Transgender Hysterectomy

ROBERT R. POLLARD MD
DIRECTOR, GYN MIS
FPMRS
METROHEALTH MEDICAL CENTER
CLEVELAND, OH
Objective

- Indications for Hysterectomy
- Criteria for surgery
- Counseling
- Review Routes for surgery
- Review Peri-operative Care
Make No Assumptions
Importance

- Transgender health more in the fore-front
- More patients seeking care
- Risk of inadequate Care
- Gyn’s in position to care for these issues
Indications

- Gender Affirmation-Incongruence
- Abnormal Uterine Bleeding
- Pelvic Pain
- Dysmenorrhea
- Avoid future Gyn visits
- Cancer Risk Reduction
- Decrease Testosterone Dose
Incongruence

- 58% underwent surgery b/c of incongruent organs
Gyn Complaints

- AUB
- Dysmenorrhea
- Pelvic Pain
Cancer Risk Reduction

- Risk of Testosterone
- Pap Smears
- Ovarian Cancer
The World Professional Association for Transgender Health

Standards of Care for the Health of Transsexual, Transgender, and Gender Nonconforming People
WPATH Criteria

- Age of Majority (18yo)
- Persistent, well documented gender dysphoria
- Capacity to make informed decision and consent for treatment
- 12 continuous months of Testosterone therapy
- Two letters from qualified mental health professionals
Letters

- Diagnosis and psychological assessment
- Duration and type of therapy from provider
- Criteria for surgery have been met
- Rational for support of surgery
What about for Gyn etiologies of surgery?
Environment
Counseling for Surgery

- Reasons for surgery
- History and ?PE
- Concomitant surgery
- Plans for future surgery
- Fertility
- BSO
- Sexuality
Fertility
Pre-op

- Pap?
- EMB?
- US?
- Labs
- Antibiotics
- DVT prophylaxis
- Testosterone
Surgery

- Route of Surgery
- Shaving
- Vaginal Access - Uterine manipulator
- Ports
- Cuff Closure
- Unexpected findings?
- Vaginectomy
- Mastectomy
Post-OP

- 23 hour stay
- Same Day Discharge
- Pelvic Rest?
- Vaginal Spotting
- Communication/Education
- Follow up
Long Term Results/Patient Experience

- QOL
- Psychological Well-Being
- Sexual
- Testosterone Dose
- Risk of Regret
Open access to care
Work with Endocrinologists or Plastic surgeons
Follow the WPATH criteria
Treat any associated pathology at surgery
Patient satisfaction high
Very appreciative group of patients