

as your name in their system and they can help get it straightened out at Stanford Hospital for you.

### **12. How do I tell my doctor which pronoun I prefer?**

“I prefer [female/male/gender-neutral] pronouns” (probably best to give examples of gender-neutral pronouns) or “[ ] pronouns, please” or “I identify as [ ] and go by [ ] pronouns.” Consider asking your doctor to note it in the chart. It won’t fix everyplace your gender comes up in your record, but it’s a start.

### **13. What do I do if my doctor uses the wrong pronouns?**

Correct your doctor simply and politely (“Actually, I go by she/her, him/his, or ze/hir pronouns”) and consider asking your doctor to make a note in your file to help prevent future pronoun misuse.

### **14. What other on-campus resources are there for transgender and genderqueer students?**

**Stanford LGBT Community Resources Center**  
([lgbt.stanford.edu](http://lgbt.stanford.edu))  
**Transgender Task Force** (email [Holly Fetter: hfetter@stanford.edu](mailto:Holly.Fetter@stanford.edu))  
**Transgender list serve** (subscribe: [transgender@lists.stanford.edu](mailto:transgender@lists.stanford.edu))

### **15. What off-campus resources are there for transgender and genderqueer health?**

Judy van Maasdam ([jvanmaasdam@gmail.com](mailto:jvanmaasdam@gmail.com)) served as the program coordinator and councilor for the Gender Dysphoria Program in Palo Alto, California working closely with Don Laub, one of the first sex change surgeons, for more than 30 years. She has helped hundreds if not thousands of transgendered folks and has also long been associated with the Harry Benjamin International Gender Dysphoria Association. She is a great resource, still has an office in Palo Alto, and can easily be reached by e-mail any time. There are many amazing resources in the Bay Area as well. There are a wealth of transgender

support groups, performing arts groups, advocacy groups, legal resources, among others. To name a few: Transgender Law Center, Trans-Thrive, El/La Para Trans Latinas, Transcendence Gospel Choir, Fresh Meat Productions. The Bay Area is one of the best places in the world in terms of trans community and abundant resources.

### **16. Who has access to my medical information disclosed to CAPS or Vaden staff?**

Your medical records at Vaden will not be shared outside of Vaden without your consent, except when required by law (e.g., you are a danger to yourself or others). Persons who provide direct clinical services, and thus would need access to the medical record, have access to some or all of your Vaden medical information. You have the option to limit this access: for instance, if you want some or all of your CAPS notes visible only to CAPS, you can request that from your provider.

### **17. Where can I find qualified endocrinologists at Stanford or in the Cardinal Care network?**

Judy van Maasdam ([jvanmaasdam@gmail.com](mailto:jvanmaasdam@gmail.com)) can recommend endocrinologists in the local area experienced with helping transgender people. There may well be many endocrinologists at Stanford who would be willing to help transgender students.

### **18. If I’m a new student who began my gender transition prior to starting as a student at Stanford, what can Vaden do to ensure consistent care? What do I need to do to transfer my prescription for hormones from my old doctor to my new one?**

You can make an appointment with one of the Vaden physicians and they can either provide care or refer you to someone who can provide you with care. It helps if you bring some medical records from your previous provider. This process is no different for anyone else who needs to transfer care to Vaden. I would recommend starting with Laurel Dawson, Ed Colloff, Michele Kastelein or Robyn Tepper.

# **Guide for Trans/ Genderqueer Care at Vaden**

*Written by trans\*  
students and  
Vaden staff*

### **1. Is Vaden a transgender-friendly medical health provider?**

Yes. They are working to provide transgender-friendly care and resources on all different levels and they are open to learning more. The people in charge of Vaden Health Center (Vaden’s Director is Dr. Ira Friedman; Dr. Robyn Tepper is the Medical Director; Dr. Ron Albucher is the Director of CAPS; and Carole Pertofsky is the Director of HPS) are transgender allies who try to support their transgender clients as much as they can. Vaden staff have participated in training, in some cases multiple trainings, on transgender mental health and wellness, and they plan to continue educating themselves as information becomes available.

### **2. If I’m concerned about the treatment that I am receiving at Vaden because of my gender identity, whom should I contact?**

Start by addressing the issue directly with the provider causing you concern, if you feel safe doing so. If you do not feel safe approaching the provider directly, or it is not a provider issue, then please email [vaden-feedback@stanford.edu](mailto:vaden-feedback@stanford.edu), and the issue will be routed to the appropriate supervisor. If possible, when you share your concerns, include specifics such as names, dates, and quotes. Doing so will allow staff to address your concerns more effectively.

