



BIRTH CONTROL, ABORTIONS, and TRANS CARE: OH MY!

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Objectives

1. To understand the many services provided at Maine Family Planning under reproductive and sexual health.
2. To understand the etiology, prevalence, and vocabulary associated with trans folks.
3. To feel confident on how to make your space and language gender-inclusive.

* Disclaimer: When discussing birth control and abortions, I will be using she/her pronouns for the ease of speaking during the presentation. However, the discussion applies to ANYONE who can get pregnant, including transmen and non-binary folks.

A chalkboard with the words "POP QUIZ" written on it. "POP" is written in white chalk at the top. "QUIZ" is written below it in four different colors: "Q" is blue, "U" is yellow, "I" is orange, and "Z" is pink. The chalkboard is framed by a decorative brown border with scrollwork at the corners.

POP
QUIZ

What is the most effective form of birth control?

** Abstinence not included*

Implant

- Brand name: Nexplanon
- Contains: Etonogestrel (ENG)/progestin-only
- Length of Effectiveness: 3- 5 years
- Effectiveness in preventing pregnancy: >99%
(less than 1 per 100 women become pregnant)
- How it works: prevents ovulation, thickens cervical mucus, thins uterine lining
- Inserted: sub-dermally between biceps & triceps by a trained clinician
 - * weight gain of 4 pounds over 2 years



Sources:

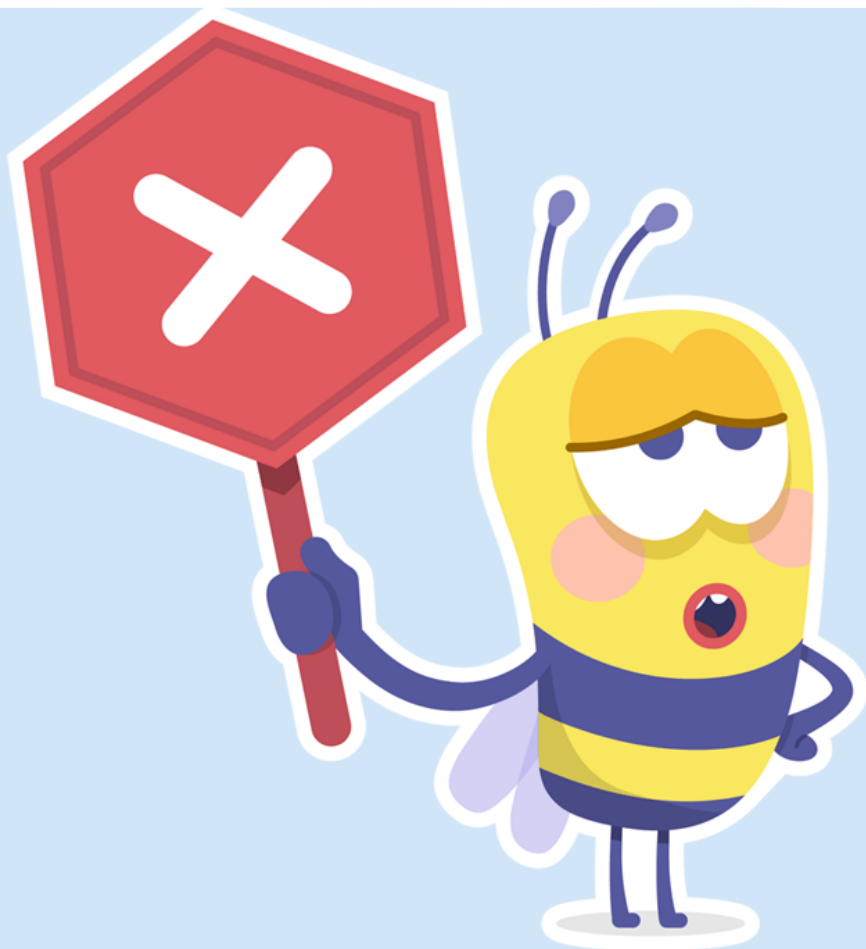
Nexplanon insert. Raymond, E, Contraceptive Technology, 2010



True or False:

The requirements to get an IUD are:

1. Cannot be a virgin.
2. Have to have delivered a baby vaginally.
3. Must be in a monogamous relationship.



False!

Although...

In the early 2000's, these were the requirements!

