



## INFORMATION ABOUT EFFECTS AND SIDE EFFECTS OF GENDER AFFIRMING MEDICAL INTERVENTIONS

### Hormonal treatments

In addition to the desired effects of feminization/masculinization/body modification/reduction of symptoms of gender incongruence, they also lead to possible undesirable side effects, some of which are irreversible:

Changed fat distribution, softer skin, partial reduction in body hair, delay in baldness, breast development (gynecomastia), decrease in libido, testicular atrophy (reduction in the size of the testicles), impact on fertility (fertility) and the desire to have children, increase and redistribution of muscle mass and body fat, reduction in erection, loss of ejaculation, altered perception of emotions, libido and sexual excitability.

Broken voice, amenorrhea (absence of menstruation), atrophy of the uterus, etc. Ovaries, change in vaginal flora (possibly increased risk of infections and STDs), impact on fertility and the desire to have children, increased body hair, beard growth, tendency to baldness, skin changes, acne, increase and redistribution of muscle mass and body fat, enlargement of the clitoris, altered perception of emotions, libido and sexual excitability.

Medical risks: Blood clotting disorders (coagulopathies), p.e. Thrombophilia (tendency to thrombosis), polycythemia, sometimes increased risk of cancer (p.e. in hormone-sensitive tumors), high blood pressure (hypertension), hyperprolactinemia, cardiovascular diseases, lipid metabolism changes, p.e. increased cholesterol (hyperlipidemia), diabetes, sleep apnea.

### Gender-affirming surgeries

In addition to desirable effects, gender-affirming surgeries can also lead to possible undesirable complications:

Bleeding, thrombosis, infections, wound healing disorders, injuries to the intestines, bladder, urethra or other organs, formation of fistulas (unnatural connections), necrosis (death of tissue) e.g. of the neoclitoris, the tissue transplant, the penoid or the areola-mamillary Complexes, narrowing (stenoses) of the newly created urethral opening or the neovagina due to scarring or inflammatory processes, narrowing or bulging of the urethra, changes in physical and sexual sensation up to loss of sensation or chronic pain, problems with implants (slipping, mechanical complications), cardiac/circulatory arrest.

Psychological/psychiatric risks: emotional destabilization, affect lability, psychoses, exacerbation of current psychological crises, social, economic and legal challenges as part of the transition process, suicidality.

**Since genetic predisposition, lifestyle, age as well as medication and other medical forms of treatment vary from person to person, the extent of the changes as well as the risks and side effects of the treatments/surgical procedures are also variable. If you have any questions about the effects and side effects/complications of gender-affirming hormone therapy or surgery, you should consult your treating medical professional.**

**I confirm that I have understood the previous oral/written information in the context of psychotherapy about the effects as well as possible risks and side effects of medical body-modifying treatment, I consider this to be sufficient and I agree to this voluntarily and without coercion by third parties.**

Date and signature:

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