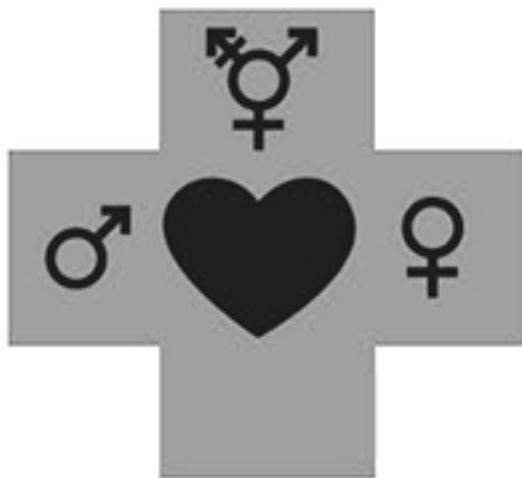


# STRIDE!

our basic guide to hormones for  
participants at  
St. James Infirmary's  
Transgender Care Program



*St. James*  
Infirmary

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San Francisco, CA 94103  
Main Line: 415-554-9634  
Email: [stride@stjamesinfirmary.org](mailto:stride@stjamesinfirmary.org)



# Welcome!

We are so happy to have you!

This booklet contains information about transgender terms, hormones, ways to take care of yourself, and what the process of getting hormones looks like here at St. James Infirmary. Part of the writing is by SJI staff and collaborators, and part of it comes from community members who wanted to share advice from their own experiences. All of it is written by trans folks. We hope you find it helpful and come talk to us about any questions you still have.

The STRIDE program is a once-a-week clinic day to support trans, gender non-conforming, and intersex sex workers, their partners, and family members. We offer hormones, clinical care, massage, peer counseling, acupuncture, HIV/STI testing, STI treatment, resources, and referrals to anyone who is eligible and wants to enroll in the program.

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genderqueer porn star  
jiz lee

photo from crashpadseries.com

# Reading List

We grow up and live in a world dominated by people who are not like us. Sometimes it can be difficult to remember that being transgender doesn't mean that you are weird or doing something wrong, it just feels like that because there are less of us. Being cisgender isn't normal, it's just common. There's a lot of discrimination that people face for appearing or being gender non-conforming, and it's important that people have access to support to see reflections of themselves.

## Books and Magazines

- The Collection: Short Fiction from the New Transgender Vanguard Excluded* by Julia Serano
- Gender Outlaw* by Kate Bornstein
- How to Fuck a Trans Woman* by Miranda Bellweather
- My Gender Workbook* by Kate Bornstein
- Nevada* by Imogen Binnie
- Original Plumbing: Trans Male Quarterly*
- Redefining Realness* by Janet Mock
- Stone Butch Blues* by Leslie Feinberg
- Transgender History* by Susan Stryker
- Trauma Queen* by Lovemme Corazón
- Whipping Girl* by Juila Serano

## Internet

- Black Girl Dangerous - [blackgirldangerous.org](http://blackgirldangerous.org)
- the distant panic - [thedistantpanic.wordpress.com](http://thedistantpanic.wordpress.com)
- Handbasket Productions - [www.handbasketproductions.com](http://www.handbasketproductions.com)
- Hudsons FTM Resource Guide - [www.ftmguide.org](http://www.ftmguide.org)
- Pretty Queer - [www.prettyqueer.com](http://www.prettyqueer.com)
- Questioning Transphobia - [www.questioningtransphobia.com](http://www.questioningtransphobia.com)
- Trans Advocate - [www.transadvocate.com](http://www.transadvocate.com)
- TransGRiot - [transgriot.blogspot.com](http://transgriot.blogspot.com)
- We Happy Trans - [wehappytrans.com](http://wehappytrans.com)

## Hormone Clinic Process

The STRIDE program uses an informed consent approach to providing hormones and primary care for transgender, gender non-conforming, and intersex folks. This means that we see if someone can make an informed decision about taking hormones and if it fits them mentally, emotionally, and physically. This is different than having to go to a therapist to prove that one has “lived experience” over a certain period of time. We have three appointments that participants should complete before receiving hormones:

Visit 1:  
Peer Counseling &  
Intake

Visit 2:  
HIV/STI test & counseling  
Lab work

Visit 3:  
Clinical appt., Physical &  
Hormones

Follow up appointments: 1st in 1-3 months, then every 6 months for check ups

## Surgery

As of January 2014, California will cover these trans-related surgeries through Medi-Cal and Healthy SF, with private insurance companies mandated by state law to cover the same surgeries.:

**Orchiectomy**

**Labiaplasty**

**Penectomy**

**Hysterectomy**

**Metoidioplasty**

**Scrotoplasty**

**Vaginoplasty**

**Clitoroplasty**

**Mastectomy with Chest Reconstruction**

**Vaginectomy**

**Phalloplasty**

**Urethral Reconstruction**

*\*please see <http://www.sfdph.org/transgenderhealthservices> for definitions of surgeries*

