

CAMFiC
Barcelona
Octubre del 2024

Abordatge de les persones trans a l'exercici de la medicina

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Unitat de VIH i ITS
Hospital Universitari de Bellvitge

Índex

1. Situació històrica i actual de les persones trans
2. Què sabem sobre la salut de les persones trans?
3. Abordatge individual i institucional de les persones trans

Situació històrica i actual de les persones trans

Història



Hermafrodit



Santa Wilfrida



We'wha

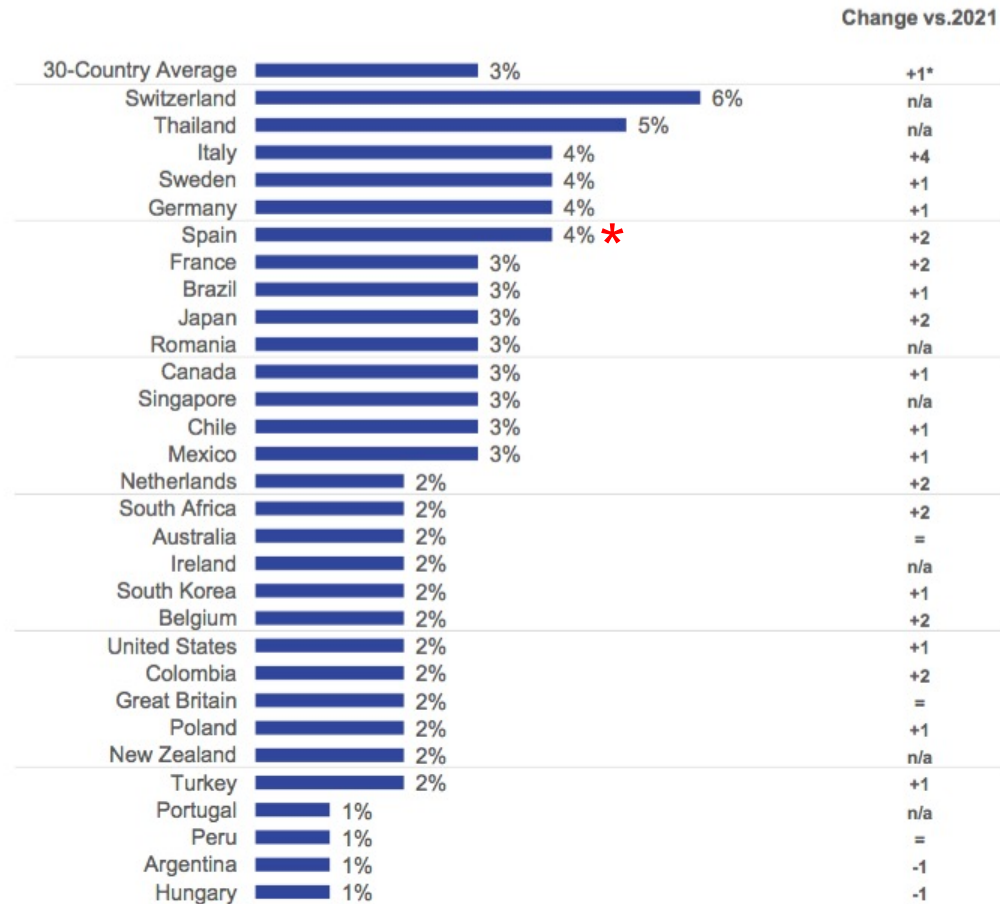
Demografia

Gender Identity By Country

Q. Which, if any, of the following would you identify as?

Any of:

- Transgender
- Non-binary/gender non-conforming/gender-fluid
- Differently from above and from male or female



Base: 22,514 online adults aged 16-74 across 30 countries
 Online samples in Brazil, Chile, Colombia, India, Ireland, Mexico, Peru, Portugal, Romania, Singapore, South Africa, Thailand and Turkey tend to be more urban, educated, and/or affluent than the general population

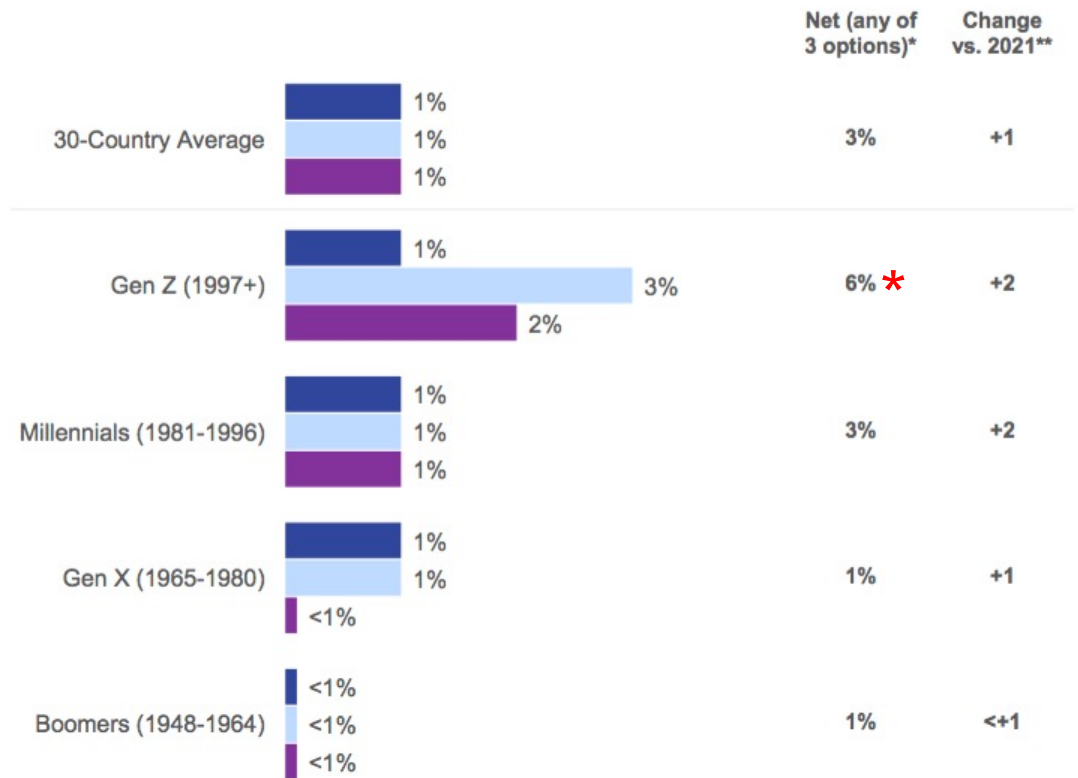
* Average 23 countries surveyed both in 2021 and 2023

Demografia

Gender Identity By Generation

Q. How do you currently describe yourself?

- Transgender
- Non-binary, non-conforming or gender-fluid
- Differently from above and from male or female



Base: 22,514 online adults aged 16-74 across 30 countries
 Online samples in Brazil, Chile, Colombia, India, Ireland, Mexico, Peru, Portugal, Romania, Singapore, South Africa, Thailand and Turkey tend to be more urban, educated, and/or affluent than the general population

8 - © Ipsos | LGBT+ Pride Study 2023 Global Survey

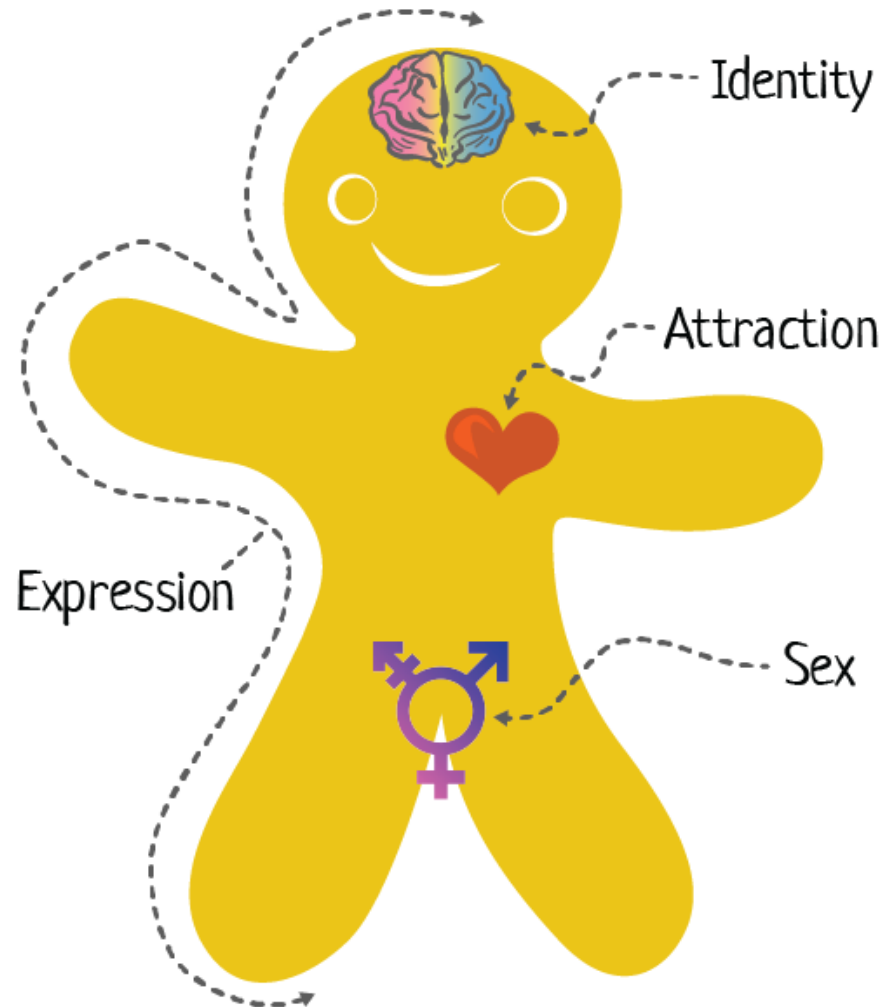
* Total transgender, non-binary/non-conforming/gender-fluid, differently from above and from male or female

