



	About	Medical Check-ups	Support Resources
<p>Puberty Blockers</p> <p>For: Patients in early puberty</p> <p>Who manages: Endocrinologist</p> <p>Time: A few months to years</p>	<ul style="list-style-type: none"> • Puts puberty “on pause” • Can be expensive (insurance or financial assistance may help cover costs) • Fully reversible • Is given as an implant or shot 	<p>Who: Patient, parent/caregiver, endocrinologist, care navigator (optional)</p> <p>Where: Adolescent Medicine Clinic</p> <p>Time: 30 minutes every 3 months</p> <p>What: Provider monitors your vital signs, checks in with you, and draws your blood</p>	<p>Care navigator (Adolescent Medicine Gender Clinic)</p> <p>Mental health provider (community)</p> <p>Family support groups</p>
<p>Monitoring</p> <p>For: Patients in mid- to late puberty</p> <p>Who manages: Adolescent Medicine doctor</p> <p>Time: As needed or until ready for cross-sex hormones</p>	<ul style="list-style-type: none"> • 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 	<p>Who: Patient, parent/caregiver (optional), adolescent medicine doctor, care navigator (optional)</p> <p>Where: Adolescent Medicine Clinic in Seattle or Bellevue</p> <p>Time: 30 minutes, as needed</p> <p>What: Doctor talks with you about issues like menstruation, mental health, acne and any other questions you have</p>	<p>Care navigator (Adolescent Medicine Gender Clinic)</p> <p>Mental health provider (community)</p> <p>Family support groups</p>
<p>Cross-sex Hormones</p> <p>For: Patients in later or post-puberty</p> <p>Who manages: Adolescent Medicine doctor</p> <p>Time: Lifelong or until patient decides to stop</p>	<ul style="list-style-type: none"> • 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 	<p>Who: Patient, parent/caregiver (optional), adolescent medicine doctor, care navigator (optional)</p> <p>Where: Adolescent Medicine Clinic in Seattle or Bellevue</p> <p>Time: 30 minutes every 3 months</p> <p>What: Provider reviews your recent blood work; checks in with you; and adjusts your dose of medicine, if needed</p>	<p>Care navigator (Adolescent Medicine Gender Clinic)</p> <p>Mental health provider (community)</p> <p>Family support groups</p>