



HEALTH TIPS

for Trans Men and
People of Trans-Masculine
Experience



GET MEDICAL CARE

Regularly



Find a health care provider you trust.

See the inside of the back cover to find clinics with experience working with trans-masculine people.



Help your provider know how to make your visit better.

It is your provider's responsibility to make your experience affirming, respectful and comfortable. Share the name and pronouns you want your provider to use.



Get medical care that is right for you. Ask your health care provider which routine screenings you need. These may include screenings for high blood pressure, high cholesterol, diabetes, HIV and other sexually transmitted infections (STIs).

- You may also need cancer screenings appropriate to your body — these may include Pap smears and chest screenings.



Know Your Rights

- **In New York State**, health insurance, including Medicaid, must cover transgender care recommended by your provider, including surgeries and hormone therapy.
- **In New York City**, it is illegal to deny anyone employment or housing, education, health care or other services based on gender identity or expression.
- **To change your gender on a New York City birth certificate**, call 311 or visit nyc.gov and search "Change Birth Certificate." If you were born in New York City, surgery is not required to change your gender marker.



STAY SAFE

During Transition

+ There is no one way to transition. Everyone's experience is different.

- You may decide to take steps to change your body, and/or transition socially.
- Transition at your own pace.

+ Be open with your provider, so you get the care you need.

- Tell your provider if you take hormones, or if you'd like to start.
- Let your provider know if you've had surgery. If you are considering surgery, see the inside of the back cover for resources or consult with your provider to find the right surgeon.

+ Don't bind your chest too tightly.

- Binding with too many layers, or for more than 12 hours at a time, can cause problems.
- Binders made specifically for trans men are safer and more comfortable than ACE bandages or duct tape, which can hurt you.



Hormone Safety Tips

- **If you decide to take hormones, use hormones prescribed by a provider.** Your provider can make sure you're getting the right hormones at the right doses.
- **Know your options.** Some options, such as gels, patches or pellets, may have fewer side effects.
- **Be patient with hormones.** Change won't happen overnight. Taking extra testosterone (or "T") can damage your liver. Extra testosterone also converts to estrogen and may slow your transition.
- **If you do inject hormones, use a clean needle EVERY TIME.** Sharing syringes or vials of hormones risks exposure to hepatitis B, hepatitis C and HIV. Ask your health care provider to show you how to inject safely.



TAKE CARE OF YOUR Sexual Health

- **Make sexual health a part of your life.** Enjoy your sex life while taking steps to reduce the chance of HIV and STIs.
- **Ask your provider about vaccines that can protect you.** The HPV vaccine prevents cervical and anal cancer. Other vaccines can protect you from hepatitis A, hepatitis B and meningitis.
- **Talk about sex with your partner(s).** Discuss what you like and don't like, and how to keep sex safer.
- **Protect yourself and your partners.** HIV and other STIs can easily pass to the penetrated partner, especially during anal sex. Use condoms for anal or front sex, latex gloves when fingering or fisting, and latex condoms or dental dams during oral sex. If you have a latex allergy, ask your pharmacist or provider about latex-free alternatives.
- **Use water-based or silicone lubricant** to reduce the risk of bleeding or breaking a condom during sex. Keep in mind that silicone lube will damage silicone toys. Taking testosterone can make the front hole dryer, so use extra lube or ask your provider about a low-dose estrogen cream.
- **Keep in mind that testosterone does not prevent pregnancy.** Talk to your provider about safe and effective ways to prevent, or plan for, pregnancy.
- **If you use a packer, or a stand-to-pee (STP) device,** keep it clean by washing with soap and water. Use cornstarch, instead of powders that contain talc, to prevent it from sticking to your skin or gathering dirt.



Protect Yourself From HIV and Other STIs

- **Get tested regularly for HIV and other STIs.** You may have an STI, even if you don't have any symptoms.
- **If you are concerned about exposure to HIV, talk to your provider about PrEP and PEP.**

PrEP (pre-exposure prophylaxis) is a daily pill that can protect you against HIV.

PEP (post-exposure prophylaxis) is an emergency medicine that can stop HIV if started right after a possible exposure.

- **If you have HIV, get treatment.** The sooner you begin treatment, the less HIV will damage your body. And if you take your HIV medications every day, you are much less likely to pass HIV to your partners.

PLAY SURE



TAKE CARE of Your Mind, Spirit and Body

Take Care of Your Emotional Health

- Trans people can struggle with having a body that is different than the body they want. Support groups, online forums or counseling can help.
- If you feel stressed or depressed, reach out to friends, family, support groups or your provider for help.