** Average all countries surveyed in 2023 vs. all countries surveyed in 2021

The Total % may be slightly higher or lower than the sum of the %s for all answer options as all are rounded to nearest whole %



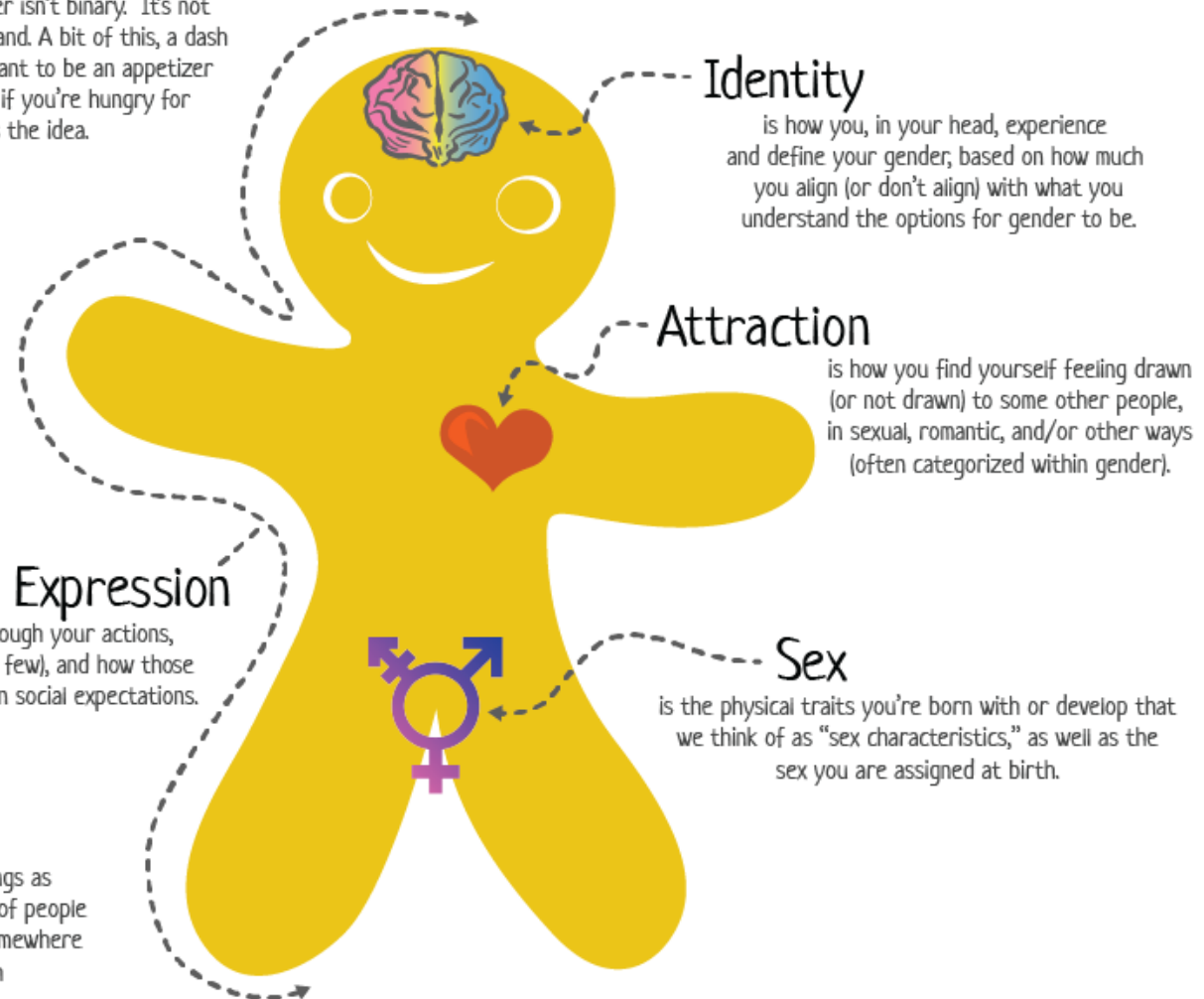
The Genderbread Person



Terminologia

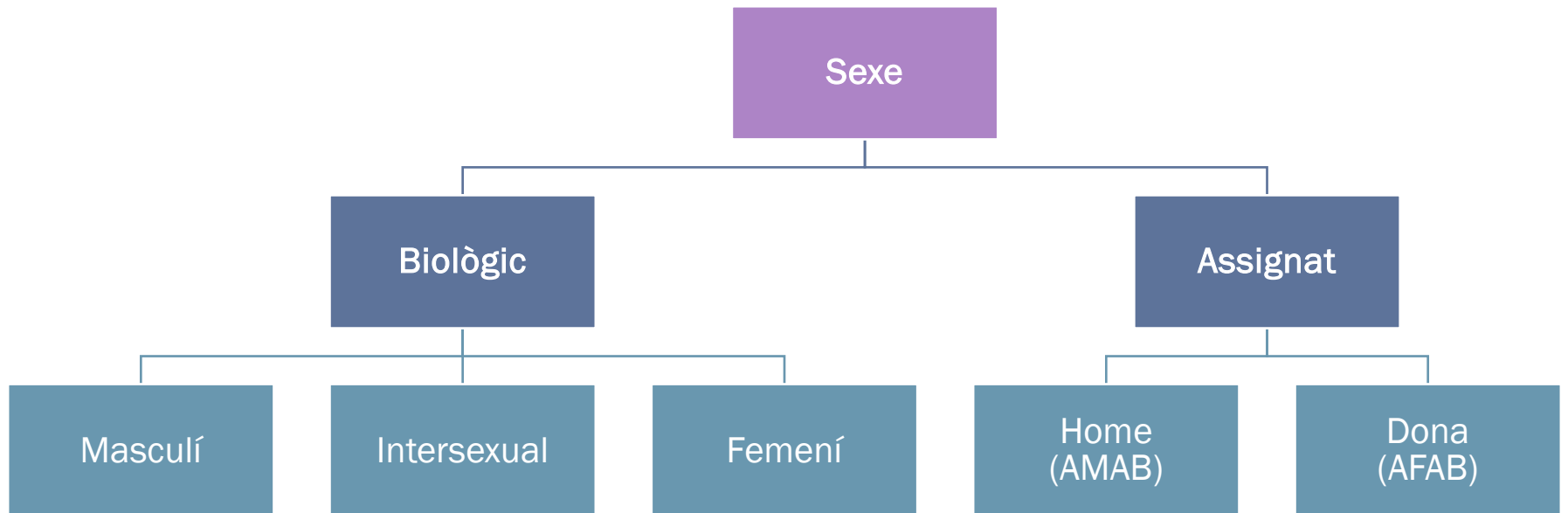
The Genderbread Person

Gender is one of those things everyone thinks they understand, but most people don't. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more after reading it. In fact, that's the idea.

