

Kia Ora,

This letter provides information about gender affirming healthcare and where to find guidance for the prescribing and monitoring of maintenance hormonal therapies.

I am a new/current patient attending this practice and this letter is to let you know that I am trans/non binary/ self-identify as _____.

I am on masculinising/feminising hormones as part of gender affirming treatment. I have been attending the Auckland Sexual Health Service since _____ for support to medically transition.

I use the name _____ and my pronouns are _____.
My NHI is _____. Please note that the name I use is same/ different to my NHI.

My current hormonal therapy is:

There is clinical management support available for the prescribing and monitoring of maintenance hormonal therapies as follows:

- Auckland Health Pathways – Sexual Health – Gender Diversity and Transgender Health
- Healthpoint Hauora Tāhine, Pathways to Transgender Healthcare Service
<https://www.healthpoint.co.nz/public/sexual-health/hauora-tahine-pathways-to-transgender-healthcare/>
- Guidelines for gender affirming healthcare for gender diverse and transgender children, young people and adults in Aotearoa New Zealand
<https://researchcommons.waikato.ac.nz/handle/10289/12160>
- Ministry of Health gender affirming genital reconstruction surgery applications
<https://www.health.govt.nz/our-work/hospitals-and-specialist-care/high-cost-treatment-pool>

People who are transgender experience the same health problems as other patients and have very few differing needs. Transgender people who have not undergone the surgical removal of breasts, cervix, uterus, ovaries or testicles remain at risk of cancer in these organs and should undergo the usual screening tests as recommended. Be aware that this needs to be managed carefully, as many transgender people find cancer screening physically and emotionally challenging. I will need to be informed about the cancer screening options that are relevant for me.

Please be aware when talking to me about my health that I may prefer to use different terms to describe parts of my body. Please check with me what terms I am comfortable with.

If further advice is needed contact:

- the transgender health key worker, Auckland Sexual Health Service on (09) 3074949, ext. 27789, mobile 021589519
- sexual health registrar for clinical advice 021 883703
- submit an e-referral to Auckland Sexual Health Service for a virtual consult