### 3. What are the transgender-specific benefits offered through Vaden or Cardinal Care?

Vaden Health Center offers transgender-specific health services, such as hormonal therapy, STI testing, and gynecological care. To make an appointment, go to <https://vadenpatient.stanford.edu> and click on Transgender Health Care. Additionally, Cardinal Care provides coverage for SRS (also known as Gender Confirmation Surgery, or GCS). HealthNet will provide a case manager who is experienced in trans\* care in order to guide a student through the transition process start to finish. HealthNet's coverage of specific procedures tend to be determined on a case-by-case basis. It's recommended that a student initiate the process with a referral from a Vaden provider. For more information, please visit the Vaden website, which offers specific information about transgender services: <http://vaden.stanford.edu/medical/specialty.html>

### 4. What is the process for accessing hormones?

Please refer to the current **WPATH guidelines** for general eligibility requirements. If you already have a hormone prescription and need to transfer your care to Stanford, you can make an appointment with Dr. Pariseau (See question 3) or with a Vaden physician to continue the prescription. If you are seeking a new prescription, you will likely need a letter from a mental health professional to initiate the process. CAPS clinicians are generally able to provide this service, usually after a period of assessment or psychotherapy. For a new hormone Rx, it may be best to contact Dr. Pariseau or another specialist rather than a generalist.

### 5. What criteria must be met prior to seeking sex reassignment surgery (SRS)?

Please see **WPATH guidelines** for specifics, but note that requirements generally include living full-time as your identified gender for at least a year; usually one year of continuous hormone therapy; a diagnosis of Gender Identity Disorder; and the support of an approved mental health professional, who may require that you participate in psychotherapy prior to surgery.

### 6. Are there particular physicians or counselors who are strong allies to the transgender and genderqueer communities?

Robyn Tepper, Vaden's Medical Director. Christian Pariseau, who runs the Transgender Medical Clinic. Meridee Wilson, CAPS Psychologist. Inge Hansen, CAPS Psychologist. Also look on the CAPS website for the rainbow flags: these are staff who have specialized training around gender and sexual identities, so they are usually a safe bet.

Many Vaden clinicians consider themselves allies and are happy to provide routine primary care to all students. The issue is more about which feel competent to manage hormonal treatment. This is not that different than some of the other medical issues they follow. For example, thyroid hormone issues. Many physician refer patients with thyroid imbalances to a specialist (endocrinologist) with more expertise. The primary physicians still see these patients for their other primary care issues, and when they have stabilized on their thyroid hormone replacement therapy, may take over the maintenance and refill prescriptions for their hormones.

Dr. Pariseau is Vaden's specialist for transgender hormonal therapy and provides hormonal therapy for those starting transitions or ongoing therapy. Dr. Laural Dawson also has experience providing ongoing (stable after transition) hormones for both FTMs and MTFs and has done so at Vaden and in her previous practice. Dr. Colloff is fine with FTM ongoing therapy (stable after transition), but less comfortable with MTF hormonal therapy. Dr. Kastelein is also willing to provide continuation therapy, for those who are stable and has done so in a previous practice. Robyn Tepper is also happy to provide hormone prescriptions for students who are stable. This situation is dynamic, as Vaden clinicians work on gaining more knowledge and confidence in this area.

### 7. Can genderqueer students seek hormones or SRS?

Yes.

### 8. If I have questions about the transgender-specific elements of Cardinal Care, whom should I contact?

You can find basic coverage information and links at <http://vaden.stanford.edu/insurance/index/html>. If you have specific questions, you can call the Insurance Office at 650-723-2135 or email [healthinsurance@stanford.edu](mailto:healthinsurance@stanford.edu).

### 9. How can I make sure that my CAPS psychologist is trans-friendly?

You can talk to Linda Suk, case manager, for suggestions, or see [http://vaden.stanford.edu/about/staff\\_caps.html](http://vaden.stanford.edu/about/staff_caps.html).

### 10. Can CAPS psychologists write me a letter so that I can access hormones or surgery?

Yes, they can. Provided, of course, that you have been seeing the psychologist for as long as they (as individuals) require. If you walk into CAPS and ask for a blanket letter for hormones and surgery without having a specific person already it might not happen. But it is fairly easy to set up an appointment with one of the transgender-friendly psychologists.

### 11. How do I change my name so that Vaden employees can see my preferred name?

You can request that front office staff enter your "preferred name" into Vaden's system by calling or when you come for an appointment in the Medical Clinic. You can also do this when you speak to the CAPS person during your first phone visit. The preferred name shows up beneath or near your given name on various parts of your chart and on the labels Vaden uses. It is also used by students who have both an "English" name and international name and prefer to use their English name. So having a "preferred" name does not label you as transgender or necessarily alert the staff on its own. Also some staff may miss the name, but Vaden is working on ensuring that everyone is called by their preferred name whenever they visit. The labs, etc., that Vaden orders from the hospital will still have your given name. If you do change your name in the University Registrar system, Vaden will have that