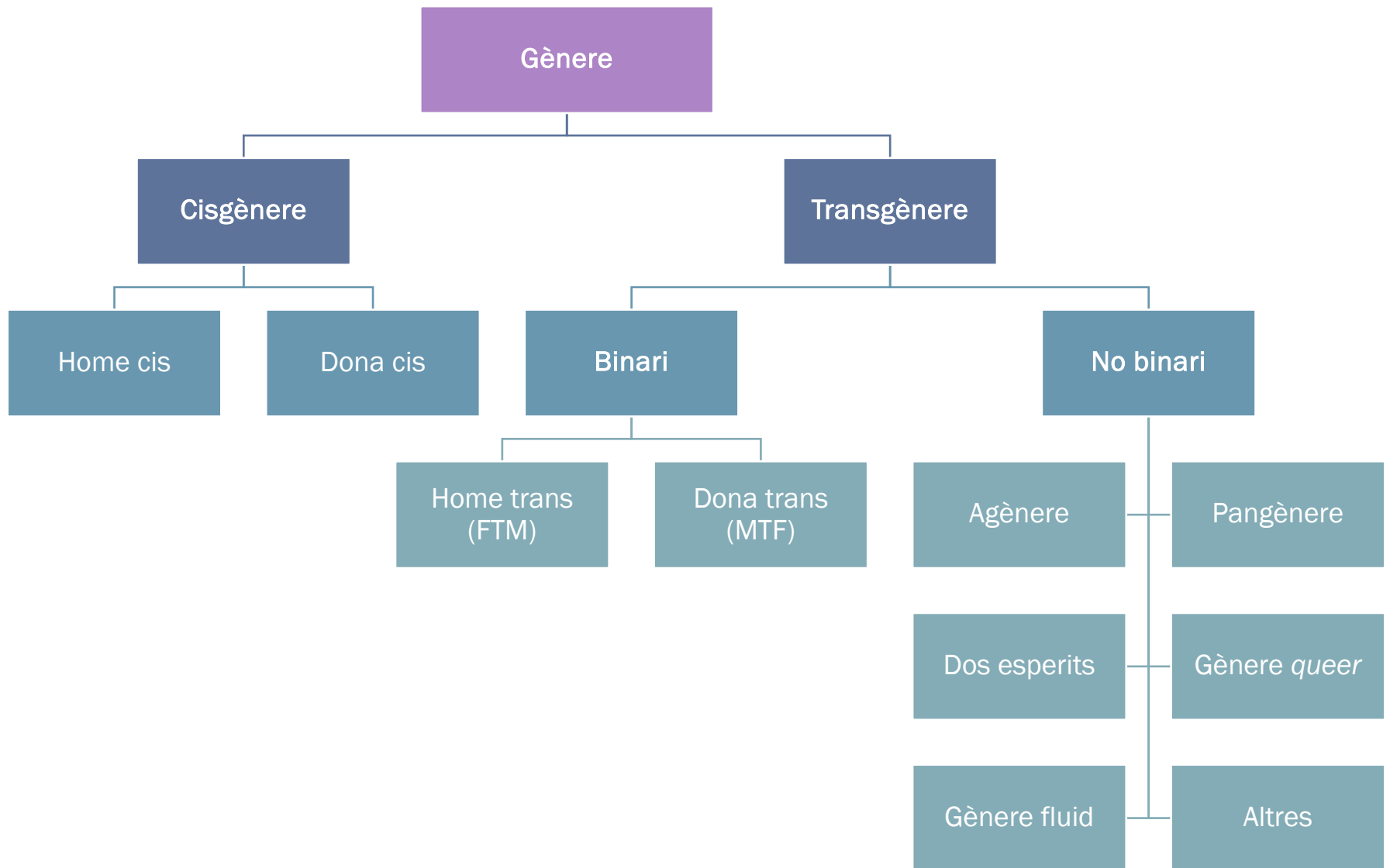


We can think about all these things as existing on continuums, where a lot of people might see themselves as existing somewhere between 0 and 100 on each

Sexe



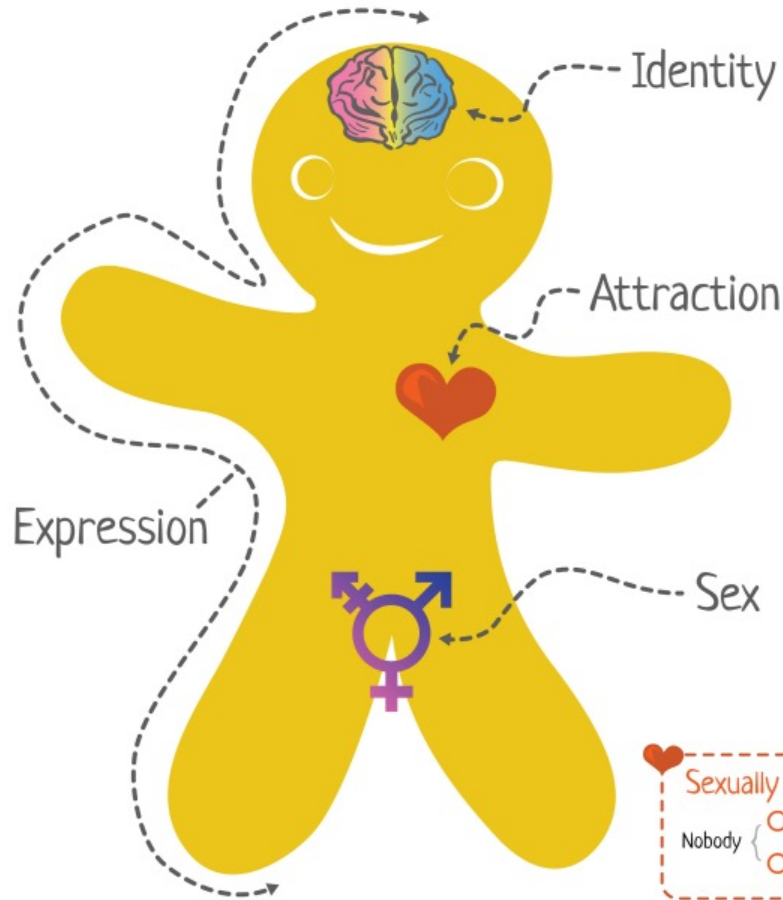
Gènere



Terminologia

The Genderbread Person

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more. In fact, that's the idea.



Plot a point on both continua in each category to represent your identity; combine all ingredients to form your Genderbread

4 (of infinite) possible plot and label combos

Gender Identity

Indicates a lack of what's on the right.

Woman-ness

Man-ness

How you, in your head, define your gender, based on how much you align (or don't align) with what you understand to be the options for gender.

Examples: "woman", "man", "two-spirit", "genderqueer"

Gender Expression

Feminine

Masculine

The ways you present gender, through your actions, dress, and demeanor, and how those presentations are interpreted based on gender norms.

Examples: "butch", "femme", "androgynous", "gender neutral"

Biological Sex

Female-ness

Male-ness

The physical sex characteristics you're born with and develop, including genitalia, body shape, voice pitch, body hair, hormones, chromosomes, etc.

Examples: "male", "female", "intersex", "Mtf Female"

Sexually Attracted to

Nobody

(Women/Females/Femininity)

(Men/Males/Masculinity)

Romantically Attracted to

Nobody

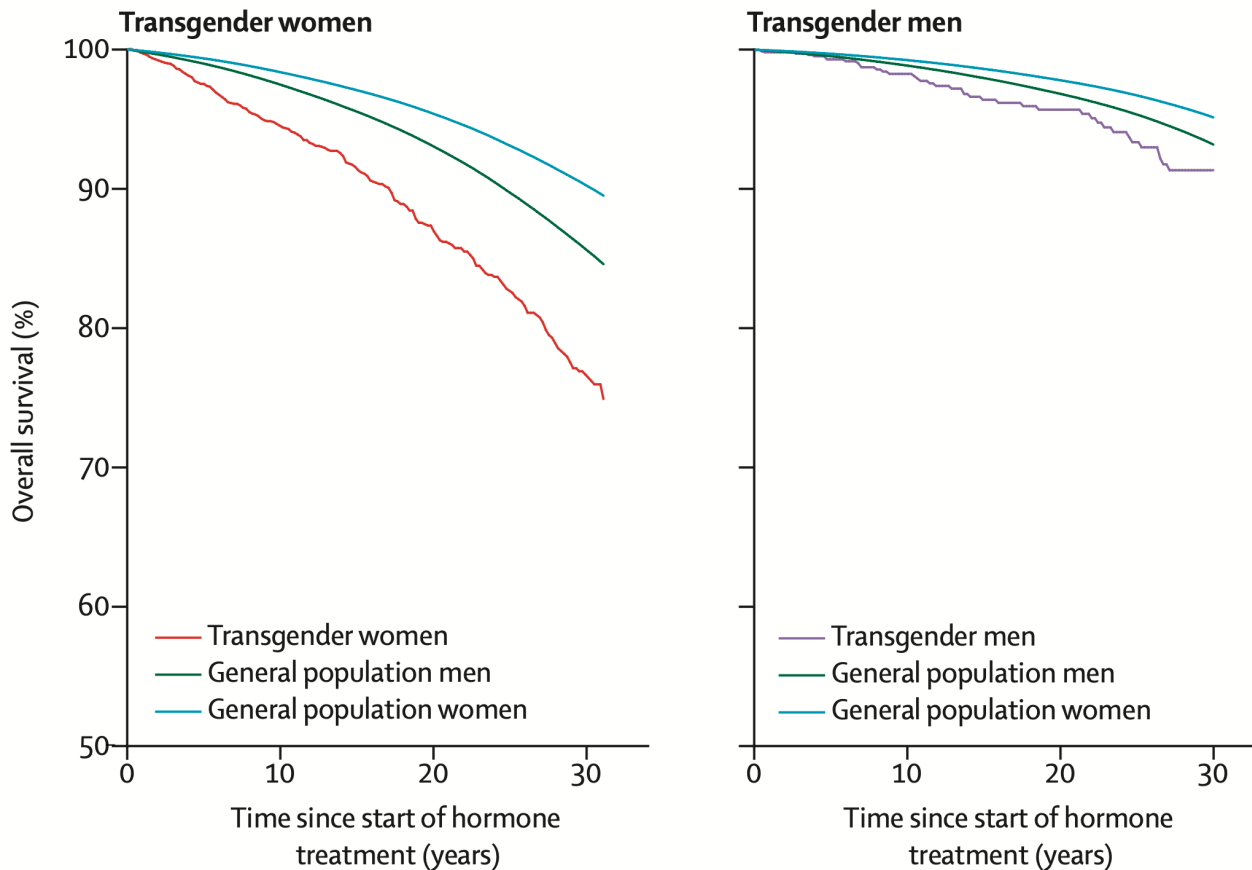
(Women/Females/Femininity)

(Men/Males/Masculinity)

In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction.

