

Transgender Youth: Current Concepts and Priorities for Research

An increasing number of preadolescents and adolescents identifying as “gender nonconforming”, “gender expansive”, or “transgender”, are seeking medical services to enable the development of physical characteristics consistent with their experienced gender. The onset of puberty in transgender youth is often accompanied by increased gender dysphoria, the persistent distress associated with incongruence between assigned sex at birth and experienced gender identity. While recent reports from the Netherlands have shown that gender dysphoria may be ameliorated by a gender-affirming model of care, including puberty suppression, cross sex hormones, and gender confirming surgery, there are relatively limited outcomes data, and many questions remain unanswered. This session will highlight current concepts of the biology of gender identity development, management of gender dysphoria, limitations and barriers to care, gaps in knowledge, and priorities for research. It is hoped that such research will inform optimal care of transgender youth and promote further understanding and acceptance of these individuals.

Dr. Rosenthal, Professor of Pediatrics at UCSF, has served as Program Director for Pediatric Endocrinology and Director of the Pediatric Endocrine Clinics, and currently serves as Co-Director of the Disorders of Sex Development (DSD) Clinic, and founder and Medical Director of the UCSF Child and Adolescent Gender Center (CAGC). He has been appointed as the official representative of the Pediatric Endocrine Society (PES) to the Endocrine Society (ES)’s Clinical Practice Guidelines Revision Task Force for the Care of Transgender Individuals. He has authored multiple manuscripts on transgender youth, including a recent “State-of-the-art” invited review in Pediatrics and an invited review in the “Approach to the Patient” series for the Journal of Clinical Endocrinology and Metabolism. He has had significant experience conducting multi-center trials, and is currently serving as site PI for NIH/NICHD “Disorders of Sex Development: Platform for Basic and Translational Research” (1R01HD068138-01A1). In addition, he is PI (multiple PI format) for NIH/NICHD “The Impact of Early Medical Treatment in Transgender Youth” (1R01HD082554-01A1). Dr. Rosenthal has served on multiple committees of ES and PES, and is currently PES President-elect.