Gender Clinic Roadmap

**1. Call us**
Refer yourself directly or have your provider refer you by calling 206-987-2028.

**2. We will call you**
Once we have your referral, we will schedule a 30-minute intake phone call with our care navigator.

**3. Get connected to mental health support**
We will help you get connected before starting treatment.

**4. Meet the Gender Clinic Team**
When you are ready, we will call you to schedule your first medical appointment. Here we will talk about your medical history, do a brief exam and talk about treatment options.

**5. Begin gender-affirming treatment**
See back for details.
- Puberty blockers
- Monitoring
- Cross-sex hormones

**6. Continue adult care**
We can treat you until age 21. After that, we can refer you to:
- An adult trans healthcare provider
- A surgeon for gender-affirming surgery

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**Ready for treatment = Mental Health Readiness + Medical Readiness + Family Readiness**
# Gender Clinic Medical Treatment Options

## Puberty Blockers
**For:** Patients in early puberty  
**Who manages:** Endocrinologist  
**Time:** A few months to years

- Puts puberty “on pause”  
- Can be expensive (insurance or financial assistance may help cover costs)  
- Fully reversible  
- Is given as an implant or shot

**Medical Check-ups**
- **Who:** Patient, parent/caregiver, endocrinologist, care navigator (optional)  
- **Where:** Adolescent Medicine Clinic  
- **Time:** 30 minutes every 3 months  
- **What:** Provider monitors your vital signs, checks in with you, and draws your blood

**Support Resources**
- Care navigator (Adolescent Medicine Gender Clinic)  
- Mental health provider (community)  
- Family support groups

## Monitoring
**For:** Patients in mid- to late puberty  
**Who manages:** Adolescent Medicine doctor  
**Time:** As needed or until ready for cross-sex hormones

- Helps patients be as comfortable as possible in their body when neither blockers nor cross-sex hormones are an option  
- Can include treatments like menstrual suppression, basic mental health assessment, and medication  
- Includes coordinating with your mental health provider, if needed

**Medical Check-ups**
- **Who:** Patient, parent/caregiver (optional), adolescent medicine doctor, care navigator (optional)  
- **Where:** Adolescent Medicine Clinic in Seattle or Bellevue  
- **Time:** 30 minutes, as needed  
- **What:** Doctor talks with you about issues like menstruation, mental health, acne and any other questions you have

**Support Resources**
- Care navigator (Adolescent Medicine Gender Clinic)  
- Mental health provider (community)  
- Family support groups

## Cross-sex Hormones
**For:** Patients in later or post-puberty  
**Who manages:** Adolescent Medicine doctor  
**Time:** Lifelong or until patient decides to stop

- Hormones create changes in the body to align with the patient’s gender identity  
- Estrogen makes the body more feminine  
- Testosterone makes the body more masculine  
- Some body changes are reversible, some are not

**Medical Check-ups**
- **Who:** Patient, parent/caregiver (optional), adolescent medicine doctor, care navigator (optional)  
- **Where:** Adolescent Medicine Clinic in Seattle or Bellevue  
- **Time:** 30 minutes every 3 months  
- **What:** Provider reviews your recent blood work; checks in with you; and adjusts your dose of medicine, if needed

**Support Resources**
- Care navigator (Adolescent Medicine Gender Clinic)  
- Mental health provider (community)  
- Family support groups