.

LA Gay and Lesbian Center: (twice a month) 1625 N Schrader Blvd. Los Angeles, CA 90028 323-993-7518

****May 2012, report from reddit****

****there's now a five month waiting list just to see Dr. Deutsch****

http://laglc.convio.net/site/PageServer?pagename=YH_Transgender_Health_Care

LAGLC accepts insurance and does sliding scale. On site pharmacy. Serves both trans men and trans women. There can be a backlog for accepting new patients. Don't be discouraged!

"I had already been on HRT for almost 10 months when I first saw Dr. Deutsch. She did ask questions about why I wanted HRT, and various things related to it. It was less than 10 minutes for that stuff."

Report from reddit, May 2012 - You have to wait three months after ([LAGLC](#)) your intake appointment to actually get your script. "I've been trying to get an appointment (don't have a car though, so it's been tricky) and when you call they let you know that your first appointment is an intake, and then three months after that you actually have your first appointment with Dr. Deutsch"

http://www.lagaycenter.org/site/PageServer?pagename=YH_Transgender_Health_Care

The L.A. Gay & Lesbian Center provides a welcoming and accepting environment where you are free to be yourself. Dr. Maddie Deutsch, a leading expert in transgender health care, heads the Center's Transgender Health Program, which provides comprehensive primary health care as well as trans-specific services such as:

- Pap smears and pelvic exams for trans men
- Prostate exams for trans women
- Hormone-therapy supervision
- Post-surgical care for those who have undergone sex-reassignment surgery

The Center also offers the convenience of an on-site lab and a pharmacy, so you can take care of all your trans-specific medical needs at one facility.

We accept most major PPO health insurance policies, as well as Medi-Cal and Medicare.

For clients without insurance, services are available on a cash basis.

For patients with limited income, we offer a sliding fee schedule. Charges are as low as \$30 for a doctor visit although additional charges for lab and other services may apply. No one will be denied services for lack of ability to pay.

For more information or to schedule a financial screening appointment, call 323-993-7518.

Services available at the Center also include:

- Legal services, including name and gender changes
- Legal help and counseling services for victims of domestic violence
- Help with career planning/job placement
- Mental health counseling and support groups

FTMI SPONSORED T COMMUNITY CLINIC, LOS ANGELES(HABLA ESPANOL)

5520 Santa Monica Blvd. Suite 112, Los Angeles, CA90038 Call for an appointment: (323) 860-9054

<http://www.ftmi.org/6healthcare.htm>

Held on alternating Tuesday nights.

Uses the informed consent model, no letters required, no waiting period required, no documentation required, no insurance required, no money required, for hormones and all primary care needs of the trans and genderqueer community.

Just make an appointment, come in and be fabulous. Its all trans folk so being passable is irrelevant, as are tats, piercings, kink, leather, Medicare, Medi-Cal, sliding scale all the way down to nothing, and identity documents can be missing, mix and match/no-match, and the staff and doctor speak Spanish etc

Offers a prescription discount card from FTMI for being a member that gives you about 40% off brand name prescriptions, including but not only hormones, at nearly all local pharmacies (does not apply to compounded generic drugs (if someone can let me know if it's cheaper than what is listed at this link, I would love you and stuff ;))

<https://dl.dropbox.com/u/932389/Trans/Stepping%20Forward%20-%20USA%20Med%20Prices.pdf>

Clinic is near public transportation. tell 'em Levi sent ya.

(h/t dunimal@reddit)

2012

FTMi clinic has 2 tuesdays a month that they take first come first serve. Dr Jacob Flores 3 hours of waiting, short doctor visit, cost \$65, filled out a form that was very concise but clearly made for transmasculine spectrum (few of the questions made no sense for mtf). Some cool questions like orientation, had about 20 possible checkboxes (attracted to trans masculine, attracted to trans feminine, attracted to asexual etc)

Flores has his own practice or something, elsewhere, he just shows up at this clinic twice a month for trans people

2014 - added without confirmation if I could use. \$Pull if necessary

If having trouble getting through to FTMI, contact the office of Dr. Flores

St. Nicholas Medical Group 5520 Santa Monica Blvd. Suite 112 Los Angeles, CA 90038 (323) 860-9054

It's mentioned here <http://www.ftmi.org/6healthcare.htm>[1] but I never got a response when I emailed them or contacted through the website. Just call the number for their office and ask to make an appointment with Dr. Flores.

