

I don't think you need to start Hormones yet. you need to feminize yourself more, and live as a woman for at least a year, first. Plus, you're in a wheelchair, why would this even matter for you?



**NO ONE**, not even your Doctor, has the right to tell you who you are or how your transition needs to look! There is no right level of "feminine", "masculine", or "Androgynous" you need to perform for your transition to be legitimate. And disabilities shouldn't be a barrier to receiving health care.

Finding a new Doctor was hard, but the Trans Health Navigator was able to help her find someone she could feel safe with. I've heard you're Trans Affirming? I'd like to start Hormone Replacement Therapy. I would also like guidance on how to change the gender marker on my I.D.'S.



Okay! First we will discuss any side-effects to inform your decision, you will need to take a testosterone blocker, and estrogen comes in multiple delivery formats, so we'll figure out which is best for you.

Our friend Bee experienced racism and Transphobia when he came out to his doctor...



So that went well for me! But my friend ESS had a terrible experience with the first Doctor she had an appointment with...



That's fine! you should know that there will be a wait, and the referral will be to a doctor in Regina, which will mean some travel for you. Do you have adequate supports?

it wasn't easy being on a fixed income, but with help from my community...



Bec found a new doctor and was able to start HRT in time, but he felt fear and anxiety when meeting new healthcare providers, and he found the process for getting bottom surgery felt prohibitive...

Doc, you've been great these last few years, but now you're telling me I need another referral, this

time in Saskatoon?!



Yes. Unfortunately that's just how the process is set up currently. But I can assure you that the doctors on the list for this - including the Psychiatrist I'm referring you to - are **TRANS AFFIRMING.**

It has been lovely to meet you, Bee. I think it's time to move your referral along. This procedure will take place in Montreal. The Surgery is paid for through Provincial Healthcare, and the facility will accommodate you for a week. Travel and any additional accommodations are up to you to arrange and fund. Any immediate questions?

Finally!



Depending on what treatments (if any) you choose to pursue, you may find yourself needing to travel. If you have personal insurance ask them about medical travel. Other options include healthcare grants, "hope air. ca", private fundraisers, and online Crowd funding.

When I had finally worked up the courage, I met with my Family Doctor to discuss my Gender Transition ...

Thank you for sharing your journey with me. So you aren't looking for hormone replacement therapy?



NO, but I appreciate you explaining it to me so I could make an informed decision!

I'm Seeking Top Surgery!



Everyone's Transition is unique! you may not seek medical care at all. Should you be looking to do so, talk to your Doctor, or visit: [www.transsask.ca/accessing-affirming-healthcare/](http://www.transsask.ca/accessing-affirming-healthcare/)

Only you can decide how you'd like to Transition, and what Transition means to you. While healthcare can be difficult to find, the Trans Health Navigators are there to help you!



Never forget that there are people right here in Saskatchewan who understand what you're going through to live Authentically!

for more information go here!



[www.transsask.ca](http://www.transsask.ca)

Or send emails to:

Saskatoon & Northern

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The TRANS Project Team, in particular the T4T (trans for trans) Knowledge Mobilization Council

