

Things you can do to make the process easier and quicker

- Write a brief (1-2 pages) life story for the doctors.
- Start work on facial hair removal (MTF).
- Learn make-up and deportment skills (MTF)
- Lose excess weight, get fit, and stop smoking.
- Cultivate a sympathetic GP. Even if they don't know anything about GID, it saves duplicating some medical tests, or later concealing that you are on hormones. This can be dangerous if medication from two doctors interact.
- Plan your disclosures to family, friends and colleagues etc.
- Consider your future lifestyle and employment strategies.

Advocacy, Support and Social Groups

MTF

Australian Transgender Support Association
Queensland (ATSAQ)
Ph 07 3843 5024
Web www.atsaq.com
Email trans.atsa@bigpond.com

FTM

FTM Queensland Support Network
Web <http://groups.yahoo.com/group/ftmqld>

Consulting Physician

Dr Gale Bearman M.B., B.S.

If you have any questions out of Gender Clinic hours feel free to contact the relevant support group. They will be only too pleased to answer your questions.



QAHC JA 11/08



Brisbane

Gender

Clinic

Level 1, Biala Building

270 Roma St, Brisbane 4000

Telephone (07) 3837 5645

Wednesday only 1.30 to 5.00pm

The Brisbane Gender Clinic

The Brisbane Gender Clinic exists under the auspices of Queensland Health Department and has been in operation since 1994. The Clinic adheres to internationally formulated Standards of Care for Gender Identity Disorders. The consulting physician is assisted by a volunteer from ATSAQ.

Taking the First Steps

All new Gender Clinic clients require a letter of referral from a GP, psychiatrist or psychologist posted to the consulting physician. However; in exceptional circumstances a verbal referral may be sufficient.

This may be the first time you have ever consulted someone professionally about your gender issues. Perhaps you are nervous about attending the Clinic. Don't worry, you are taking the first steps which may change your life forever for the better. Transitioning is a process that takes time, and is not marked by starting hormones or getting on a surgical list. There are many different stages and issues to address, including developing an awareness of how your life will change and how your transitioning will affect the lives of those around you, making disclosures, adapting relationships and work, as well as developing a new identity. No two journeys are exactly alike.

The Initial Consultation

Your first appointment with the doctor is about 45mins. It is designed to explore your life story, your medical history, your state of health, your emotional and relationship history, your training and vocational history, and your hopes. Usually, at this appointment, blood tests are arranged and any referrals are made to specialists.

Several specialists may eventually be involved in your care. Initially you will be referred to a Psychiatrist from whom a second opinion is required. The Psychiatrist assesses whether hormone treatment is appropriate and whether you are ready to start that process having regard to relationship or employment issues that may need attention first. If you have other medical conditions, for example diabetes, an early referral may also be made to an Endocrinologist.

Subsequent Consultations

These consultations follow on from the visits to the Psychiatrist and Endocrinologist. It usually involves development of a transition plan, discussion of the best options for hormone therapy and hormone prescription and, for some clients, further general health checks.

Please be patient if hormone therapy cannot be prescribed at this consultation. Some clients have medical problems to sort out before taking hormones. Other clients may need referral to a counsellor before they can proceed to transition with confidence. Free counselling is offered through the Sexual Health Clinic.

The Transition

Your journey is unique and requires a personalised approach. Your medical professionals will monitor your progress with a focus on your health and wellbeing, as well as providing some guidance with practical issues that may arise.

Please ask as many questions as you like during your visits.