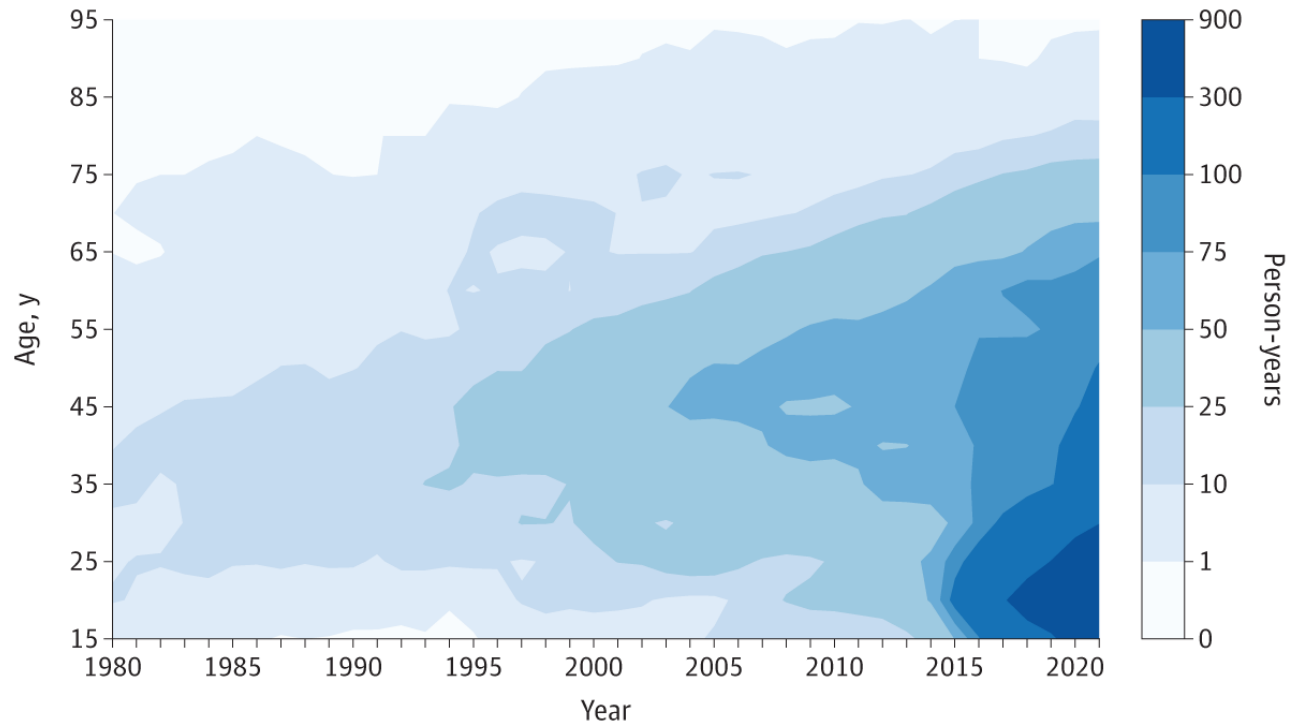
**Què sabem sobre la salut
de les persones trans?**

Mortalitat



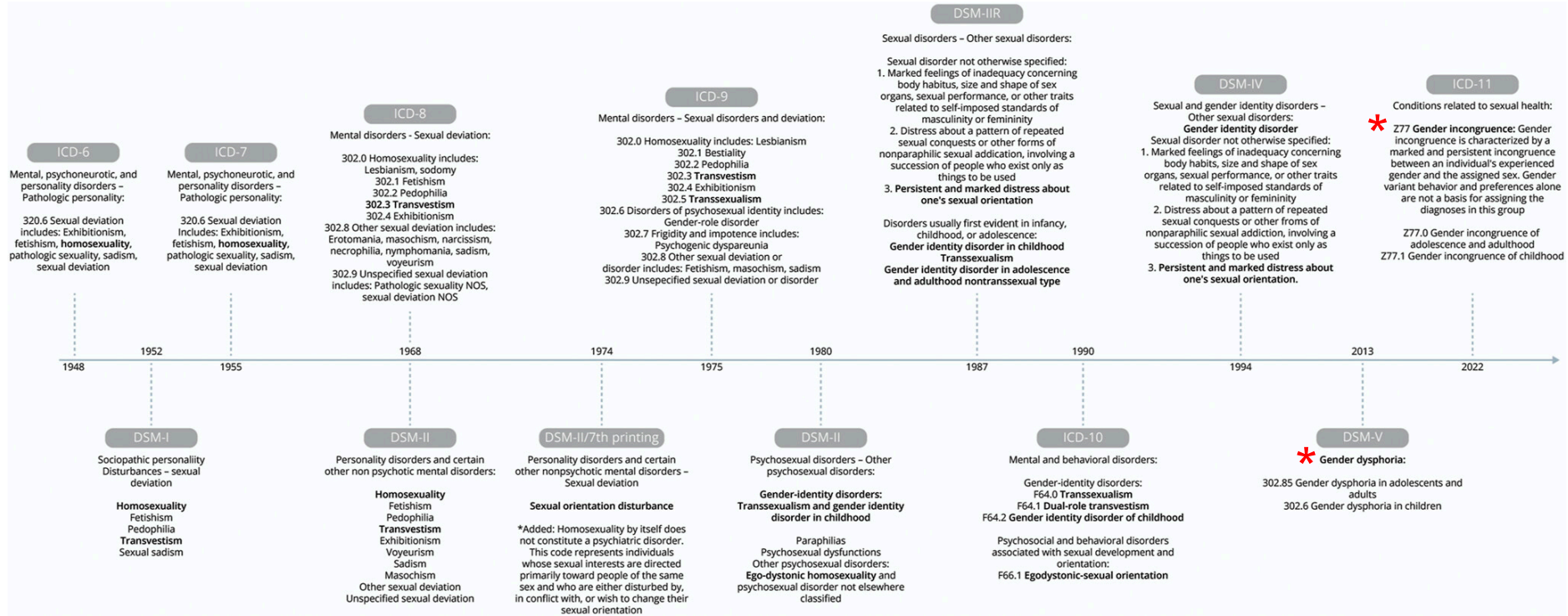
	0	10	20	30	0	10	20	30
Number at risk	2927	1569	915	387	1641	615	363	169
(censored)	(1254)	(568)	(453)	(353)	(1011)	(239)	(182)	(165)

Suïcidi i mortalitat



Suicide	7.7 (5.9-10.2)
Suicide mortality	3.5 (2.0-6.3)
Suicide-unrelated mortality	1.9 (1.6-2.2)
All-cause mortality	2.0 (1.7-2.4)

