

Find The Right Doctor

LGBTQIA++ Affirming Healthcare

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Primary Healthcare

LGBTQ+ Competent General Practitioners

1. Susie Lawless, Amity Health Centre
 - a. Open and supportive
 - b. Provides trans and gender diverse healthcare

2. Jenny Oglivy, Student Health
 - a. Open and supportive
 - b. Provides trans and gender diverse healthcare

3. Prue Orchardson, Student Health
 - a. Open and supportive
 - b. Provides trans and gender diverse healthcare

4. Bret Dougherty, Student Health
 - a. Open and supportive
 - b. Provides trans and gender diverse healthcare

5. Jubilee Rajiah, Student Health
 - a. Open and supportive
 - b. Provides trans and gender diverse healthcare

6. Matthew Hamilton, Albany St Medical
 - a. Open and supportive
 - b. Provides trans and gender diverse healthcare

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7. Cynthia Buchanan, Albany St Medical
 - a. Open and supportive

 8. Ruth Barnett, Broadway Medical Center
 - a. Open and supportive
 - b. Provides trans and gender diverse healthcare

 9. Tania Meorenhout, Broadway Medical Center
 - a. Open and supportive
 - b. Provides trans and gender diverse healthcare

 10. Katie Graham, Portsea Medical Center
 - a. Open and supportive
 - b. Provides trans and gender diverse healthcare

All recommendations are based on personal experiences of local queer and takatāpui individuals.

Trans and Gender Non Binary Healthcare

Non-Medical Healthcare

Binders

Definition⁹

- Tight fitting garments that help to flatten the chest
- Worn to reduce the appearance of breast tissue and improve associated gender dysphoria

Safety¹⁰

- Wear for less than 8 hours at a time
- Cease if noticing skin irritation, breathing issues, or back pain
- Do not sleep in your binder

Where Can I Buy A Binder?

- Agnes and Edie (online store)
- Chest Binders Co. (online store)
- Amazon (online)

Non-Medical Healthcare

Tucking

Definition¹¹

- Tucking the penis and testicles to give the appearance of flat genitalia
- Aided with a gaffe, which is a undergarment that helps maintain the position

Safety¹⁰

- Do not tuck for prolonged periods
- Check for infection and broken skin before and after tucking
- Cease if painful

Will Tucking Make Me Infertile?¹⁰

- No, but gender affirming hormones can affect fertility. Discuss fertility options with your doctor before initiating hormone therapy.

Non-Medical Healthcare

Voice therapy in Dunedin

Funding

- Dunedin does not have hospital funding for voice therapy, and does not provide any voice therapy through the public system.

LGBT Friendly/Trained Services in Dunedin

- Parlez Speech and Language
 - Meryl Jones, Speech Language Therapist
 - Assessment session = \$190
 - Standard therapy sessions = \$140
 - 20 minute consult = no charge
- Rainbow Voice Clinic (Telehealth)
 - Wednesday and Thursday afternoons
 - student-led, supported by a clinical supervisor
 - No charge
- Samantha Read, Vocality SLT
 - Provides gender affirming voice therapy
 - Works out of Wanaka, sees Dunedin-based clients over zoom or once per month in Dunedin for an initial assessment in the clients home on request.
 - Initial session = \$185
 - Standard session = \$90
 - Standard treatment duration is 6 sessions plus 2-3 for additional practice.

Non-Medical Healthcare

Gender Affirming Hairdressers

- Fresh Prince Barbers
- Zen Hair
- Jonathan at Hair Hunters
- Michael, M Rose hair
 - Specialist in gender affirming haircuts
 - Does silent appointment bookings on request

Changing My Name In Hospital/GP

- Simply ask your GP or DHB doctor to change the name
- They have full access to this
- You do NOT need to have formally changed your name for this change to be processed, as they will simply mark your name as PREFERRED

Puberty blockers

Function¹⁰

- They inhibit pubertal changes, so stop any further development from the point at which you begin taking them.

Effects¹³

- Complete or partial suppression of menstruation
- Prevent further development of:
 - Breast growth
 - Facial hair
 - Voice deepening
- These effects are fully reversible

Side effects¹³

- They have no effect on fertility
- They can reduce bone density; your healthcare profession will start you on Vitamin D and Calcium to manage this side effect
- Potential effects on height (more growth due to late growth plate closure)
- Reduced development of genital tissue (may affect surgical options later in life)
- Ensure to discuss a complete list of side effects with your doctor before starting these medications.

Cost

- They are funded up to the age of 16

Hormone Replacement Therapy

Types

- Estrogen based hormones¹⁰
 - Cause breast tissue growth
 - Reduced facial hair
 - Fat and muscle redistribution etc.

- Testosterone based hormones¹⁰
 - Cause breast tissue reduction
 - Increased facial hair
 - Deepened voice
 - Clitoral enlargement and vaginal atrophy
 - Increased muscle deposition

Cost

- Your health practitioner will prescribe funded versions of the hormone therapy
- If you request a specific medication, know that this may not be funded

Do I need parental consent if under 18?¹⁰

- No! If you are under 16, the health practitioner will assess your ability to consent to taking the medications. You do not need your parental consent as long as you are competent to give your own, even under age 16.