The T clinic is every other Tuesday evening, so call ahead to find when the next one is and to make an appointment. Expect to wait 2+ hours before you see the one Dr. who handles hormones; they've had horrendous waits each time I've gone.

Definitely bring a book. They do take some insurance, although not my Blue Shield HMO. The cash price is \$65 a visit. I

brought bloodwork with me from my regular Dr. and got a script my first appointment. They call it in to Strohecker's for you; runs about \$60 and comes with injection supplies.

See this document for trans friendly (but not necessarily informed consent) docs, mostly around the Toronto area.

http://rrconsulting.ca/docs/RRConsulting_PhysiciansForTransPeople_2014.pdf

DR PIERRE-PAUL TELLIER, HEAD AND HANDS CLINIC, MONTREAL, QUEBEC

833 SHERBROOKE OUEST MONTRÉAL QC / C.P. 446, Succ. N-D-G. MONTRÉAL QC H4A 3P8 (514) 481-0277

One person said in 2007: 'Dr Tellier prescribes hormones without the need of a referral letter. He follows the liberal protocols established by some US clinics, with the objective to avoid young Trans people self-medicating. You have to sign a discharge and go through several blood tests, but usually you get your prescription within a month of the first visit. His usual dosage is 150mg Spironolactone and 7.5 mg Premarin, but he will prescribe other forms of oestrogen if you ask for it. You have to return to the clinic every 3 months to have blood tests. He is very serious about health issues. My own HRT was delayed because I had some liver issue he wanted to investigate. Unfortunately, his clinic is opened only to people 25 and younger ... don't bother going there if you are older. I don't know if he will take patients outside of the province Québec. [ed. cath. I've heard of this dr. before, heard 150/8.5 premarin]

- <http://www.t-vox.org/index.php?title=Endocrinologists>

DR. JENNIFER DOUEK, OTTAWA, ONTARIO

NEW ADDRESS/ LOCATION - Centertown Community Health Center, 420 Cooper Street, Ottawa, ON, K2P 2N6 (613) 233-4443x2173
Dan is her receptionist, he works M-Th 730-330

March 2012 – Lisa - *Dr. Douek prescribed hormones to me at my request on my first visit.*

SeanaTG@reddit November 2014 – Address update and the following

Having had a first appointment with Dr Douek (I was previously a patient of Dr Norman Barwin's) I can say she is very welcoming and renewed prescriptions with absolutely zero issues.

Dr. Douek only works 2 days a month, as of April 2015, her waitlist is booked until July

DR. VANITA LOKANATHAN, PETERBOROUGH, ONTARIO

The Peterborough Clinic 26 Hospital Drive, Peterborough, ON K9J 7C3 (705) 740-6867

Lisa March 2012- *Dr. Lokanathan only had the opportunity to renew my prescriptions, but had a bunch of trans positive posters up in her office!*

DR. JAMES MARTIN, SOUTHERN ONTARIO FERTILITY TECHNOLOGIES

555 Southdale Rd, East, Suite 107 London, ON, N6E 1A2

Phone: (519) 685-5559 Fax: (519) 685-5519 E-mail: info@soft-infertility.com<http://www.soft-infertility.com/>

Anon@trueselves:

I can't really recommend him highly enough. He and his staff are abnormally friendly and completely accepting of trans people. He's had hundreds of trans clients already, so it's nothing new to them. When you first talk to them, regardless if you look like a boy or a girl, they'll ask you what name you would like put on the file, and how you would like them to address you, etc. At worst, I was treated indifferently by one of the clerical staff. I've had several bad doctors in my own city, so I travel 2 hours to a different city to visit him.

He does NOT require you to have any letters from psychologists or psychiatrists. He does however advocate that you should have someone to talk to during the process because he's genuinely concerned for your health, mental and otherwise. He's also very receptive to hearing your input on how you want to deal with things.

The prescriptions he gives are a little bit different from 'standard'. But I know he'd be willing to give you a different prescription if you were concerned.

The medications he prescribed me are:

- *Estradiol*
- *Prometrium (progesterone - and a pretty high dose)*
- *Suprefact (Buserlin - a gonadotropin releasing hormone)*

My only complaint is the Suprefact is given as a nasal spray. It just bothers me, but we discussed it and it's supposed to work better with this delivery method.

