AN OBSERVATIONAL STUDY OF HYPERTENSION AND THROMBOEMBOLISM AMONG TRANSGENDER PATIENTS USING GENDER-AFFIRMING HORMONE THERAPY

WE KNOW THAT CISGENDER PEOPLE USING SEX HORMONES (ESTROGEN, TESTOSTERONE) MAY BE MORE LIKELY TO HAVE SIDE EFFECTS OF BLOOD CLOTS OR HIGH BLOOD PRESSURE.

WE DID THIS STUDY TO SEE IF TRANSGENDER PEOPLE IN OUR HEALTH SYSTEM USING GENDER-AFFIRMING HORMONES WERE ALSO AT HIGHER RISK OF GETTING BLOOD CLOTS OR HIGH BLOOD PRESSURE.

WE RECOGNIZE THERE IS A NEED FOR FURTHER RESEARCH THAT EXAMINES THE EXTENT TO WHICH PROGESTERONE-BASED TREATMENT IMPACTS THE HEALTH OF TRANSGENDER WOMEN.

THIS INFORMATION WILL HELP MEDICAL PROVIDERS AND THEIR PATIENTS COME TO DECISIONS TOGETHER AROUND HORMONE THERAPY PRESCRIBING IN THE SAFEST WAY POSSIBLE.

FINDINGS

IN REVIEWING OUR PATIENTS’ DATA, WE FOUND THAT TESTOSTERONE PRESCRIPTIONS DID NOT RELATE TO HIGH BLOOD PRESSURE AMONG TRANSGENDER MEN.

FOR TRANSGENDER WOMEN, WE FOUND THAT OVERALL, ESTROGENS, PROGESTINS, AND ANTI-ANDROGENS WERE NOT LINKED TO MORE BLOOD CLOTS OR HIGH BLOOD PRESSURE.

WHAT’S NEXT?

WE RECOGNIZE THERE IS A NEED FOR FURTHER RESEARCH THAT EXAMINES THE EXTENT TO WHICH PROGESTERONE-BASED TREATMENT IMPACTS THE HEALTH OF TRANSGENDER WOMEN.

WHAT THIS MEANS FOR TRANS PATIENTS

WE ARE HAPPY THAT THIS STUDY SHOWS THAT GENDER-AFFIRMING HORMONE THERAPY IS SAFE FOR PEOPLE SEEKING CARE IN OUR COMMUNITY HEALTH SYSTEM, AND WILL CONTINUE OUR WORK TO LEARN MORE TO SUPPORT OUR PATIENTS AND COMMUNITIES.

This study was supported by National Institutes of Health (T32DK007011, RO1MD013554) and PCORI 10754-HBH.