Access

- Current Guidelines:

-
- These can be accessed in general practice according to PATHA guidelines.
 - A psychological assessment is NOT required by law and psychological factors only impact your access if you are deemed unable to give informed consent
 - An endocrine review is also NOT required
 - The Dunedin Situation:
 - Many GP's still feel uncomfortable initiating and/or continuing to prescribe gender affirming hormones due to lack of education about these medications.
 - Start with our GP list on page 3 and enquire directly to avoid unwanted costs.
 - Some sexual health specialists prescribe them also
 - Or you can get a referral to an endocrinologist through your GP

Process

- It is normal to be asked questions about physical health and have blood tests; the hormones can have side effects that should be monitored over time.

Timeframe¹⁰

- Most changes occur within 18-24 months
- Some changes take 2-5 years to occur
- And some will be noticed within 1 month

Resources:

- Rainbow Youth Resource: Info on hormones, blockers, binders, tucking, etc.
[https://s3-ap-southeast-2.amazonaws.com/ry.storage/Final_+Accessing+gender+affirming+healthcare+in+Aotearoa+\(3\).pdf](https://s3-ap-southeast-2.amazonaws.com/ry.storage/Final_+Accessing+gender+affirming+healthcare+in+Aotearoa+(3).pdf)
- Gender Minorities NZ: Step by step guide to accessing and taking hormones
https://genderminorities.com/pdfviewer/gender-affirming-hormone-treatment-a-guide-for-patients/?auto_viewer=true#page=&zoom=auto&pagemode=none

-
- Professional Guidelines: medical-based for doctors to follow
<https://patha.nz/Guidelines>

Gender Affirming Surgery

Types of surgery⁸

- Vaginoplasty: creation of a vaginal canal and vulva
- Phalloplasty: creation of a penis
- Metoidioplasty: creation of a small penis from a hormonally enlarged clitoris
- Penectomy: surgical removal of the penis
- Feminizing breast augmentation
- Testical implants
- Masculinising chest reconstruction
- Hysterectomy (removal of uterus)
- Removal of ovaries and fallopian tubes
- Removal of testicles

Criteria for the waiting list⁷

- At least 18 years of age
- Non-smoker (nicotine vapes also banned)
- BMI <35
- Medically stable
- Meets eligibility criteria [Download: Health and Disability Services Eligibility Direction 2011 - PDF, 58 KB](#)

How to access⁷

- Go to hospital specialist (endocrinologist or sexual health specialist)
- They will refer you to be put on the waiting list for a FSA (first surgical appointment) with the Gender Affirming Surgery Service (6)
 - Vaginoplasty
 - Phalloplasty
 - Metoidioplasty

-
- Penectomy
 - Testicle implants
 - Or see your GP for referral to the DHB for local procedures, which include:
 - Feminizing breast augmentation
 - Masculinising chest reconstruction
 - Hysterectomy (removal of uterus)
 - Removal of ovaries and fallopian tubes
 - Removal of testicles

Funding

- Run by Te Whatu Ora => called the Gender Affirming Surgery Service
- Southern DHB have approved funding for individual patients for the following procedures: voice training, laparoscopic hysterectomy and oophorectomy.⁶
- Orchiectomy and breast reduction surgery are also available in Dunedin, but not funded for gender affirming healthcare.
- Gender- affirming services are not routinely funded, however funding is considered when a specialist submits a funding request for a specific patient.³

Can I get the surgery in Dunedin/Ōtepoti?

- You cannot receive bottom (genital) surgery in Dunedin. The only surgeon who performs this in Aotearoa is Dr Rita Yang, who has clinics in Auckland and Wellington and works through the Gender Affirming Surgery Service
- To hear more about her practice, read <https://www.newshub.co.nz/home/lifestyle/2023/06/why-rita-yang-nz-s-only-genital-gender-affirmation-surgeon-is-speaking-out-for-the-first-time.html>
- The National Travel Assistance program may be applicable for use when traveling to appointments out of Dunedin.

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- You may be able to receive local DHB surgeries as listed above at Dunedin, depending on surgical expertise and availability.

Timeframe⁴

- Average waitlist time is 10-12 years for genital surgeries
- Chest surgeries are shorter than genital surgery - approx. 2-3 years

Mental Health

LGBTQ+ Friendly Services

- Danielle Fentimen, counselor at Stopping Violence Dunedin
- Cinnamon Boreham, counselor at Stopping Violence Dunedin
- Amber Kalinoski, counselor at Ki Oranga
- Nel, therapist at student health
 - They are non-binary
 - \$10 per session for students
- Lidy de Leeuw, Gestalt Psychotherapy

Support Groups/Resources

LGBTQ+ mental health support:

- Outline
 - 6pm-9pm daily
 - Volunteers trained to discuss topics such as sexuality, gender and diverse sex characteristics.
 - Volunteers can provide connections to information, peer support groups and LGBTQ+ friendly medical and mental health support.
 - Enquire about rainbow specialist counseling.