Take Care of Your Body

- Stay physically active and get enough sleep. Eat regular, healthy meals.
- Be careful with alcohol and drugs. Drinking and drug use can put you at risk for many health problems.
- Smoking can damage your heart and lungs, and can interfere with your transition. If you smoke, **call 311** for free support to help you quit.

Have Healthy Relationships

- Get help if you're in an abusive relationship.
- Abusive partners can be of any gender, and abuse can take many forms — it can be physical, sexual or emotional, and can involve threats or insults.



Resources

- **For trans support groups**, call Destination Tomorrow (347.291.1732), CK Life (917.979.3255), SHINE Project (718.883.8642), LGBT Community Center (212.620.7310) or Brooklyn Community Pride Center (347.889.7719).
- **For support for partners of trans persons**, call the LGBT Community Center Gender Identity Project (646.556.9300) or the SHINE Project at Community Healthcare Network (646.276.3383).
- **For help with depression or alcohol and drug problems**, call 311 or the LGBT Community Center Gender Identity Project (646.556.9300).
- **If partner abuse or hate violence is a problem**, call 911 in an emergency, or call the 24-hour hotline of the New York City Anti-Violence Project (212.714.1141).
- **For help in a crisis**, call Trans Lifeline (877.565.8860), the National Suicide Prevention Lifeline (800.273.8255) or the Gay, Lesbian, Bisexual and Transgender National Hotline (888.843.4564); youth up to 24 years old can call the Trevor Project (866.488.7386).

More Resources

Transgender-Friendly Medical Providers

- **APICHA Community Health Center**
Manhattan: 212.334.6029 | www.apicha.org
- **Callen-Lorde Community Health Center**
(with separate clinic for youth 13 to 24)
Manhattan: 212.271.7200 | www.callen-lorde.org
- **Children's Hospital at Montefiore**
LGBTQ Youth and Families Program (for youth 13 to 21)
Bronx: 718.882.0023, ext. 211 | www.cham.org
- **CK Life-Bronx Transgender Health Space**
(Bronx-Lebanon Hospital Center)
Bronx: 917.979.3255 | www.blhfamilymed.com
- **Community Healthcare Network**
Queens: 718.883.8635 | Bronx: 718.320.6765
Manhattan: 646.276.3383 | www.chnny.org
- **HEAT: Health Education & Alternatives for Teens**
(for youth 13 to 24)
Brooklyn: 718.467.4446 | www.heatprogram.org
- **Housing Works**
Brooklyn: 718.277.0386 | Manhattan: 212.677.7999
www.housingworks.org
- **Metropolitan Hospital Comprehensive LGBT Health Center**
Manhattan: 212.423.7292 | nyc.gov/hhc
- **Mount Sinai Beth Israel, LGBT Family Health**
Manhattan: 212.604.1800 | www.bethisraelny.org
- **Mount Sinai Beth Israel, Peter Krueger Clinic**
Manhattan: 212.420.2620 | www.bethisraelny.org
- **Persist Health Project** (health referrals for sex workers)
718.635.1791 | www.persisthealthproject.org

Other Resources

- **For free or low-cost health insurance,** call 311 for an enrollment location near you.
- **For referrals to health care providers,** call Destination Tomorrow (347.291.1732).
- **For more information about HIV and STIs,** including where to get free, confidential testing, or PrEP or PEP to prevent HIV, call 311 or visit nyc.gov and search “HIV.”
- **To find out where to get free condoms,** call 311 or visit nyc.gov/condoms.
- **For assistance with HIV care, treatment and housing,** call 311 or text* CARE to 877877.
- **For drop-in spaces and emergency housing for youth up to 24 years old,** call the Streetwork Project (800.708.6600), Ali Forney Center (212.206.0574) or The Door (212.941.9090).
- **For trans-friendly school and after-school programs,** call the Hetrick-Martin Institute (212.674.2400).
- **For legal help, including help changing your name,** call the Sylvia Rivera Law Project (212.337.8550), the Transgender Legal Defense and Education Fund (646.862.9396), Immigration Equality (212.714.2904), Urban Justice Center (646.602.5600), Lambda Legal (212.809.8585) or the New York Legal Assistance Group (212.613.5000).
- **If you have questions about transitioning,** visit www.transbucket.com.

*Message and data rates may apply. Text STOP to quit, HELP for more information. For terms of Use and Privacy Policy, visit nyc.gov/health.



CALL 311 TO ORDER COPIES OF THIS PAMPHLET.

Visit nyc.gov and search “Transgender Health” for up-to-date information on trans-friendly medical services, support services and support groups in New York City.

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