

As a family medicine physician who provides gender affirming care, I can personally attest to the importance of access to this care. I have seen lives transformed for the better with access to gender affirming medications and surgeries. Furthermore, studies have shown that gender diverse persons (including children and adolescents) who have access to gender affirming care have decreased rates of self-harm and suicidal ideation. Gender affirming care is shown to be lifesaving. Gender affirming care decreases the rates of anxiety, depression, and substance use and improves quality of life. Access to medical and surgical gender affirming care is necessary for the safety and quality of life of gender diverse populations. Additionally, the government, whether federal, state, or local should not undermine the sanctity of the patient-doctor relationship in shared decision-making regarding treatment options, especially for already vulnerable populations.