Salut mental



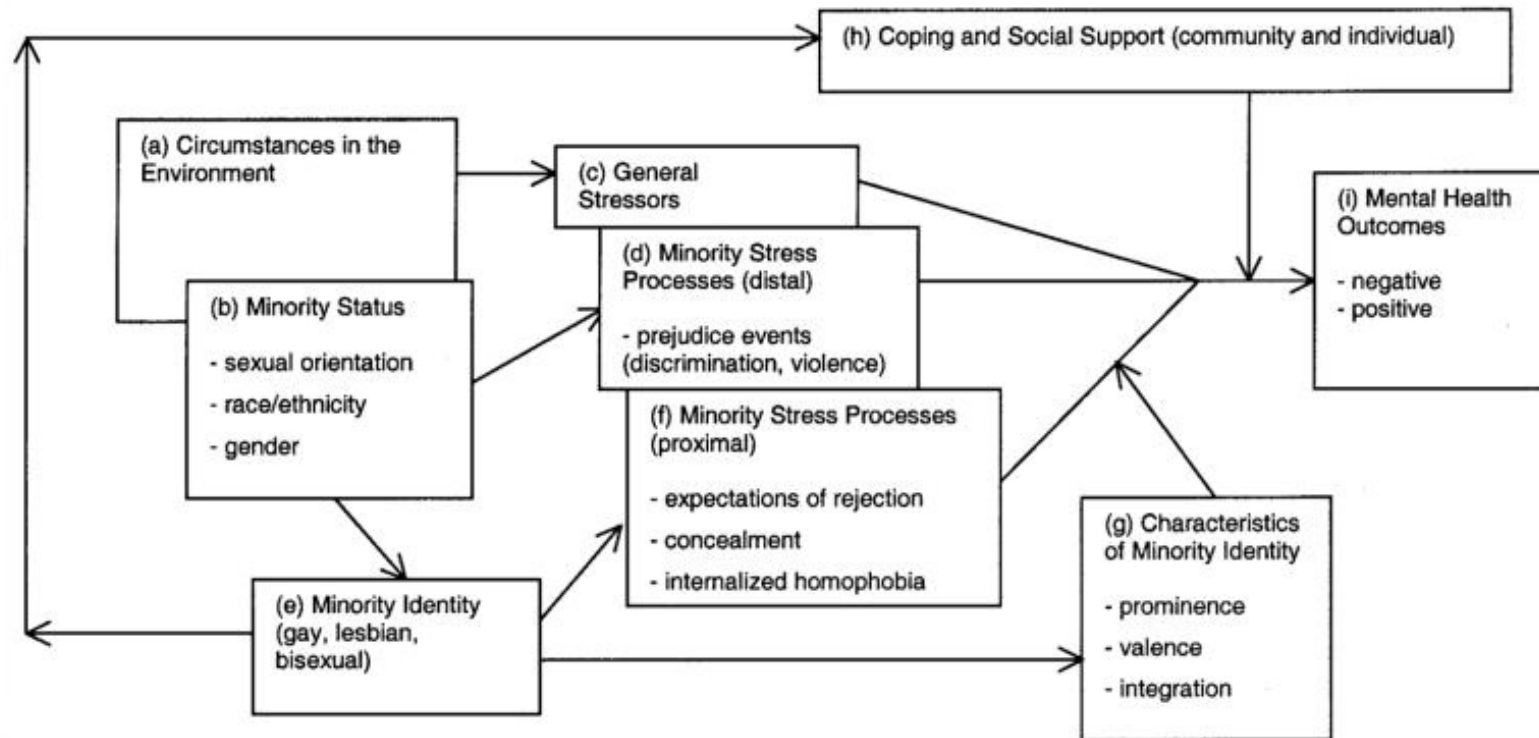
Salut mental

Tabla 5 Rasgos psicopatológicos de personalidad (Inventario clínico multiaxial de Millon III)

	Media	DT	Significación para 70
MCMI esquizoide	44,18	20,367	p < 0,000
MCMI fóbico-evitativo	43,66	27,842	p < 0,000
MCMI depresivo	36,60	26,135	p < 0,000
MCMI dependiente	38,46	24,196	p < 0,000
MCMI histriónico	54,24	22,769	p < 0,000
MCMI narcisista	61,63	14,309	p < 0,000
MCMI antisocial	50,41	19,756	p < 0,000
MCMI agresivo-sádico	46,46	20,986	p < 0,000
MCMI compulsivo	58,79	17,978	p < 0,000
MCMI pasivo-agresivo	45,76	21,547	p < 0,000
MCMI autodestructivo	34,38	23,174	p < 0,000
MCMI esquizotípico	44,00	24,716	p < 0,000
MCMI límite	36,86	25,051	p < 0,000
MCMI paranoide	* 54,04	25,411	p < 0,000
MCMI ansiedad	45,20	33,482	p < 0,000
MCMI somatomorfo	29,16	26,605	p < 0,000
MCMI bipolar	49,49	22,440	p < 0,000
MCMI distímico	32,56	28,273	p < 0,000
MCMI alcohol	48,61	22,169	p < 0,000
MCMI droga	50,13	21,951	p < 0,000
MCMI tep	33,07	26,475	p < 0,000
MCMI pensamiento	35,50	25,957	p < 0,000
MCMI depresión	30,29	27,647	p < 0,000
MCMI delirante	* 55,19	27,203	p < 0,000

DT: desviación típica; MCMI-III: Inventario clínico multiaxial de Millon; tep: trastorno por estrés postraumático.

Teoria de l'estrès de minories



Infecció per VIH

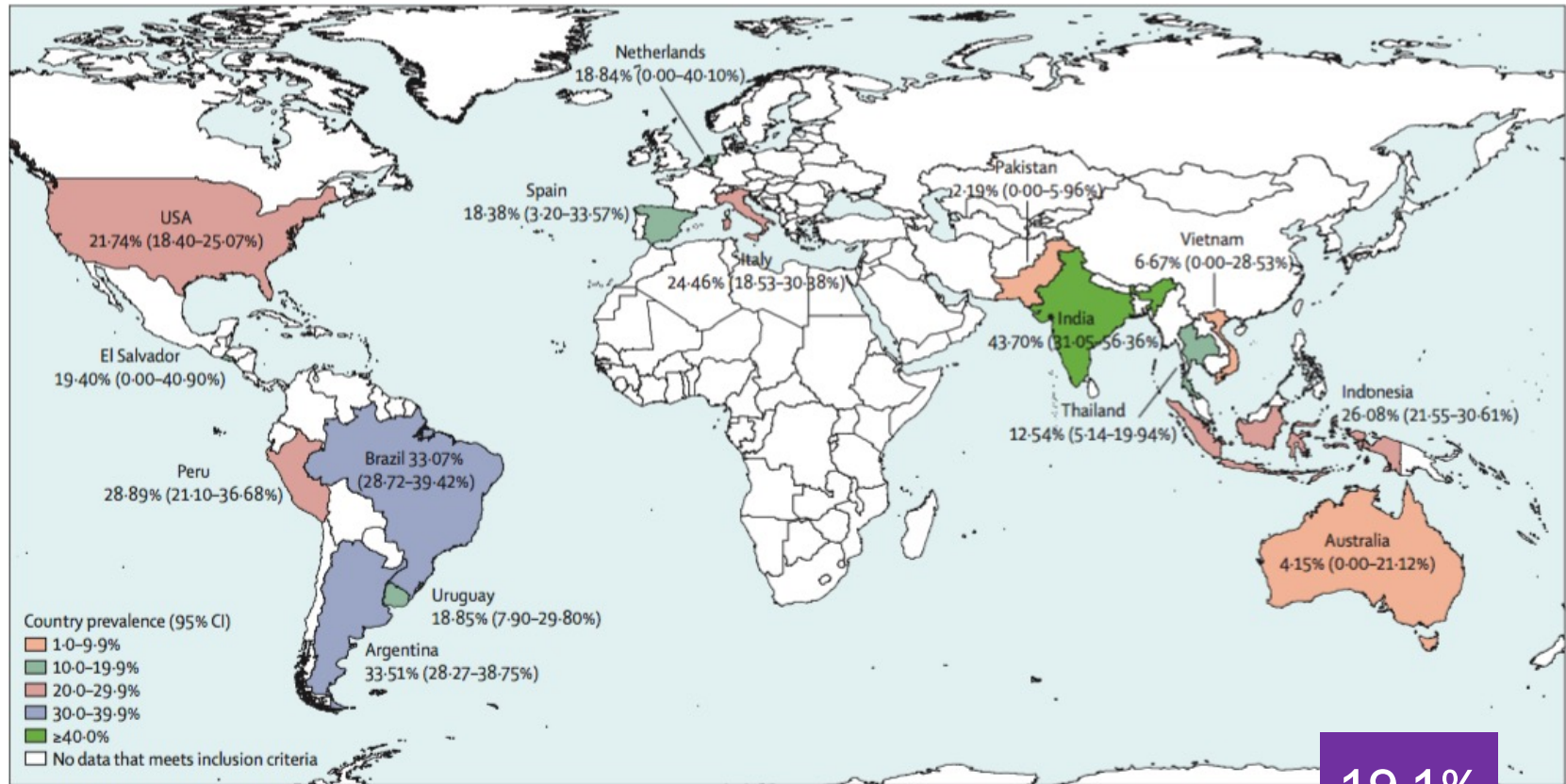
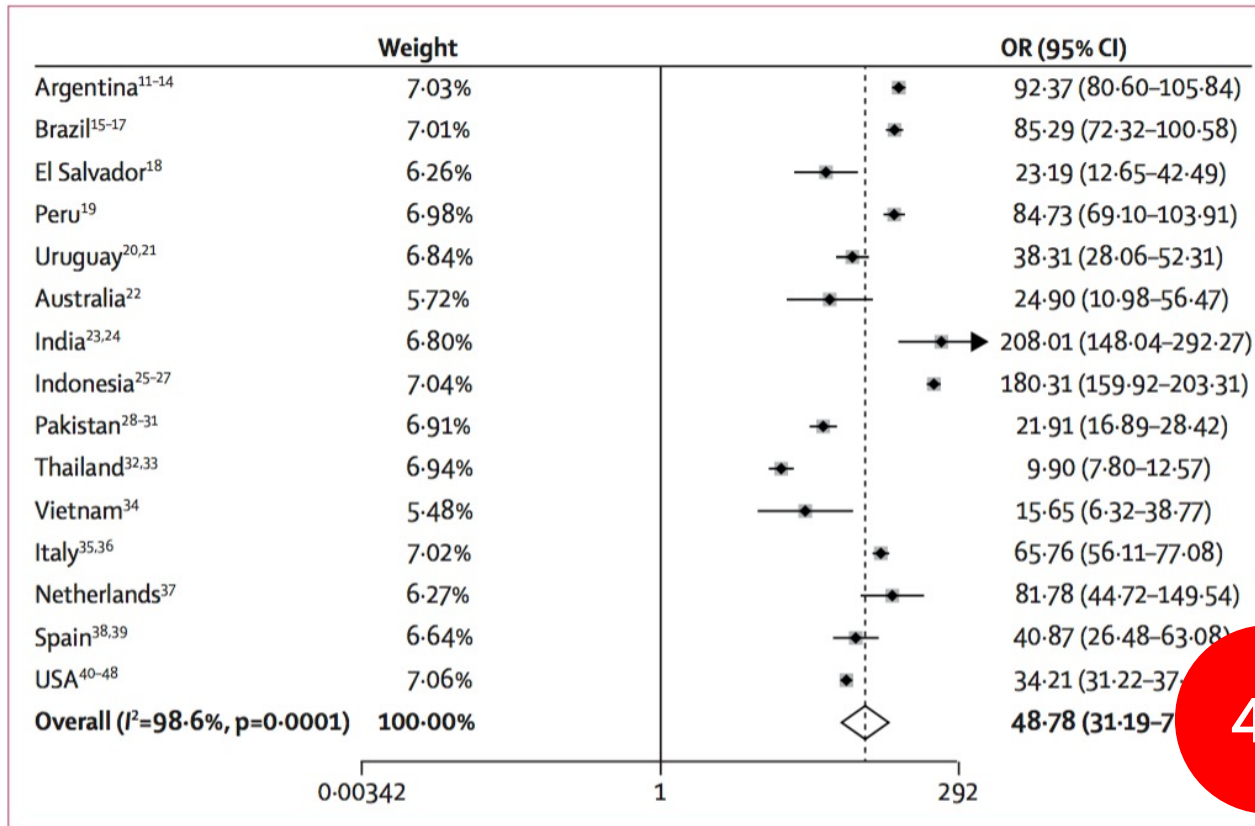


