

**I AM WHAT I AM**

**TRANSGENDER SEXUAL HEALTH**

**MANISHA**

**ASIA PACIFIC TRANSGENDER NETWORK**



# MEANING

- + *Sexual health* is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence



# MENTAL HEALTH ISSUE OF TG

- + Depression
- + Self Harm
- + Suicide

Reason Behind:

- + Discrimination , rejection
- + Lack of Understanding our feelings, our gender identity
- + Sexual harassment and Violence



**Aleesha Farhana**

# PHYSICAL HEALTH ISSUES OF TG

## Physical concerns

- + Facial Hair
- + Visible veins in hands
- + Adams apple
- + Absence of breasts
- + Skin Texture
- + Flat muscle on hips
- + Absence of Vagina



## Prioritization of Issues

Beauty a priority

Depression often results from lack of services

Need for money often leads to sex work

sex work income for gender affirming activities = little income for other survival needs and other health need

# HORMONE AVAILABILITY/USES BY TG COMMUNITY



Conjugated hormone ( Premerine)



Contraceptives; Birth control Pills



Male Hormone Inhibitor Medicine; Spirinolactone

# AVAILABILITY

- + Hormones very expensive
  - Conjugated hormones cannot be found easily in the market.
- + Birth control pills easily available without any prescription
- + No MD available with expertise on hormones and potential reactions with other medicines



# EFFECTS

## Negative results

- + Weight Gain
- + Blood Pressure increase
- + Skin marks
- + Blood clot
- + Kidney and Liver problem

## Positive results

- + Breast enlargement
- + Veins become invisible
- + Skin softening
- + Hip enlargement



# ARVS AND HORMONES

- + Potential Health risks
  - Reaction between ARVs used I and hormones?
    - × Limited information on hormone use
    - × No information on reaction of ARVs with hormones
    - × No information available about ARV impact on transgender women who are using hormones



# HIV/AIDS AND STIS

**Tg are Considered as Most at Risk Population**

**Risk Factor for Tg**

- + Practice of anal sex
- + Having multiple partners
- + Social stigma and Discrimination

**HIV Infection among Tg in this region:**

**Mumbai: 40% to 56%**

**Chennai 45%**

**Chiangmai 17.6%**

**Bangkok 11.5%**

**Phnom Penh 17%**

**Surabaya 25.2%**

**Jakarta 34%**

**Bandung 14%**

**Kathmandu 3% to 5%**



# HIV/AIDS AND STI

- Do not have complete Knowledge on HIV/AIDS and AIDS
- Service are not adequate
- Medical service providers are not trained on oral STI and Anal STI and also not sensitized.



# RECOMMENDATION

Proper Research on different part of sexual health

- Hormone Use on Tg community
- IBBS study targeted to Tg community
- Mental health problem in TG community
- Human Rights violation, sexual abuse, Stigma and discrimination against Tg community and its impact on sexual health



# RECOMENDATION

## **Service Access for Transgender people**

- **TG specific health service, Proper information on HIV/STI and Safer sex practices, hormone, SRS.**
- **Adequate Condom and lubricant**
- **Medical officers should be trained and sensitized on tg issues, anal and oral STI**
- **Proper counselling for those who are suffered from mental depression.**
- **Information on gender affirming process**



# RECOGNITION FROM POLICY MAKERS

- Nation should recognize Tg and should provide identity according to our Gender identity.
- State should include Tgs in their health security policy.
- HIV/AIDS fund should allocated for Tgs community to overcome our challenges relating to HIV/AIDS
- Medical Council should endorse non discriminatory policy targeted to tg community

# ADVOCACY AND SENSITIZATION

- + Media campaign for flowing information regarding sexual health related with Transgender community.
- + School and Collage level curriculum on sexual health topic should include transgender related sexual health issues also
- + Awareness on gender identity to society should be increased so that we can live healthy life.



# THANK YOU !