### For Medi-Cal and Healthy SF

Due to the Affordable Care Act, as of January 2014 those people who are eligible for Medi-Cal but who are enrolled in Healthy SF will be moved to Medi-Cal. Medi-Cal does not cover undocumented folks, but Healthy SF does. The requirements for surgery under both are:

1. A primary care provider in San Francisco (for Healthy SF)
2. Established care for at least 1 year, attending regularly visits over that year period.
3. A medical evaluation that states a patient is physically healthy for surgery.
4. Two letters of psychosocial assessment by a licensed mental health provider (therapist, psychologist, social worker, MFT, psychiatrist) documenting that a person is eligible for surgery. People needing support in finding a therapist can contact Alliance Health Project, or St. James Infirmary can connect you to another therapy provider.
5. People seeking vaginoplasty, metoidioplasty, or phalloplasty will be required to participate in an education and preparation class comprised of professionals as well as peers to go over steps for surgery prep and planning for aftercare.

*You can also contact [transgenderhealthservices@sfdph.org](mailto:transgenderhealthservices@sfdph.org) for more info*

### For private insurance companies

Please contact them for more information. It is likely that they will require the same or similar steps with a primary care provider.

## Transgender Service Referrals

### **TRANS: THRIVE**

730 Polk St.  
San Francisco, CA 94109  
www.transthive.org  
(415) 409-4101  
Drop-in center, support groups, testing, and education

### **Transgender Law Center**

1800 Market St., Room 400 (SF LGBT Center)  
San Francisco, CA 94102  
www.transgenderlawcenter.org  
(415) 865-0176  
Legal advocacy, employment rights

### **Transgender Economic Empowerment Initiative at SF LGBT Center & TRANS: THRIVE**

www.teeisf.org  
(415) 865-5614  
Job readiness, resume building, legal, skill workshops

### **Pacific Center for Human Growth**

2712 Telegraph Ave.  
Berkeley, CA 94705  
pacificcenter.org  
(510) 548-8283  
Peer support groups for trans and non-binary folks

### **El/La Para Trans Latinas**

2940 16th St., Room 319  
San Francisco, CA 94103  
ellaparatranslatinas.yolasite.com  
(415) 864-7278  
Community project for trans latin@s, testing, support

## Transgender 101

**Transgender** is a term used by many people to refer to themselves or others who identify as a gender that differs from the sex they were assigned at birth. There are other identities that can fall under this term, including genderqueer, two spirit, travesti, transsexual, ftm, mtf...

Some people are **intersex**, meaning that they were born with chromosomal, hormonal, and/or physical elements of both “male” and “female” features. Some intersex people may also identify as transgender and take hormones, and some live as the sex they were born and make no further changes to their bodies.

A word for people who identify as the sex they were assigned at birth is **cisgender**. Cisgender, or “cis” for short, simply means someone who does not identify as transgender, gender non-conforming, and/or intersex.

## Hormones 101

### **Feminizing hormones**

*What they can do:* soften skin, change body fat distribution, grow breast tissue, slow or stop male-pattern baldness, thin and slow down growth of body hair, may cause infertility, may shrink balls and head of penis/trans clit/front bits.

*What they won't do:* make your voice higher, remove the adams apple, stop growth of body hair completely.

*What they are:* estrogen, progesterone, and spironolactone for blocking androgens (testosterone).

### **Masculinizing hormones**

*What they can do:* change body fat distribution, lower vocal range, increase body and facial hair, may cause male pattern baldness, stop menstration, elongate the clitoris/trans cock/front bits, increase muscle bulk, increase sex drive, may slightly decrease breast size.

*What they won't do:* make you taller, create a penis and testicles, close the vulva.

*What they are:* testosterone cypionate or ethanate, andro-gel.

## Hair Removal

### Electrolysis

#### Bay Area Electrolysis Center

323 Geary St  
San Francisco, CA  
(415) 788-4035  
Cost: \$50 a half hour, 90/hr  
Need referral from Kaiser  
Willing to work with uninsured

#### A Light Touch

Becky Taber  
3179 College Ave  
Berkeley, CA  
(510) 595-4196  
Cost: \$30/15 min, 65/45 min,  
80/hr - for low-income: \$60/hr

#### Vera Weiler

2161 Union St, Suite 2  
San Francisco, CA  
(415) 931-0220  
Cost: \$43/15min, 61/30 min,  
77/45 min, 92/60 min

#### Laser Hair Removal

Cecily Cosby, PhD, FNP  
Oakland, CA  
(415) 686-1115  
Call M-F 9am-5pm for appt.  
\$50 per treatment

## Physical Changes

The way that hormones work on peoples' bodies can vary depending on age, genetics, and body shape. Here is a rough guideline of when things generally happen, but there are no guarantees. Please note that the first 3 months of taking hormones will probably not yield a lot of significant physical changes as your body adapts to change.