Figure 3: Prevalence of HIV in transgender women, 2000-11

Infecció per VIH



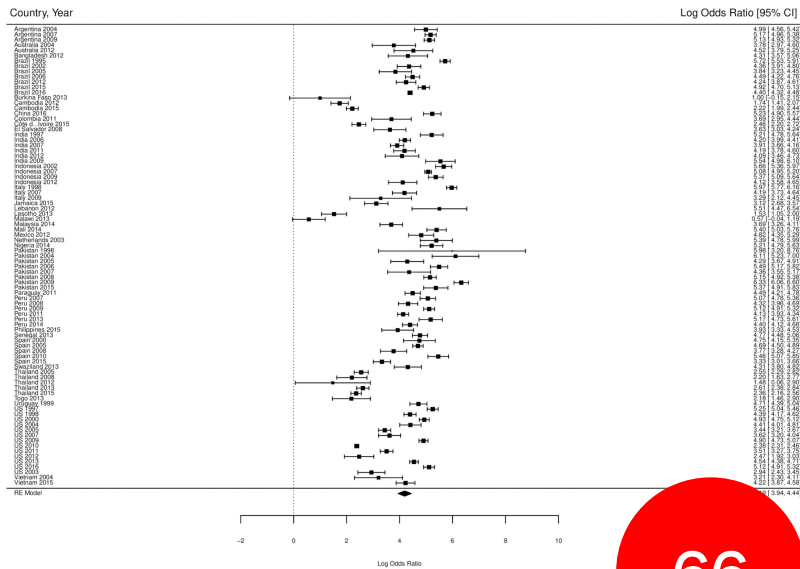
49

Figure 2: Meta-analysis of risk of HIV infection in transgender women versus all adults 15-49 by country, 2000-11

Infecció per VIH

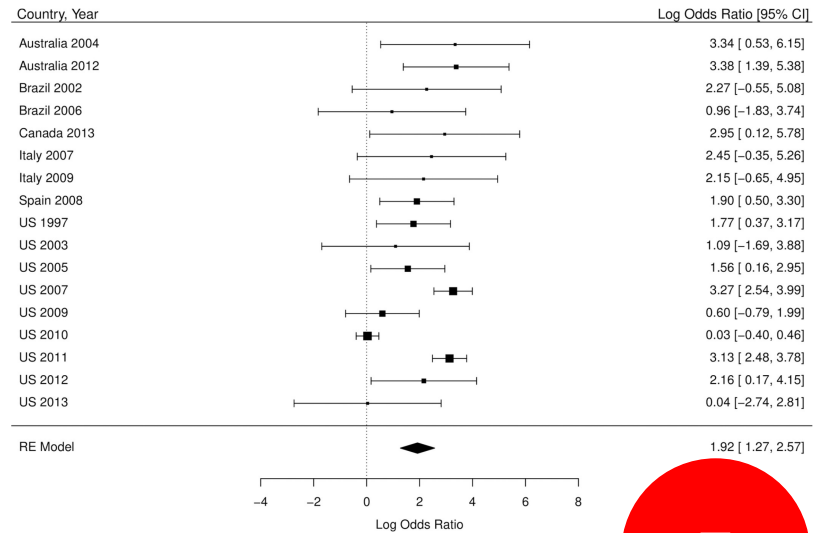
Dones trans

19,9%



Homes trans

2,6%



Individual risk factors

- Transactional sex
- Shared needles for hormone and/or silicon injections
- Migrant status
- Fear to drug interactions and healthcare access
- Mental health issues and substance use

Global risk factors

- Marginalization and stigmatization
- Limited education and work opportunities
- Lack of legal recognition

PrEP

Table 6. HIV prevalence and odds ratios for trans feminine individuals compared to all adults (age 15+) in US-based studies, according to whether data was collected before or after the introduction of PrEP (2012).

	Number of studies	Sample size	Frequency of HIV among TF in the samples	Prevalence (95%CI)*	Odds Ratio (95%CI)
Before PrEP	18	21022	1475	18.4 (14.8–22.0)	53.5 (29.7–96.5)
After PrEP	6	1401	358	23.7 (20.2–27.2)	58.0 (12.3–275.9)

Note. *Overall prevalence was calculated by direct standardization based on country-year weights used in meta-analysis.