They were originally intended for MARRIED women who had a previous vaginal birth.

Mirena, Liletta, Skyla, and Kyleena IUDs

- Contains: levonorgestrel
- Effectiveness: 3-8 years
- Effectiveness in preventing pregnancy: 99%
(less than 1 per 100 women become pregnant)
- How it works: inhibits ovulation, increases viscosity of cervical mucus
- Inserted: vaginally in uterus by a trained clinician



Sources:

Mirena Prescribing Information. 2000; Trussel J. Contraceptive Technology. 2007; Hidalgo M. Contraception. 2002.

Copper-t IUD

- Brand name: Paragard®
- Contains: Copper ions (no hormones)
- Length of effectiveness: 10-12 years
- How it works: inhibits conception
- Effectiveness in preventing pregnancy: 99%
(less than 1 per 100 women become pregnant)
- Inserted: vaginally in uterus by a trained clinician



Sources:

Contraceptive Technology, 2010

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POP
QUIZ

True or False:

Birth control
causes weight
gain.

TRUE and FALSE

- Depo Provera shot
- Nexplanon
- Pill/patch/ring

True

- ANY of the IUDs.
- Barrier Methods
- Phexxi, spermicides
- Emergency contraception

False

Injectable Depo Medroxyprogesterone Acetate (DMPA)

- Brand name: Depo-Provera[®]
- Length of effectiveness: 3 months
- How it works: inhibits ovulation, thickens cervical mucus, anti-estrogen prevents sperm penetration, alters uterine lining
- Effectiveness in preventing pregnancy: 96-99%
- Disadvantages:
 - Increase weight gain (not consistent for all women)
 - Menstrual cycle disturbances (70% in first year but as low as 10% after first year)
 - Side effects and return to fertility not immediate after discontinuation of the method



Combined Hormonal Contraceptives (Pills , Patch, & Vaginal Ring)

- *All 3 methods have similar:*
 - *Contraceptive Efficacy: 6-12 pregnancies per 100*
 - *Menstrual bleeding patterns*
 - *Side effects*
 - *Contraindications/complications*
- *Major difference: the delivery system*
 - *Daily (combined oral contraceptive pills)*
 - *Weekly (Patch)*
 - *Monthly (NuvaRing)*

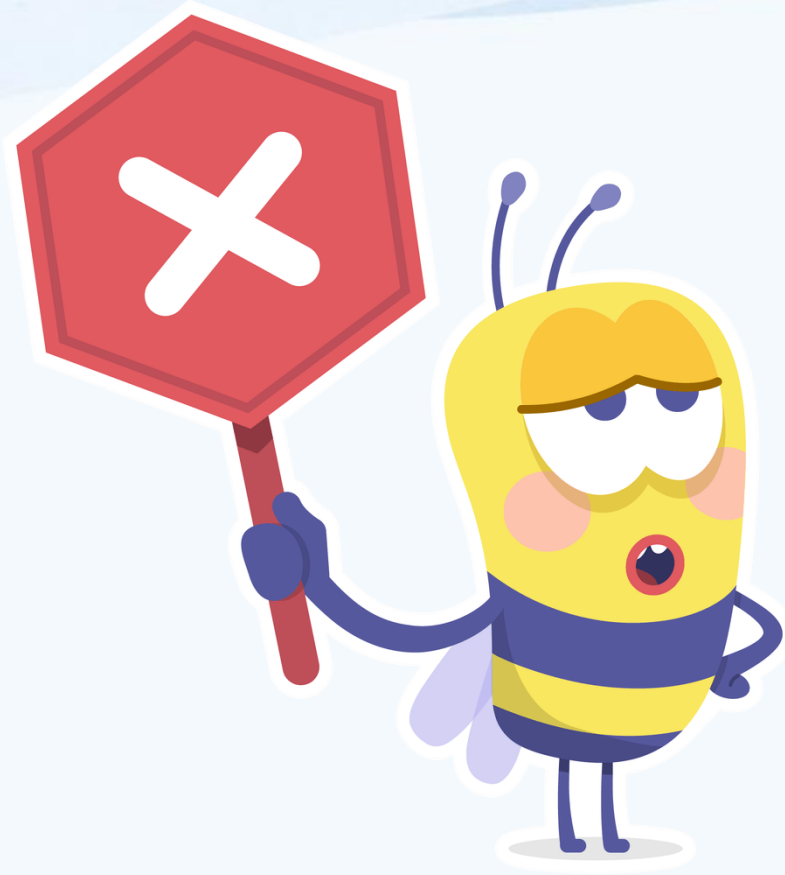


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POP
QUIZ

True or False:

Being on birth control for a long time causes infertility.



