



LGBT HEALTH

ROLE OF DERMATOLOGISTS IN THE TRANSITIONING PROCESS OF TRANSGENDERS: A CROSS SECTIONAL SURVEY FROM INDIA

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Background: A Transgender is defined as a person whose gender identity does not correspond to his/her biological sex assigned at birth. Even though they were once a neglected minority in the Indian society, today form a major section of our society with more than 5, 00,000 transgenders in India. The intake of exogenous hormones and sex reconstruction surgeries alters their epidermis, dermis, pilosebaceous apparatus and sebum production significantly.

Objective: This study aims to assess the physical transitions and dermatological needs of Transgenders and to identify areas for which dermatologists could contribute to their physical transformation.

Methods: Fifty one Transgenders aged 18 years and above who attended the Dermatology health camps conducted exclusively for transgenders were included in the study after taking an informed consent. Detailed history was taken pertaining to the hormonal treatments, sex reconstruction surgeries and dermatological concerns using a predesigned Proforma. Clinical evaluation, photography of the lesions and Trichoscan analysis was performed. A validated body image scale for Transgenders was used to assess their body satisfaction.

Results: Testosterone induced acneiform eruption was a major concern in Trans-men who were on testosterone injections post mastectomy. Many of them expressed dissatisfaction with one or more body parts. Male to female transsexuals receiving estrogen/anti androgen therapy had a low hair shaft diameter below 0.008557mm within three months of therapy. 54.3% of the Trans females were on hormone replacement therapy showed raised systolic and diastolic blood pressure recordings. Laser hair removal is the most commonly done procedure (64%) and majority had topical steroid damaged skin owing to fairness creams.

Conclusion: Transgenders have significant dermatological concerns. There is an unmet need for more Transgender clinics in India to assess the health care needs of this neglected group as they resort to medical quacks for their health needs. No Indian studies available for comparison.