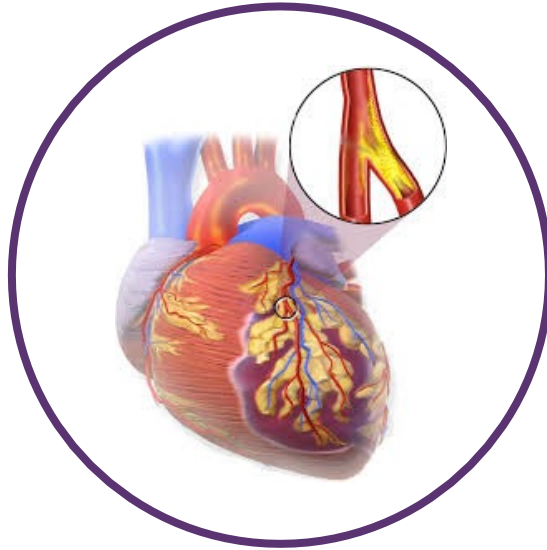


Antiretrovirals i teràpia hormonal

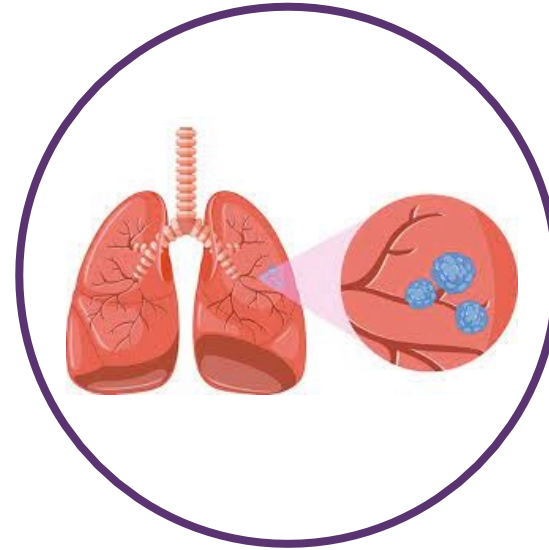
Hormone replacement therapy		ATV/c	ATV/r	DRV/c	DRV/r	LPV/r	DOR	EFV	ETV	NVP	RPV	FTR	MVC	LEN	BIC	CAB/ RPV	DTG	EVG/c	RAL	TAF	TDF
Estrogen & Progestogen	estradiol	↑ a	↓ b	↑ a	↓ b	↓ b	↔	↓ b	↓ b	↓ b	↔	↑ a	↔	↑	↔	↔	↔	↑ a	↔	↔	↔
	drospirenone	↑ a,c	↑ a	↑ a	↑ a	↑ a	↔	↓ b	↓ b	↓ b	↔	↔ a,d	↔	↑	↔	↔	↔	↑ a	↔	↔	↔
	dydrogesterone	↑ a	↑ a	↑ a	↑ a	↑ a	↔	↓ b	↓ b	↓ b	↔	↔ a,d	↔	↑	↔	↔	↔	↑ a	↔	↔	↔
	levonorgestrel	↑ a	↑ a	↑ a	↑ a	↑ a	↔	↓ b	↓ b	↓ b	↔	↔ a,d	↔	↑	↔	↔	↔	↑ a	↔	↔	↔
	medroxyprogesterone (oral)	↑ a	↑ a	↑ a	↑ a	↑ a	↔	↓ b	↓ b	↓ b	↔	↔ a,d	↔	↑	↔	↔	↔	↑ a	↔	↔	↔
	norethisterone	↑ a	↑ a	↑ a	↑ a	↑ a	↔	↓ b	↓ b	↓ b	↔	↔ a,d	↔	↑	↔	↔	↔	↑ a	↔	↔	↔
	norgestrel	↑ a	↑ a	↑ a	↑ a	↑ a	↔	↓ b	↓ b	↓ b	↔	↔ a,d	↔	↑	↔	↔	↔	↑ a	↔	↔	↔

Salut trans

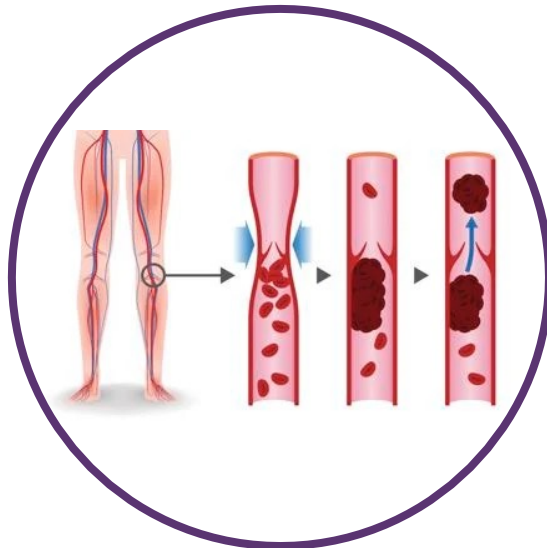
Risc vascular



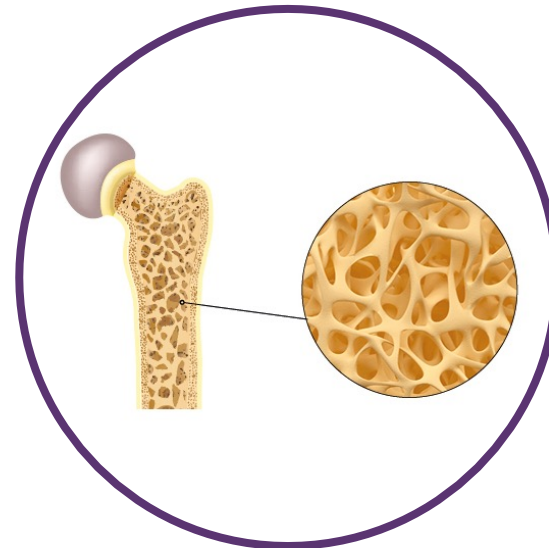
Càncer



Trombosi



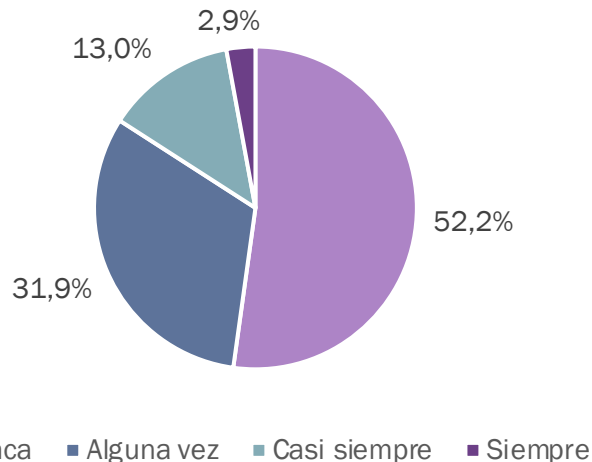
Salut òssia



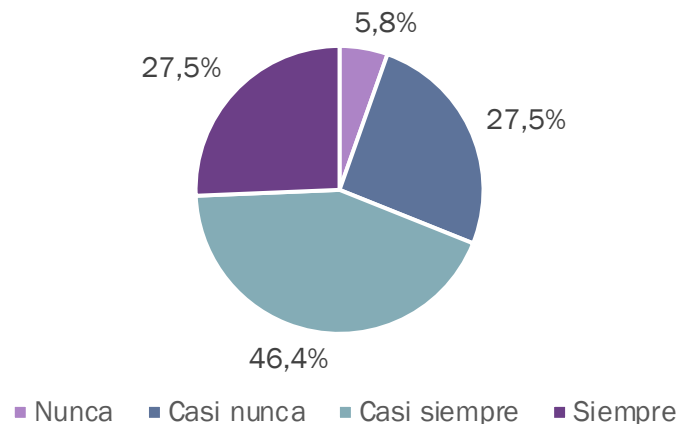
Abordatge individual i institucional de les persones trans

Abordatge individual

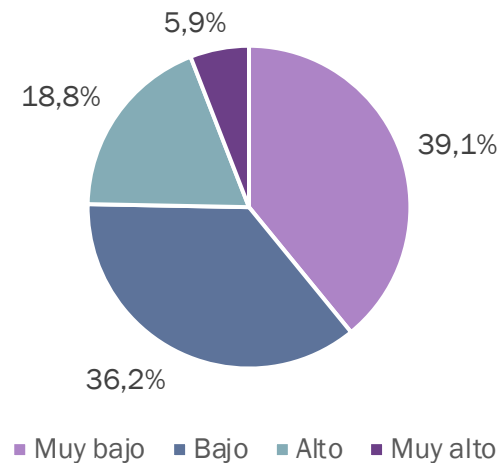
¿Has tenido un **trato discriminatorio o poco adecuado** por el personal sanitario?



¿Has recibido un **trato adecuado en cuanto a tu identidad de género** por el personal sanitario?



¿Cuál crees que es el **conocimiento sobre la realidad trans** del personal sanitario?



Abordatge individual

Passing

Reconèixer i referir-se a una persona segons la seva identitat de gènere

Misgendering

Reconèixer o referir-se a una persona segons el seu sexe assignat i no a la seva identitat de gènere

Deadnaming

Referir-se a una persona utilitzant el seu nom assignat i no el seu nom sentit

Abordatge individual

Com vols que
et digui?

Quins són els
teus pronoms?

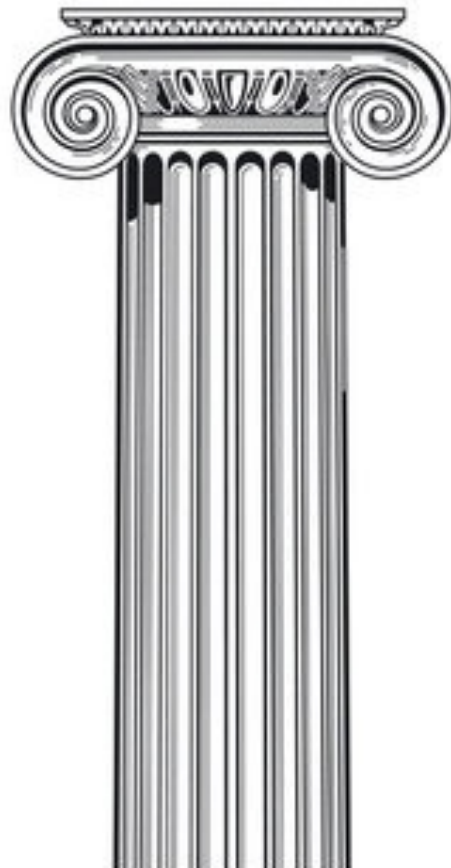


Abordatge individual

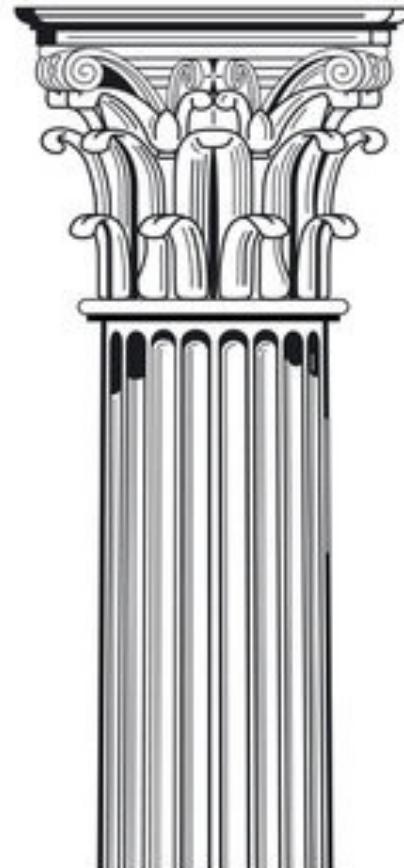


Abordatge individual

Teràpia hormonal
d'afirmació de
gènere (THAG)



