

Dear Doctor,

As you may be aware, young transgender patients in the UK have been left without their essential care as a result of a ruling against the Tavistock and Portman NHS Trust, which was announced on Monday, December 1st 2020.

Many GPs are actively asking whether or not they should continue with the care they provide and whether it will do more harm or good to withdraw blockers or hormones. We want to help you make that decision based on all the available evidence.

Unfortunately, in the UK there is an emotive, political agenda which hinders care for transgender youth. This was reflected in the loss of its case on the part of The Tavistock Clinic. In its determination, the court found it difficult to believe that a young person could consent to gender affirming treatment. This is in spite of puberty blockers having been used successfully for many years to prevent pubertal development in transgender youth and in children with precocious puberty.

We believe each case should be taken on its own merits. If you feel that your patient has the capacity to understand what action puberty blockers have, then it would help enormously if you would prescribe for them. This is in accordance with the [clinical guidelines issued by Endocrine Society](#) which advocates their use in transgender youth who have reached Tanner Stage 2.

While anxiety, stress and depression are more common than average in this patient group, this is as a direct result of a denial of access to affirmative care and support, rather than a cause or effect of being transgender.

We know that due to a lack of education and visibility in the area of transgender healthcare, many doctors feel unable or ill equipped to provide care to this minority group, and media stories merely serve to heighten this trepidation.

As such, the evaluation as to whether you are able to prescribe for and help this patient group has been brought together in this guide, which is based on current best practice issued by centres of excellence worldwide. Its aim is to allow you to make your own decision as to how best you can help your patient.

We hope it will provide you with the confidence you need to provide the gender-affirming care trans patients so desperately need.

Best wishes

The GenderGP Team