

From: [Anna Larson](#)
To: [Pugh, Kristy](#); [Sanders, Monica](#); [Public Testimony](#)
Subject: Re: contact for future
Date: Wednesday, May 10, 2023 5:32:52 PM

Hello there,

I was present for the Kansas City resolution # 230385 in support of making Kansas City a sanctuary city for those seeking gender affirming care. I wanted to share my testimony and also provide my contact information for any Councilmembers that need any further information on the medical side.

Thank you,
Dr. Larson

My testimony:

Good morning. I am Dr. Larson.

Today I am writing in support of Kansas City resolution # 230385.

I am a family medicine physician with expertise in providing gender affirming care across the lifespan.

There is a lot of confusion about the phrase 'gender affirming care', because for each young person we care for, it means something different.

Gender affirming care may include helping a family navigate new pronouns; or how to safely use a chest binder.

It may include medication such as birth control to suppress periods, puberty blockers which are a specific type of medicine for young people who have already started puberty to pause or prevent permanent physical changes, or semi-reversible hormonal medicines in older adolescents who meet very specific criteria. However, let me be clear: no medications are prescribed before puberty.

Surgeries are exceedingly rare before the age of 18. Breast surgery or top surgery is rare and only for older adolescents after careful deliberation and shared decision-making between the patient's family and a multidisciplinary team of medical professionals. No guidelines recommend any genital surgeries for adolescents under the age of 18.

Gender affirming care means follow up visits multiple times per year. At every follow-up visit, we assess the needs of the person sitting in front of us, not just for the short term, but for their lifetime-- 10, 20, 40 years from today.

It means giving evidence-based care. Physicians like myself follow the guidelines of two international medical associations: The Endocrine Society and The World Professional Association for Transgender Health.

We know that in our young people, there is a mental health crisis. Studies show that 50% of transgender youth have attempted or seriously thought about suicide in the last year. Studies also show that young people who are able to access gender-affirming care have dramatic improvements in their mental health and quality of life, as compared to young people who are not able to access this type of care.

When I am able to give gender affirming care, my patients and their families cry from relief, because they feel so much better.

The stories I have heard from families in between panic and grief about losing access to gender affirming care for their loved ones has been heart wrenching. Many have fled Missouri and many more are planning to do so. I too am grieving for my patients and their families. I am grieving for the inability to provide evidence based care without risk of losing my license or further legal persecution.

Thank you for your support of this resolution and your support of this life saving care.

Andrea E Larson, DO