

ACCEPTANCE INTO THE PROGRAM

On the basis of data obtained during the clinic and psychiatric evaluations, the Gender Committee decides whether it is advisable for you to pursue cross-gender living. (Acceptance into the program means that we feel it is appropriate for you to attempt to live in the role of choice. It does not mean approval for surgery.) If the answer to this question is yes, then a determination is made as to the length of trial period. All patients whether or not they have cross-lived prior to undergoing evaluation at Stanford must be involved in our program for a minimum of a year prior to final consideration for surgery. If you have not lived exclusively as a man on a continuously basis prior to being evaluated here, then you can reasonably expect to be given a trial period of from 18 months to 2 years.

TRIAL PERIOD

Prior to being considered for surgery, patients must live exclusively as a man for at least two years and be on hormonal treatment for a similar period of time.

HORMONES

Hormones are not prescribed through our office. Persons who are accepted into our program will be referred (after approval) to a physician in their local area for hormones. It is most important that hormonal therapy be properly monitored by regular physical examinations, particularly liver scan studies which should be performed at six month intervals because of the risk of side effects.

The one year wait after initial evaluation is a minimum which is applied only in cases of outstanding histories and adjustment. Most persons who request surgery through our program must wait longer than one year. This extended trial period provides time for a person to adjust, to learn the subtle requirements and demands of life as a man--in effect to develop expertise so that you are comfortable with yourself as a man and others relate naturally to you as such. The trial period serves another purpose, it provides time for the surgeon who is performing an irreversible procedure to gather sufficient evidence to make a responsible decision about whether an individual will be helped or harmed by the surgery.

You should be aware that it is not necessary that you live in the local area during the trial period.

In making a decision about surgery, these criteria are considered:

- 1) Has the person requesting surgery evidenced personal stability and strength? Have there been suicide attempts or problems with alcohol or drug abuse? If there have been problems in this area prior to cross-living, there must be evidence of coping for a long enough period of time that the surgeon can believe that they will not be recurrent problems, particularly under the stress of surgery.

2) Does the request for surgery come from the person individually or is there an involvement with a significant other who is providing motivation for the person to seek surgery? This question is very important because in a very large percentage of cases, relationships formed before entering the program break up during the trial period or after surgery.

3) Does the person understand what surgery will and will not achieve? Are the possible complications and discomfort completely understood? This is particularly important with the phalloplasty.

4) Does the person exhibit stability in the employment sphere? We strongly recommend that a person not attempt to make the transition to the male life-style on the same job where he worked as a woman.

5) Is physical appearance sufficiently good so that other people relate naturally to the person as being a man rather than a transsexual? Once hormonal therapy has been undertaken, a more masculine physique can be achieved by supplementing a high protein diet with a weight lifting program.

6) Does the person have legal identification reflecting the male name and gender? Once accepted into the program, we will provide a letter on the basis of which the Department of Motor Vehicles will change both the name and sex designation on your driver's license (in California). Social Security name change is easily accomplished by completing a green form that is available in any Social Security office.

7) Does the person have support from friends or family?

8) Does the person lead an active social life as a man?

You should be aware that the transition phase to a male life-style involves many obstacles and most of the responsibility for coping with them will be yours. Some helpful information can be obtained by writing to the Janus Information Facility, University of Texas Medical Branch, Galveston, TX, 77550, and requesting their information booklets.

Grooming and Social Development Workshops

Once a year or more, all day workshops which involve lectures by experts in various fields relative to assisting adjustment to the male role are held.

Legal Counseling

Each state has different laws which govern the legal status of persons with gender dysphoria. It would seem advisable to contact the Janus Information Facility to obtain a list of local attorneys who may be of assistance to you as well as their booklet which discusses the

legal problems of transsexuals.

REEVALUATION PRIOR TO FINAL CONSIDERATION FOR MASTECTOMY AND PHALLOPLASTY

Patients will be considered for reevaluation for mastectomy when they have completed these minimum requirements:

- 1) have been judged good candidates for gender reorientation;
- 2) have been taking hormones for at least six months;
- 3) have had identification changed to male;
- 4) have lived exclusively as a male for six months;
- 5) have worked as a man for at least six months on a job where they have not worked as a woman.

Patients will be considered for reevaluation for phalloplasty only after these same minimum requirements have been sustained for an additional 18 months.

GENDER DYSPHORIA COMMITTEE MEETING AND FINAL APPROVAL

It should be understood that the Gender Dysphoria Program here does involve a screening process. Only persons who have demonstrated successful adjustment to the male role, as judged by psychological, social and economic criteria are approved for surgery (approximately 25 percent of those persons who undergo initial evaluation). Failure to demonstrate this adjustment as well as current marriage in the sex of your anatomy (female), psychosis or life limiting medical disease are contraindications to surgery. Occasionally persons find that they are not immediately accepted for sex reassignment surgery but must wait longer than the original trial period until further self-improvement goals are accomplished. These delays are in your best interest.

SURGERY

Mastectomy

One of two surgical procedures are used depending upon the amount of breast tissue: a) An incision is made through the areola if no skin needs to be resected or b) an axillary incision with transplantation and reduction of the nipples if the breasts are large. Professional fee for either procedure is \$500.00 and hospitalization deposit is \$1,600.00. The professional fee and hospitalization deposit must be paid two weeks in advance of surgery. Costs are subject to change as dictated by the hospital's response to inflation.

PHALLOPLASTY

This operation is performed in three stages (barring complications).
1) Creating of a tubed pedicle flap and skin grafting; 2) detachment of the pedicle from the abdominal wall, tailoring and hysterectomy; and 3) abdominal scar revision, rotation of hair-bearing flaps, and testicular implants. The surgical fee for phalloplasty is \$2,000. Total hospitalization deposit is approximately: \$1850. for first stage phalloplasty; \$1,900. for second stage phalloplasty with hysterectomy and \$700. without hysterectomy; and \$700. for third stage phalloplasty. Professional fee for hysterectomy is \$600.

FINANCING SURGERY

PLEASE NOTE: There are no public or private agencies which finance surgery. MediCal and Medicare will not pay for any part of the program. Some insurance companies have paid for the surgery; however, most companies consider the procedure cosmetic and will not pay on this basis. IT IS MOST LIKELY THAT YOU WILL HAVE TO FINANCE THE SURGERY PERSONALLY.

POSTOPERATIVE PROSTHESES

After healing is complete, you can be fitted for two prostheses, one of which provides sufficient rigidity for penetration during intercourse and the other which serves as a urinary conduit and with practice will allow you to stand to urinate.

QUESTIONS

If you have any questions, please write:

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