Transgender and gender diverse support:

- Transwired
 - A peer support group lead by Rainbow Youth for anybody between 16-27 who identifies as transgender, gender diverse or questioning
 - Run entirely online through facebook
<https://www.facebook.com/groups/173271033738613/>

Intersex support:

- Intersex Aotearoa
 - An intersex-led non profit organization that provides affirmation, advocacy and referral for intersex people and their whānau
 - Clear, succinct information on identifying as intersex, including clickable headings that explain some of the common intersex diagnoses, advice on interacting with the healthcare system, and exploring the meaning of ira tangata in Aotearoa NZ.
 - Email the organization through their website to join the newsletter or make contact with the team <https://www.intersexaotearoa.org/contact>
 - There is a community hub on discord which you can sign up to through this link <https://www.intersexaotearoa.org/discord-registration-page>

Whānau support:

- Holding Our Own
 - An organization that supports parents and whānau to accept, validate and support their LGBTQIA++ family members
 - Call or text Amanda at 0211257775, email holdingourown@outlook.com or join the holding our own hoo facebook page <https://www.facebook.com/holdingourown.hoo/>

WLW support:

- Lesbian New Zealand

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- This website is a hub of information for women who love women, including current WLW events across Aotearoa, LGBT news, helpline information, cervical screening information, and social media groups.
 - <https://lesbian.net.nz/#support>

HIV/Aids Support:

- NZ Needle exchange program
 - Locate outlets that participate in the needle exchange program through the link below to improve needle health and reduce transmission of blood borne diseases like HIV
 - https://www.nznep.org.nz/outlets?IsSearching=True&prop_ModuleId=1932&Region=Otago&OutletType=&Is141=
- Body Positive
 - A peer support organization for all people living with HIV in Aotearoa NZ
 - They provide services including rapid HIV testing and resources on living with and treating HIV.
 - <https://www.bodypositive.org.nz/>

Rainbow Pacific Island Support:

- Te Aito Rangatira
 - Online forum to support cook island rainbow individuals living in NZ
 - <https://www.facebook.com/groups/1011048202239257/>

Complaints

Patient rights¹

- Right to be treated with respect
 - Right to freedom from discrimination, coercion, harassment, and exploitation
 - Right to dignity and independence
- Right to services of an appropriate standard
- Right to effective communication
 - Right to be fully informed
 - Right to make an informed choice and give informed consent
- Right to support
 - Rights in respect of teaching or research
- Right to complain

How to lay a complaint²

- <https://www.southernhealth.nz/form/feedback> for laying complaints online
 - You can choose to remain anonymous
 - You can input the complaint on someone else's behalf
- https://www.southernhealth.nz/sites/default/files/2023-03/FINAL-2023_Tellus_DLE%20brochure%20V12_Dunedin.pdf which is a printable document you can post to Dunedin Hospital.
 - Te Whatu Ora Southern, Consumer Experience Feedback Team, Private Bag 1921, Dunedin 9054
- You will receive a letter or email within 5 working days to confirm the complaint has been received. You should hear more within 1 month. This complaint does NOT go into your medical records.

How do I access good healthcare when my doctor is not LGBTQ+ competent?

- Ask for a second opinion or referral to another doctor
- Ask to be transferred to another doctor on the service
- Bring a support person / advocate to your sessions

Takatāpui health

Definition¹²

- Literally meaning 'intimate partner of the same sex'
- The term has been claimed to embrace all Māori who identify with diverse genders, sexualities and sex characteristics.

Resources:

- Part of the whanau resource, by Elizabeth Kerekere
<https://takatapui.nz/takatapui-part-of-the-whanau#part-of-the-whanau>
- Takatāpui resource hub, <https://takatapui.nz/#home>

Accessing Healthcare:

- Te Kaika (Maori health provider)
 - The team there does cater to takatāpui, though none have specific skill sets in this area
 - In particular, Lily Fraser has worked with many takatāpui clients over her career.
 - They can continue to prescribe hormone therapies, but not initiate them
- Te Ara Hauora / Maori Health Unit¹⁴
 - This is located in Dunedin hospital, on the ground floor through the whanau room.
 - The kaiawhina there function to help Maori patients with any issues including but not limited to:
 - Issues of discrimination
 - Issues of homophobia and transphobia
 - Issues where tikanga are not being respected
 - Helping inpatient disputes including filing complaints

-
- Phone 034740999 ext 8649 pager 6691 to make an appointment or speak to a kaiawhina.
 - Te Oranga Tōnu Tanga = Maori mental health and addiction services, Wakari hospital
 - They do not have a specific Takatāpui focus, and from experience Wakari does not have good queer support resources.
 - In general, this unit is a good resource for Maori mental health needs

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