



Trans Youth Health Care

Puberty blockers



Intro to trans health care for youth

While there is a lot of misinformation available regarding gender affirming medical care for youths, it's important to be aware of what is available for youth.

Puberty blockers are the most common form of treatment made available at the moment. The use of puberty suppressing hormones, blockers, is a fully reversible process. This is of course incumbent on the fact that the youth in question has not yet gone through puberty. Blockers act as a temporary hold, and if the patient decides they wish to go through puberty as their assigned at birth sex, they can resume once they are off blockers.

The most common available puberty blocker is Lupron, which is available through a prescription made available by a licenced health practitioner.

Surgical options for gender affirming care are typically not available to the patient until they are 18 years old (more info can be found here <http://www.hss.gov.yk.ca/pdf/policy-pc-4.pdf>).

Effects of puberty blockers

For patients that are assigned male at birth, the following will halt or limit:

- growth of facial and body hair
- deepening of the voice
- broadening of the shoulders
- growth of adam's apple
- growth of gonads (testes) and erectile tissue (penis)

For patients that are assigned female at birth, the following will halt or limit:

- breast tissue development
- broadening of the hips
- monthly bleeding (menses)

In both cases, puberty blockers will temporarily halt or limit:

- growth in height
- development of sex drive
- impulsive, rebellious, irritable or risk-taking behaviour
- accumulation of calcium in the bones
- fertility



Medications

Variety	Form	Recommend starting dose
Lupron	Injection	Case dependent, see a trans competent physician for more info