Time Period	Feminizing hormones	Masculinizing hormones
3 months to a year	Skin softening, nipple & breast growth, thinning of facial hair, change or possible decrease of sex drive, change in body odor, discomfort in testicles and decrease in their size	Deepening of voice, growth of the clitoris/trans dick/front bits, increased body hair, increased sex drive, cessation of menstration, body odor change, acne
1-2 years	More breast growth, slowed male-pattern baldness, more decrease in testicular size, body fat distribution from stomach to hips and thighs	Muscle mass growth, facial hair, redistribution of body fat from hips and thighs to stomach
2+ years	Some increased breast growth	Possible male pattern-baldness, decrease in breast tissue, continued hair growth

## Name & Gender Marker Change Process

A **Court Ordered Name Change** is required in the state of California. If you want to change both your gender marker and legal name, you can visit <http://www.courts.ca.gov/1105.htm#gendername> for a step-by-step guide. You need a declaration of a physician documenting a gender change through "clinically appropriate treatment." You can get one of these through a physician at St. James Infirmary.

For a **State ID** or **Drivers License** you must go to the DMV with your certified name change document, your physician note (for a gender marker change) and fill out a DL-44 form.

You may apply to get a new **Social Security Card** by sending in a SS-5 form (found at <http://ssa.gov/>), your physician note (for gender marker) and certified name change document.

You can change your **California Birth Certificate** by filling out a VS-24 (for name change only, the form is VS-23). The form can be obtained by calling vital records at (916) 557-6073 or (916) 445-2684.

For more info you can visit <http://transgenderlawcenter.org>



trans woman porn star  
danni daniels  
photo from bobstgirls.com

## Emotional Changes

It is difficult to make statements about the emotional changes that come along with taking hormones. Many people find that they feel different after taking hormones. There could be different reasons for this - the effect of the hormones themselves, being more comfortable with how they are moving through the world, how people treat them, and their own preconceived notions about what it means to be male, female, or non-binary.

Many trans folks have said they experience mood swings and being able to access a different range of emotions. But it's important to remember that no one has exactly the same experience as another. Hormones can effect each of us on very different personal levels.

Starting hormones during adolescence and/or as an adult can feel like going through a second puberty if you have started going through your "first one." It can be difficult to relate to your peers who are not at the same place as you, and chances are that there will be some times where you will feel emotionally overwhelmed or angry. Although you may become more extroverted, introverted, emotional, or detached, you will remain the same person inside.

### Take Time to Take Care of Yourself!

People use all sorts of methods to take care of themselves when times are rough. Some ideas:

- ☺Take a walk!
- ☺Write in a diary!
- ☺Hang out with trans folks!
- ☺Post on internet forums!
- ☺Vent to a friend!
- ☺Body contact! Or not!

If drinking, drugs, or self-injury works for you, figure out how to do it safer by talking to a staffperson!

*trans male porn star  
jade phillips  
photo from ftmfucker.com*



## Safer Injection

**You will need:**

**Your vial of hormones**

**A 22 gauge 1 1/2 inch needle with a 3 cc syringe**

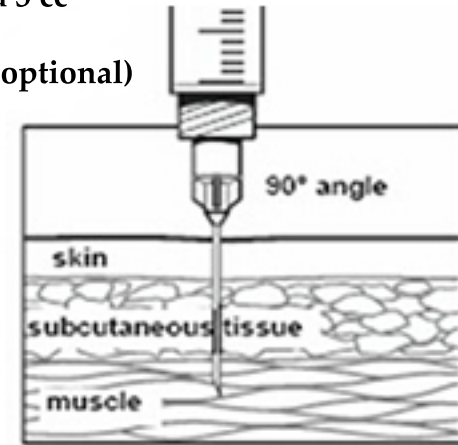
**An extra 18-22 gauge 1 in. needle (optional)**

**2 alcohol wipes**

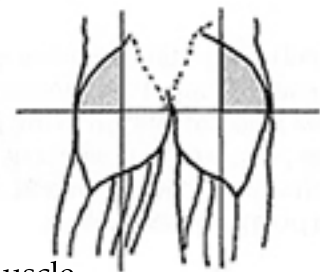
**A band-aid**

**Sharps container**

1. Wash your hands well!
2. Take syringe out and draw 1cc of air.
3. Insert needle into vial and push air into bottle.
4. Draw up the perscribed dosage of hormones.  
(preferably with 18 g needle)
5. Try to dispel of air bubbles in syringe by flicking shot.
6. Wipe injection site with alcohol outward in a spiral.
7. If you have an extra needle, cap the 1st needle, unscrew and dispose of it. Use second needle (preferably 22 g, 1 1/2 inch).
8. Press injection site taught with index finger and thumb and inject needle into muscle.
9. Pull plunger back slightly to make sure there's no blood and that air comes up. If you see blood, then you are in a vein and need to pull the needle out, dispose of syringe, and start over.
10. Press plunger all the way down and pull needle up and out at the same 90 degree angle. Dispose syringe in sharps container.
11. Rub injection site with alcohol pad and apply pressure to prevent bruising.



**THE GRAY AREAS ARE WHERE THE NEEDLE GOES**



**Other tips:** Apply pressure to injection site beforehand to make it less painful. Relax your body before injecting. Change site where you inject to avoid scarring.