

Dear Medical Provider:

The Hormone Prescription Clinic at the Gender Health Center is designed to increase access to hormone care for transgender patients in the Sacramento area and surrounding localities. We work to provide patients with culturally competent expert care as they transition, while advocating for increased access to hormones through our patient's primary care providers.

Our clinic operates using informed consent model and is compliant with WPATH standards as outlined in the Standards of Care 7. Our patients are able to access hormones if they 1) have capacity to consent to medical treatment and 2) have no medical contraindications to starting hormones.

We are a collaboration clinic between many groups: The Gender Health Center, UC Davis Student Run Clinics, and the UC Davis Department of Family and Community Medicine, Legal Services of Northern California and Sacramento State Department of Social Work. Our patients are seen by UC Davis medical students, FNP/PA students, Family Medicine resident physicians, attending physicians, attorneys and social work interns. All provide their services on a volunteer basis to provide the patients with a unique integrated care model.

Please contact us if you have any questions about hormone care, need more information, would like us to give a presentation in your clinic or practice, or want to volunteer at our clinic.

Thank you,

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Medical Director, Hormone Clinic  
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## Provider Resources

This resource page is meant specifically for providers. Transgender and gender non-conforming patients and clients face a multitude of barriers to care because their providers often don't have the resources to navigate their care or the language to support their patients. GHC is has created templates, clinical protocols and gathered resources so that providers can gain the knowledge they need to fully care for their patients and clients.

FOR MEDICAL PROVIDERS:

**Clinical Approach & Protocols:** Dr. Katherine Gardner, medical director at GHC, has established a set of clinical approaches and protocols that can be replicated in a primary care setting without having to make a referral out to an endocrinologist. Hormone treatment can and should be managed in a primary care setting. If you need clarification, education or have other questions please contact GHC's Director of Health Services, Alejandro Contreras ([alejandro@ghcmail.org](mailto:alejandro@ghcmail.org))

**AAFP Editorial** - Published American Academy of Family Physicians editorial endorsing transgender care in a primary care setting.

**Letter Templates for physicians:**

**Letter for Passport Info. Change** - Letter required by US Passport agency to change identifying information like name and gender, the letter must contain this language.

**Letter for Identity Document Change** - This letter is required by Social Security, Courts, DMV and other governmental agencies for the purposes of changing a persons gender markers on their identity documents and must contain this language.

**Letter for Surgery Readiness** - Insurance companies require letters from the physicians who are referring their patients for any kind of gender transition related surgeries. This template can help you learn the language that is required for the document. This is just a template can it is encouraged that you include more information specific to each patient/client.

**Clearance Letter for HRT**

**Female Breast Reconstruction Clearance Letter**

**FTM Phalloplasty SRS Clearance Letter**

**FTM Top Surgery Clearance Letter**

**MTF SRS Clearance Letter**

**Transgender Hormone References for Medical Providers:**

1) Trans Line, for physicians only. Visit this link to leave your contact information for a physician to return your call/email to support you in all your hormone replacement therapy questions:  
<http://projecthealth.org/transline/>

2) Endocrine Society's Clinical Guidelines: Endocrine Treatment of Transsexual Persons: an Endocrine Society Clinical Practice Guideline, September 2009  
[www.endosociety.org/guidelines/final/upload/endocrinetreatment-oftranssexual- persons.pdf](http://www.endosociety.org/guidelines/final/upload/endocrinetreatment-oftranssexual-persons.pdf)

3) Gender Health Center, Sacramento  
(916) 455-2391  
2020 29th St #201  
Sacramento, CA 95817  
<http://www.thegenderhealthcenter.org/>

4) World Professional Association for Transgender Health. Standards of Care (SOC) for the Health of Transsexual, Transgender, and Gender Nonconforming People, 7th version:  
[http://www.wpath.org/publications\\_standards.cfm](http://www.wpath.org/publications_standards.cfm)

5) Center of Excellence for Transgender Health, UCSF. Primary Care Protocol for Transgender Patient Care:  
<http://transhealth.ucsf.edu/trans?page=protocol-00-00>

6) Clinical Protocol Guidelines for Transgender Care. Vancouver Coastal Health:  
<http://transhealth.vch.ca/resources/careguidelines.html>

7) UCSF Center of Excellence for Transgender Health  
<http://transhealth.ucsf.edu/trans?page=protocol-youth>

8) Lyon-Martin Clinical Guidelines <http://lyon-martin.org/services/transgender/>

9) Transgender Law and Policy Institute <http://transgenderlaw.org/>