DR. RAY FUNG, TORONTO, ONTARIO

2014@reddit - Dr. Ray Fung at Toronto East General Hospital. He prescribed at the first appointment for me (I had just a one-time psych eval done, and bloodwork). He's got many trans patients from all over the province. But it takes months to get an appointment, so it might not be better than where you are currently.

I know both ftms and mtfs who go to him. I had a one-time psych eval before I saw him, but that was my family doctor's idea and I'm not sure if he requires that. My family doctor did the referral in November and I got the first appointment for July. I had the bloodwork done many months before that, and I thought he'd want me to redo the bloodwork before writing the prescription but he did not. When I got there the secretary took my contact info, height and weight.

In the appointment he asked me a few routine questions and asked to hear a bit about my trans narrative. Nothing strange. I had been living as male for 4 or 5 years at that point. He asked if I used drugs or alcohol. He took my blood pressure and heart rate. Then he got me to sign the informed consent, which lists the risks and you agree that you're aware of them. He let me choose my dose of testosterone.

Dr. Fung also examined my thyroid in my throat, and he felt some lumps so he made an ultrasound appointment for me in the same hospital. I went and they looked at me through the ultrasound, took pictures of the lumps. When I heard back about it, Dr. Fung said they were a couple of small nodules and apparently benign.

At my second appointment he saw the bloodwork and he said that my levels were already in the high-normal male range, so I shouldn't increase the dose any further. He asked me about the changes I've noticed. I said them and said I was happy with the way it was going. After that it was appointments every 6 months, pretty much the same routine. One time he had a resident/intern there with him.

Eventually my dose was changed to 75 mg/week now to 60 mg/week in an effort to reduce acne. A few years ago there was an injectable testosterone shortage in Canada, and to resolve this he prescribed me Androgel by phone. I was glad I didn't have to wait for an appointment in this case. He has also written me various letters for travel, surgery, and change of ID. Sometimes I get a \$20 bill for the service of writing the letter.

Overall I think he's great and a chill guy. He's never been insistent that I transition a certain way or live a certain way, although I have had top surgery and hysto and there's nothing much about me that would bring that up. Very busy, though, so I try not to reschedule my appointments at all costs. He's usually running 30-60 minutes late, not bad for a doctor.

DR. LOUIE CHAN, MISSISSAUGA, ONTARIO

East Mississauga Community Health Centre, 2555 Dixie Rd. Mississauga, ON L4Y 4C4, (905) 602-4082

Amber Powell:

Dr. Chan is a very kind and understanding man who has training in trans issues and trans people care. The office is also very trans friendly - all the washrooms for example are gender neutral.

My experience with him has been very good. He does not require you to see a therapist although he can refer you to one who works out of the same facility. I was prescribed hormones on my 5th visit (approx 3 months) which is his protocol. He is quite thorough in discussing all of the issues around transitioning, he knows how to go about getting your documentation

changed, he can refer you to a plastic surgeon (he did so for me), he has a nurse on staff who takes your blood as well. The entire office and staff are very positive and supportive. He is also very familiar with hormone regimens at least for MTF. He is now my full time family doctor - He isn't hard to get an appointment with if you are flexible about the time."

katherinem13@reddit July 2012- You'll probably have to make it clear to the secretary on the phone that you're looking for trans-related services, since their regular catchment area is far smaller than the catchment area for their LGBT services. I see him, as well as a number of my other trans friends, and we all think he's great.

derpamily@reddit July 2012

All the staff is super nice and they have a counselor in the same building covered under OHIP (but you don't have to see her if you don't wish to, however she is also super nice :3).EDIT: I've also had like no trouble booking appointments, they were even able to be booked much closer together than I thought they would.

ARCH - HIV / AIDS RESOURCES & COMMUNITY HEALTH, GUELPH, ONTARIO

Guelph Medical Place II, Unit 115-89 Dawson Road, Guelph, ON N1H 1B1 Phone: 1-800-282-4505 education@archguelph.ca
<https://www.facebook.com/archguelph> <http://www.archguelph.ca/transgender-healthcare> <https://twitter.com/archguelph>

Added 2015-04

General healthcare for Trans individuals will be available in a safe, non-stigmatizing atmosphere. Supervised Hormonal therapy under the care of our physicians and nurses will also be available for Trans individuals who wish to undergo such treatment.

Please note that psychiatric consultations are not necessary. Patients may obtain a referral from their family physician, family member/friend or may also self-refer. Should an individual be interested in Gender Affirming Surgery, recommendations to private cosmetic surgeons in Ontario can be made.

