

Jeremiah Carrasco

Annotated Bibliography

Engl 210

Prof. Zayas

Defreyne, J., Vander Stichele, C., Iwamoto, S. J., & T'Sjoen, G. (2023). Gender-affirming hormonal therapy for transgender and gender-diverse people-A narrative review. *Best practice & research. Clinical obstetrics & gynecology*, 86, 102296.

<https://doi.org/10.1016/j.bpobgyn.2022.102296>

This article provides a thorough assessment of the literature on gender-affirming hormone therapy. The authors discuss and investigate the various hormones utilized in gender-affirming treatments, including estrogen and testosterone, throughout the article. They look at the advantages and disadvantages of the various hormone therapy. The authors express the importance of gender-affirming therapy, focusing on hormone therapy, on the mental well-being of transgender individuals. While exploring the risk, the authors still maintain the safety of using hormones. This article is fundamental in understanding hormone therapy and its direct effect on individuals who partake in this form of gender-affirming care. This article goes beyond the surface level of hormone therapy and instead takes a deep dive into the process of the human body responding to these hormones., something the other sources don't do. This source will provide the scientific evidence needed to help explain and understand hormone therapy and its use in

transgender identity. The authors confirm that gender-affirming care can reduce co-occurring psychopathy and in return save lives. There are a lot of health care professionals that don't feel comfortable providing this care due to the negative connotation that is surrounding the topic in society.

Leising, J. (2022). Gender-affirming care for youth--separating evidence from controversy: A summary of available evidence in favor of providing gender-affirming care. Part 1 looks at the evidence for our current model of gender-affirming care, and Part 2 covers specific interventions and outcomes. *British Columbia Medical Journal*, 64(7), 314–319.

<https://search-ebshost-com.ccnny-proxy1.lib.ccnny.cuny.edu/login.aspx?direct=true&db=a9h&AN=159050587&site=ehost-live>

This article is a review of the current controversies surrounding gender-affirming care for youth and young adults. This article explores the importance of having an individualized healthcare plan for individuals. Leising explores SOC 7 which is a standard for healthcare surrounding transgender health, and how it was never meant to be used as a guideline for trans health. Leising provides results from 16 qualitative research studies that have been done after SOC 7 which has provided evidence supporting claims that SOC 7 has denied,

which shows a much-needed update. This article does a great job of demystifying transgender healthcare and showcasing the need for a deeper and unbiased study to help view and accept transgender people rather than deny them. The article still focuses on both the negative and beneficial effects that the different gender-affirming treatments have. This article discusses the lack of data surrounding the long-term effects of gender-affirming care but still supports the therapies as it is proven to improve one's well-being and livelihood.

