



# Special Population Considerations

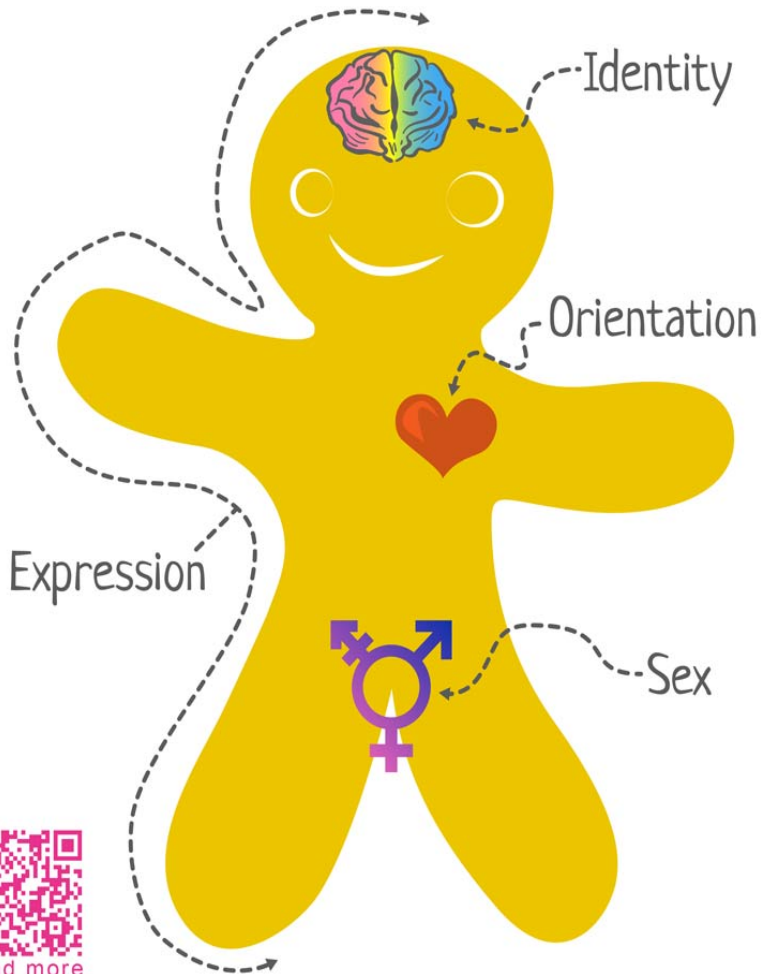
Providing cervical cancer prevention to a  
gender diverse population

# Terminology

- **Gender Identity:** An individual's innate sense of feeling male, female, neither, or some combination of both.
- **Natal (“Biological”) sex:** Sex assigned at birth – usually determined by external genitalia and/or chromosomal makeup
- **Sexual Orientation:** An individual's pattern of physical and emotional arousal
  - NOT the same as gender identity
- **Gender Expression:** How gender is presented to the outside world (eg, feminine, masculine, androgynous)
  - Does not necessarily correlate with birth-assigned sex or gender identity.
- Important to distinguish behavior (i.e. MSM) from sexual orientation

# The Genderbread Person

by [www.ItsPronouncedMetrosexual.com](http://www.ItsPronouncedMetrosexual.com)



## Gender Identity

Woman Genderqueer Man

Gender identity is how you, in your head, think about yourself. It's the chemistry that composes you (e.g., hormonal levels) and how you interpret what that means.

## Gender Expression

Feminine Androgynous Masculine

Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.

## Biological Sex

Female Intersex Male

Biological sex refers to the objectively measurable organs, hormones, and chromosomes. Female = vagina, ovaries, XX chromosomes; male = penis, testes, XY chromosomes; intersex = a combination of the two.

## Sexual Orientation

Heterosexual Bisexual Homosexual

Sexual orientation is who you are physically, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.

# Terminology

- **Transgender:** Umbrella term used to describe individuals with gender diversity
  - Includes individuals whose gender identity is different from their natal sex and/or whose gender expression falls outside of binary stereotypes
  - **Transgender woman (MTF):** Person with a feminine gender identity who was assigned a male sex at birth.
  - **Transgender man (FTM):** Person with a masculine gender identity who was assigned a female sex at birth.
  - **Nonbinary gender identity:** Person of any natal sex who has a gender identity that is neither masculine nor feminine, is some combination of the two, or is fluid.
- **Cisgender:** Individuals whose sexual identity match their natal sex
- **Gender dysphoria:** Distress or discomfort that may occur when gender identity and birth-assigned sex are not completely congruent
  - Not all individuals identifying as transgender or nonbinary have gender dysphoria
  - Experience of social marginalization and stigmatization play a major role in the development of dysphoria

# Don't Assume!

- Routinely ask about gender identity and sexual behaviors as part of obtaining a comprehensive sexual history
- “Do you identify as male, female or something else.”
- “What pronouns do you prefer?”
  - He, she, they
- Work to educate all front line staff and develop systems to ensure patients are referred to by their preferred name and pronouns

# Inequity in Health

- Transgender individuals have more symptoms of depression and anxiety as well as higher rates of suicidal ideation
  - One survey found that 41 percent of transgender and gender diverse respondents had attempted suicide at some point in their lifetime
- Higher rate of homelessness compared with the general population.
- One study of a Netherlands historical cohort showed mortality rates for transgender women that was 51 percent higher than the general male population
  - Mainly due to increased rates of death from suicide, drugs, acquired immunodeficiency syndrome (AIDS), and, to a lesser extent, cardiovascular disease (CVD).
  - The mortality for transgender men was noted to be similar to women in the general population

# Cervical Cancer Screening

- Women and transgender men who only have sex with women are still at risk for HPV and cervical cancer screening (although risk is likely lower)
- Can be a potentially sensitive and painful topic
- Important to build rapport – in general would recommend against broaching this topic at your initial visit unless there is a pressing clinical concern



# Cervical Cancer Screening

- Base screenings on relevant anatomy/organs
  - A transgender man who has had a complete hysterectomy does NOT need cervical cancer screening unless they have a history of abnormal paps
    - Quick reminder: Individuals with a history of CIN2 or CIN3 should continue to have testing for at least 20 years after the abnormality was found
- Transgender women with a neovagina don't need cervical cancer screening
- For transgender men on hormone therapy there is no evidence that testosterone increases or reduces the risk of cervical cancer
  - BUT it may effect the yield of Pap smear testing as the use of testosterone therapy can result in atrophic dysplastic-like changes to the cervical epithelium
    - Ideally the pathologist should be informed of the patient's hormonal status



# HPV Considerations

- Vaccinate WSM and transgender men up until age 26
- Vaccinate up to age 26 in MSM or Transgender women or non-binary individuals who have any type of receptive penile intercourse (including anal intercourse and intercourse using a neovagina)

# Resources

- World Professional Association for Transgender Health
  - <https://www.wpath.org/>
- Gender Expansion Project
  - <http://genderexpansionproject.org/>

# References

- UpToDate: Primary Care of Transgender individuals.  
May 02, 2019.