Cirurgia de
confirmació de
gènere (CCA)



Abordatge individual

WORLD PROFESSIONAL ASSOCIATION FOR TRANSGENDER HEALTH

WPATH STANDARDS OF CARE

for the Health of Transgender
and Gender Diverse People

Version

8

WPATH.ORG

Abordatge institucional



LEGISLACIÓN CONSOLIDADA

Ley 4/2023, de 28 de febrero, para la igualdad real y efectiva de las personas trans y para la garantía de los derechos de las personas LGTBI.

Jefatura del Estado
«BOE» núm. 51, de 01 de marzo de 2023
Referencia: BOE-A-2023-5366

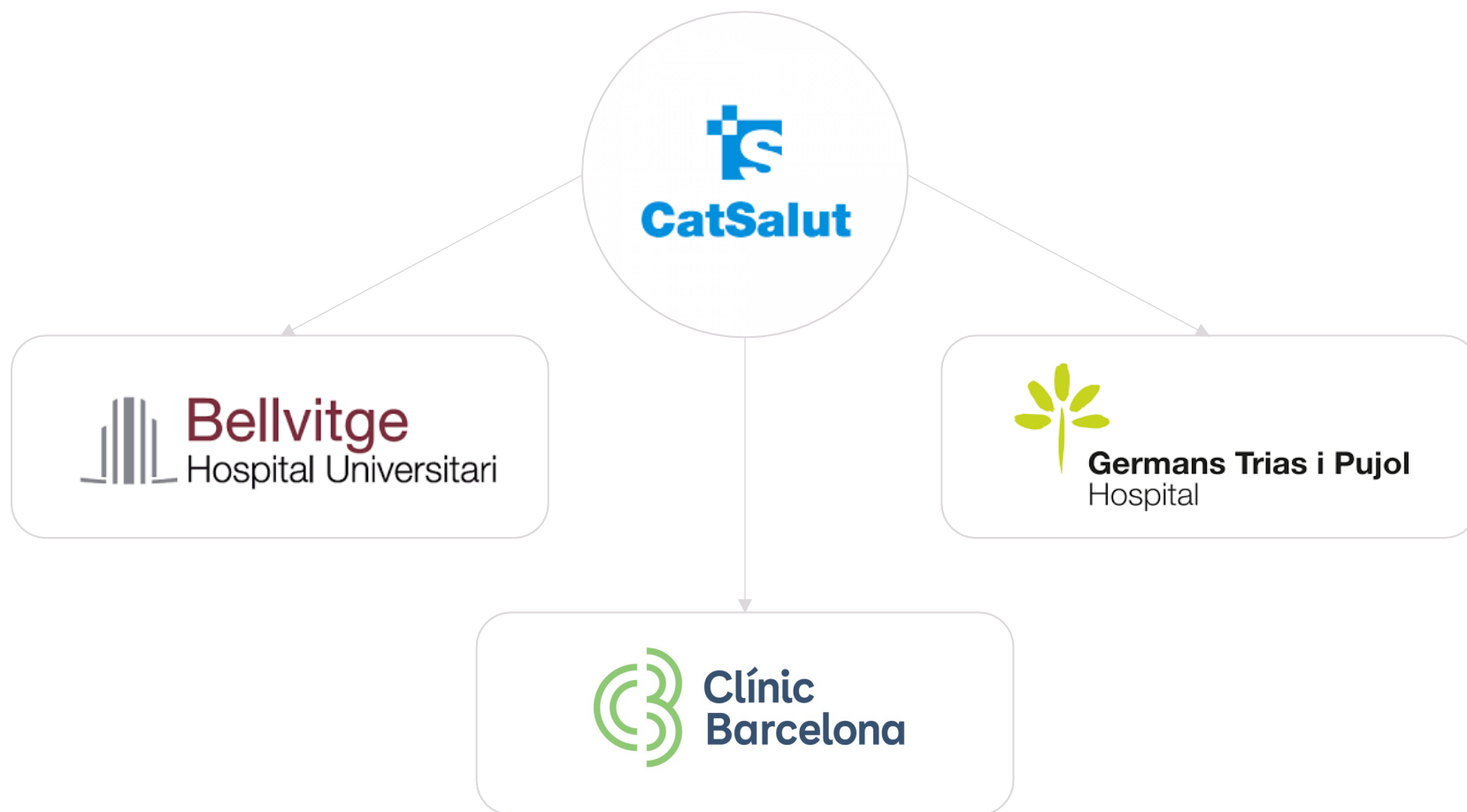
Punts clau de la “Ilei trans”

1. Autodeterminació i despatologització de la identitat de gènere
2. Control de la modificació genital de les persones intersexuals
3. “Reconeixement” de les persones no binàries
4. Dret a la maternitat de lesbianes, dones bisexuals i trans gestants
5. Igualtat i no discriminació en diferents àmbits

Unitats de Trànsit

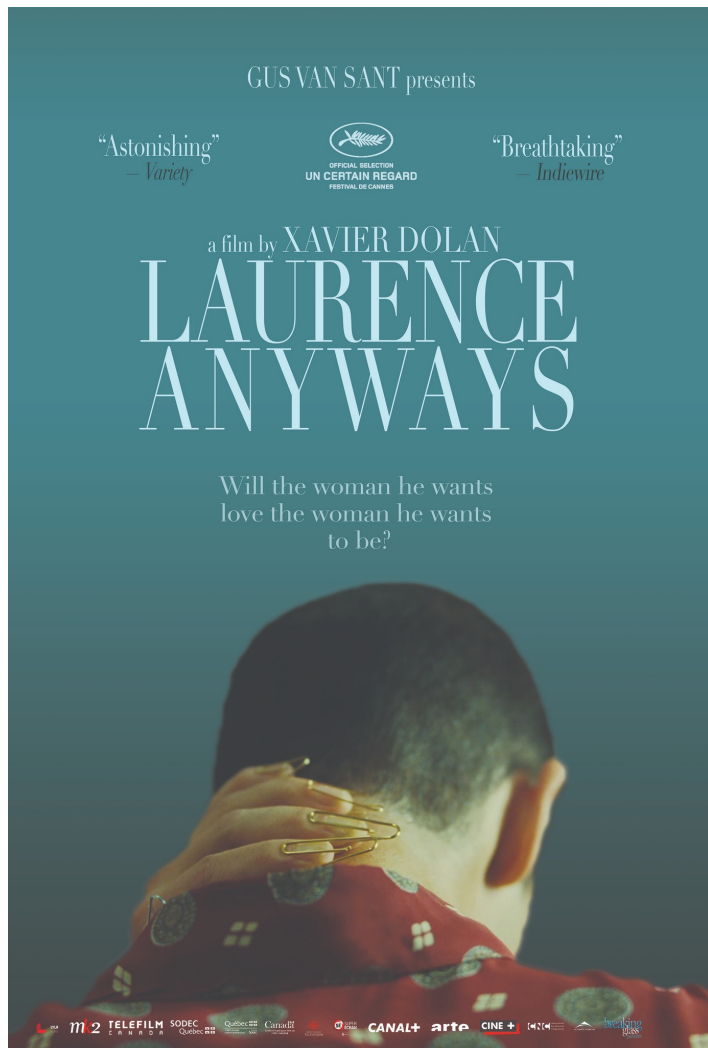
Badalona	Manresa
CAP Dr. Robert	CAP Bages
Barcelona	Reus
CAP Numància	CAP Sant Pere
Girona	Sabadell
CAP Güell	CAP Sant Fèlix
Lleida	Terrassa
CAP Rambla Ferran	Mútua Terrassa

Programa de Modificació Corporal Quirúrgica per Persones Trans



Conclusions

1. La identitat de gènere és complexa i única per cada persona
2. Les persones trans no estan malaltes però són més vulnerables que les persones cis
3. El suport a les persones trans s'ha de realitzar des d'una perspectiva biopsicosocial



Moltes gràcies!

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