

Beyond Mommies and Daddies: Mental Health Needs of Gender Expansive Patients

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Abstract Text:

The authors of Chapter 17 - Transgender Assisted Reproductive Technology, in Cambridge University Press' Fertility Counseling: Clinical Guide (published November of 2022) explore the pivotal role of assisted reproductive technology (ART) in

supporting the reproductive justice and autonomy of transgender individuals. The chapter emphasizes the importance of considering fertility preservation and family-building options, such as the use of personal gametes or gestational carriers, prior to medical transitions involving hormones or surgeries. The chapter also underscores that these considerations are integral to the informed consent process in gender transition.

With the advancement of progressive thinking and modern medicine, there has been a notable increase in transgender individuals utilizing ART for family creation. This demographic shift necessitates a comprehensive approach in fertility counseling, demanding not only diverse medical knowledge but also cultural sensitivity and inclusivity. The chapter delves into the nuances of providing gender-affirmative care in reproductive endocrinology and fertility settings, highlighting the importance of understanding specific terminologies, employing a trauma-informed care approach, acknowledging nonbinary gender systems, and avoiding heteronormative and cisnormative biases.

Furthermore, the chapter reviews guidelines and considerations set forth by leading organizations such as the American Society for Reproductive Medicine (ASRM), The Endocrine Society, World Professional Association for Transgender Health (WPATH), and American College of Obstetrics and Gynecology (ACOG) for fertility and preservation in transgender populations. The findings and discussions presented offer a comprehensive overview of the challenges and opportunities in enhancing ART services for transgender individuals, ultimately contributing to a more equitable and inclusive reproductive healthcare landscape.