Patients will meet with our nurse for a detailed intake process first to determine their needs and will be given an information package to take home for their consideration. If a patient is seeking Hormonal Therapy, they will return after two weeks or more, to sign an "informed consent". No psychiatric evaluation is necessary to begin treatment.

https://www.reddit.com/r/asktransgender/comments/313i5n/new_informed_consent_clinic_in_southern_ontario/

KLINIC COMMUNITY HEALTH CENTRE, WINNIPEG, MANITOBA

870 Portage Avenue, Winnipeg Manitoba R3G 0P1 Phone: (204) 784-4090 admin. Fax 772-7998 medical Fax 784-4013

E-mail: klinik@klinik.mb.ca

<http://www.klinik.mb.ca/transhealth.htm>

[Erin](#) @reddit, Spring 2012 - The Trans Health Klinik is the only clinic of it's kind in Winnipeg and demand for their services is very high. They're only open on Fridays and **unfortunately their waiting list is quite long.**

It is run by 2 doctors, Dr. Whetter & Dr. Racette and they work on alternating weeks. I can't speak generally for how many visits it takes to get a prescription, but my timeline went like this. It took about 6 weeks from my initial contact to my first intake appointment. I was interviewed by both the head nurse and an intern. They scheduled some blood work in one month's time, and a follow up with the doctor 2 months later. So it was already 4 months since making my initial call before seeing Dr. Whetter. He went over notes from my intake 2 months earlier and assessed my candidacy for HRT. He then scheduled a follow up appointment (to allow him time to go over my blood work?) for 2 1/2 months later. That wait was unbearable but in late August of last year I finally got my first prescription. That's about 5 1/2 months from start to finish.

Since my first meeting with Dr. Whetter (male), I've since been scheduled with Dr. Racette (female). They're both fantastic, and so is the staff that work there. They'll always call you by your preferred name (presenting or not) and I always leave with the impression that they really care about my well being and they never rush your visit, whether its your first time there or going for a prescription refill.

They always have interns working with them, and sometimes I feel a bit like "trans exhibit A" and that experience can be rather triggering. Of course, you have every right to see the doctor privately.

They desperately need more funding, but the program itself is fantastic and so are the people. So it's especially disheartening to hear about others who try to get into the system only to be forced into waiting several months for a simple intake appointment. I don't blame people for going DIY, much more waiting and I probably would've done the same but having the support of the people there and knowing that my bloodwork is being monitored etc is invaluable to me.

CATHERINE WHITE HOLMAN WELLNESS CENTRE, VANCOUVER BRITISH COLUMBIA

<http://www.cwhwc.com/>

Locations and dates (1x a month) may vary, check their website for details

(Please note: Services vary slightly on different clinic dates. Check the calendar for details.)

Our services:

- Are open to all trans and gender diverse people, **regardless of home address**
- Are open to all ages
- Are free
- Don't require health cards or ID

- General health care including primary and preventative health care, pelvic exams, chest exams, pre- and post-op support, hormone support, and mental health support
- Free hormone injection equipment + education about safe hormone injection techniques
- Education about hormones, gender confirmation surgeries, sexual health, harm reduction, etc.
- advocacy letters, surgical referrals
- One-on-one support from a community worker
- Massage therapy
 - o Ray has experience with relieving pain and correcting dysfunctional posture caused by chest binding
 - o Geared towards any transfolks who can't afford Massage Therapy Treatment
 - o In a safe, communicative environment where you don't have to answer questions about your body
 - o Please book in advance by emailing ray.ranger.rmt@gmail.com

ADDITIONAL RESOURCES

I'll attempt to update these as time goes on, but if there hasn't been a recent update, please check them ☺

Also - if you can contribute any new informed consent resources, please do so - or contact me at catherine@transresources.ca so I can update this list ☺

- Reddit Thread For Informed Consent Clinics.
http://www.reddit.com/r/asktransgender/comments/jjezi/informed_consent_registry_show_your_playing_hand/
http://www.reddit.com/r/asktransgender/comments/ukzro/amazing_awesome_providers_list_2_old_thread/

- Facebook Group: Informed Consent for Access to Trans Health Care
<https://www.facebook.com/pages/Informed-Consent-for-Access-to-Trans-Health-Care/127710557322305>

ICFATHC's list: http://www.scribd.com/fullscreen/63607826?access_key=key-27pd87e8ntwyqthe80zz

