

## Things you can do before your first visit

- Write any questions you might have about the process and some brief notes (1-2 pages) about your life story and bring them in with you.
- Find a GP (doctor) who is interested in GID and will support you. Even if they don't know anything about GID at first, they will learn along the way. You will still need a GP for other health issues. Finding a supportive GP now means that later on you can be up front with them about being on hormones (it's dangerous not to tell your doctor about your hormone therapy as medications can sometimes interact with them).
- Contact some support groups to find out more about transitioning. Learn about other people's transitioning process; find out what worked well for them and what didn't work so well.

## Groups for support and information

### MTF

Australian Transgender Support Association Queensland (ATSAQ)  
Ph 07 3843 5024  
Web [www.atsaq.com](http://www.atsaq.com)  
Email [trans.atsa@bigpond.com](mailto:trans.atsa@bigpond.com)

### FTM

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

### Doctors

Dr Darren Russell  
Dr Kay Haig  
Dr Heather McNamee  
Dr Jo MacLean

### Psychologists

Susan Davies  
Lyn Roubos

Lifeline 24 hour telephone counselling Ph 13 1114



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## Gender Transitioning

Cairns Sexual Health Service

Cairns Base Hospital

The Esplanade, Cairns QLD 4870

**For an appointment**  
phone (07) 4050 6205

### Clinic Open Times

Mon, Tues, Fri	8am-4:30pm
Wednesday	8am-7pm
Thursday	8am-7pm

Free. Confidential. Non judgemental.  
Experienced team.

## Gender Transitioning is supported by Cairns Sexual Health

We have a team of health professionals (sexual health physicians (doctors), sexual health nurses, and psychologists) who are experienced and trained in working with gender issues and transitioning.

We adhere to international Standards of Care for Gender Identity Disorders (GID).

## Taking the First Steps

You can phone us or come in to make an appointment. There is no cost to see members of our team, it's free.

This may be the first time you have ever talked with someone about your gender issues and you might be nervous about it. You can talk about your concerns with us.

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.

## Our team

Over time you will get to meet various members of our team including the admin staff who book your appointments, nurses, doctors and psychologists.

## Your appointments

Your first appointment with the doctor, nurse or psychologist will be 30 to 60 minutes. This is a time for you to find out more about the transition process. The kinds of things that your health professional will talk with you about are your life story, your medical history, your health, your emotional and relationship history, your training and job history, and your hopes.

Please ask as many questions as you like during your visits. Sometimes it's helpful to bring a support person or write your questions down before you come in.

## Transition

A transition plan is developed by your team in consultation with you. The planning process involves several visits so that you can spend time with members of your care team. Planning includes discussion with you about the best options for you, including counselling support, monitoring and hormone therapy.

It's important to spend time planning your transition so that it goes as smoothly as possible for you.

If hormone therapy is right for you we will talk with you about the best time to start that process, keeping in mind relationship, employment and health issues that may need attention first.