- Reddit: Discussion of Planned Parenthood Clinics offering HRT (check the PP website for clinics serving trans people, not all are informed consent.
http://www.reddit.com/r/asktransgender/comments/jk3la/psa_planned_parenthood_is_your_friend/
- Planned Parenthood's Webpage about Gender Identity
<http://www.plannedparenthood.org/health-topics/sexual-orientation-gender/gender-gender-identity-26530.htm>
- Susans.org forum post about IC clinics
<http://www.susans.org/forums/index.php/topic,105294.20.html>
- Looked through t-vox USA physicians + endos for "informed" and "letter" 2011-08-31 -
http://www.t-vox.org/index.php?title=Physicians_in_the_United_States
<http://www.t-vox.org/index.php?title=Endocrinologists#>

I really want to say that a lot of this document has come from the really awesome folks at www.reddit.com/r/asktransgender I don't want to get all sappy / cliché and say that it wouldn't be possible without them, but this list wouldn't have happened without the awesome folks on there. It's a really cool, progressive online trans community.

INFORMED CONSENT FORMS

At the end of <http://transhealth.vch.ca/resources/library/tcpdocs/guidelines-endocrine.pdf> are 2 informed consent forms
1 is for mtf, one for ftm.

Others:

- [Informed Consent to Continue Hormones](http://tghealth-critiques.tripod.com/consen1.htm)<http://tghealth-critiques.tripod.com/consen1.htm>
- [Informed Consent for Testosterone Therapy](http://tghealth-critiques.tripod.com/consen2.htm)<http://tghealth-critiques.tripod.com/consen2.htm>
- [Informed Consent for Estrogen Therapy](http://tghealth-critiques.tripod.com/consen3.htm)<http://tghealth-critiques.tripod.com/consen3.htm>
- [Hormonal Cross-Sex Reassignment \(HSR\) and Potential Side Effects: Male To Female](http://tghealth-critiques.tripod.com/fenway1.html)
<http://tghealth-critiques.tripod.com/fenway1.html>
- [Hormonal Cross-Sex Reassignment \(HSR\) and Potential Side Effects: Female To Male](http://tghealth-critiques.tripod.com/fenway2.html)
<http://tghealth-critiques.tripod.com/fenway2.html>

<http://www.icath.org/ICATH-Providers-and-Resources.html> - includes sample letter.

HRT PROTOCOLS

See <http://dl.dropbox.com/u/932389/Trans/Stepping%20Forward%20-%20Clinical%20Protocol%20Guidelines.pdf>

HOW TO INJECT / MISC RESOURCES

[This section needs to be better - if you're willing to help re-do this or have a really good resource, please email me at creativecatherine@gmail.com]

Needle anxiety? This PDF can help!

<http://www.forge-forward.org/handouts/Needle-anxiety.pdf>

Injection Instructions

<http://www.stroheckersrx.com/injectionfacts.html>

Video: How to give an intramuscular injection

<http://www.healthbanks.com/PatientPortal/MyPractice.aspx?UAID=74FFEE33-2050-4F3A-981A-083E51DED8D6&ID=47c3d88a-3366-4a52-93df-baff65d96ef6>

Video: How to give a subcutaneous injection

<http://www.healthbanks.com/PatientPortal/MyPractice.aspx?UAID=74FFEE33-2050-4F3A-981A-083E51DED8D6&ID=a1e9bc29-fbb4-4941-93a0-d91019e58287>

Lupron injection- <http://www.healthbanks.com/PatientPortal/MyPractice.aspx?UAID=74FFEE33-2050-4F3A-981A-083E51DED8D6&ID={87CE55F7-212C-4D6D-8EA6-407DD18B798B}>

<http://www.forge-forward.org/handouts/injection.pdf>

<http://www.octcca.org/inject.htm>

International Academy of Compounding Pharmacists (IACP)

Information and referral service for providers or patients searching for local compounding pharmacies. www.iacprx.org

The Apothecary Shops

<http://www.theapothecaryshop.com/>

Strohecker's Pharmacy

www.stroheckersrx.com

Less good (probably will be deleted)

[genderblender](#)@reddit If anyone needs injection tips I watched about 20 youtube videos and I found these two to be the most helpful and to the point:

[1] [Thigh Injection](#)

[2] [Breaking the ampule](#)

Really decent guide - http://www.uwhealth.org/healthfacts/B_EXTRANET_HEALTH_INFORMATION-FlexMember-Show_Public_HFFY_1126651107779.html