FALSE

Birth control only works while on it (and sometimes not even then!).

Return to fertility ranges from immediate (Paragard IUD) to about 6 months (Depo), but is typically 1-3 months.



POP
QUIZ

True or False:

It is important to take a "hormone holiday" for your body.



Nope. Not necessary.

*But we do have
hormone-free options!*

Name 5.



Caya
contoured
diaphragm



SPONGE

Non-hormonal options

- Condoms
- Diaphragm (Must be used with spermicide.)
- Spermicides
- Sponge
- Natural Family Planning or Fertility Awareness Method.
- Withdrawal
- Phexxi

• Condoms (male and female)

PHEXXI

- Phexxi is a birth control non-hormonal gel inserted prior to vaginal sex (no more than 1 hour before)
- Not a spermicide. Maintains vaginal pH to immobilize sperm.
- Ingredients are lactic acid, citric acid, and potassium bitartrate (cream of tartar).
- Costs about \$280 with GoodRx. Copay card on their website.
- 93% effective with perfect use. 86% with typical.



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POP
QUIZ

True or False:

*Birth control
causes cancer.*

Well..... No. But maybe. ...We're not sure.

NO

- Studies show that being on birth control is protective AGAINST developing endometrial (uterine) and ovarian cancers.

MAYBE

- Studies show conflicting results on whether or not hormones (estrogen and progesterone) increase the risk of breast cancer.
- If it does, it is a very minimal risk.

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POP
QUIZ

True or False:

Emergency
contraception
can be used to
terminate a
pregnancy.

False



Not even a little bit true.



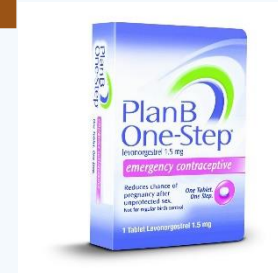
The Walking Dead

Sigh.....

Emergency Contraception

All available on site in our clinics

- Plan B
 - Can be taken up to 3 days after unprotected sex (efficacy greater the sooner you take it and decreases dramatically after 72 hours).
 - Less effective in people with a BMI >25
- Ella®
 - Can be taken up to 5 days after UPI. Doesn't decrease in effectiveness over the 5 days.
 - RX required—not available OTC. We carry it in all our clinics and will have a script on file for 1 year with refills.
 - Recommended for people with BMI > 25
- Copper IUD and Mirena IUD: inserted within 5 days after unprotected sex reduces risk of pregnancy by more than 99%. Can be done same day in clinic.





ROE V. WADE
OVERTURNED

Abortion is
NOT A CRIME.

Abortion is
NOT DANGEROUS.

Abortion is
NOT RARE.

Abortion **IS**
HEALTH CARE.

Abortion

- Abortion remains legal and protected in the state of Maine.
- Do minors need parental permission?
- NO.

Types of Abortions

Aspiration (or surgical)

- Offered in our Augusta clinic only at this time.
- Up to 14 weeks currently, but will be increasing to 17 weeks.

Medication

- Offered at all of our clinics.
- Up to 11 weeks of pregnancy.
- Medications can be taken in the privacy of their own home with flexible timing.

* Both versions may be covered by insurance, outside funding, or we can take payment in any form.

Medication Abortion



- Some people will require ultrasounds prior to the abortion (for dating, or to rule out ectopic pregnancy, etc), which can be done on site in our clinics.
- Some insurances also require this.
- If no ultrasound required, the visit can be performed via telemedicine in a private location of their choice (car, home, etc). They can go to a clinic to pick up a paper bag of meds after their visit.

Aspiration Abortion

- *Must be performed in clinic (currently Augusta). We are working on expanding our locations.*
- *Currently must be under 14 weeks. We will be increasing our gestational age to 17 weeks.*
- *Can offer sedatives prior to procedure. Will be offering conscious sedation for advanced gestations.*





What are your
questions about
abortion?

Trans 101

- Vocabulary
- Etiology
- Prevalence
- Open Door program at Maine Family Planning
- How to make your work space trans-friendly
- Resources



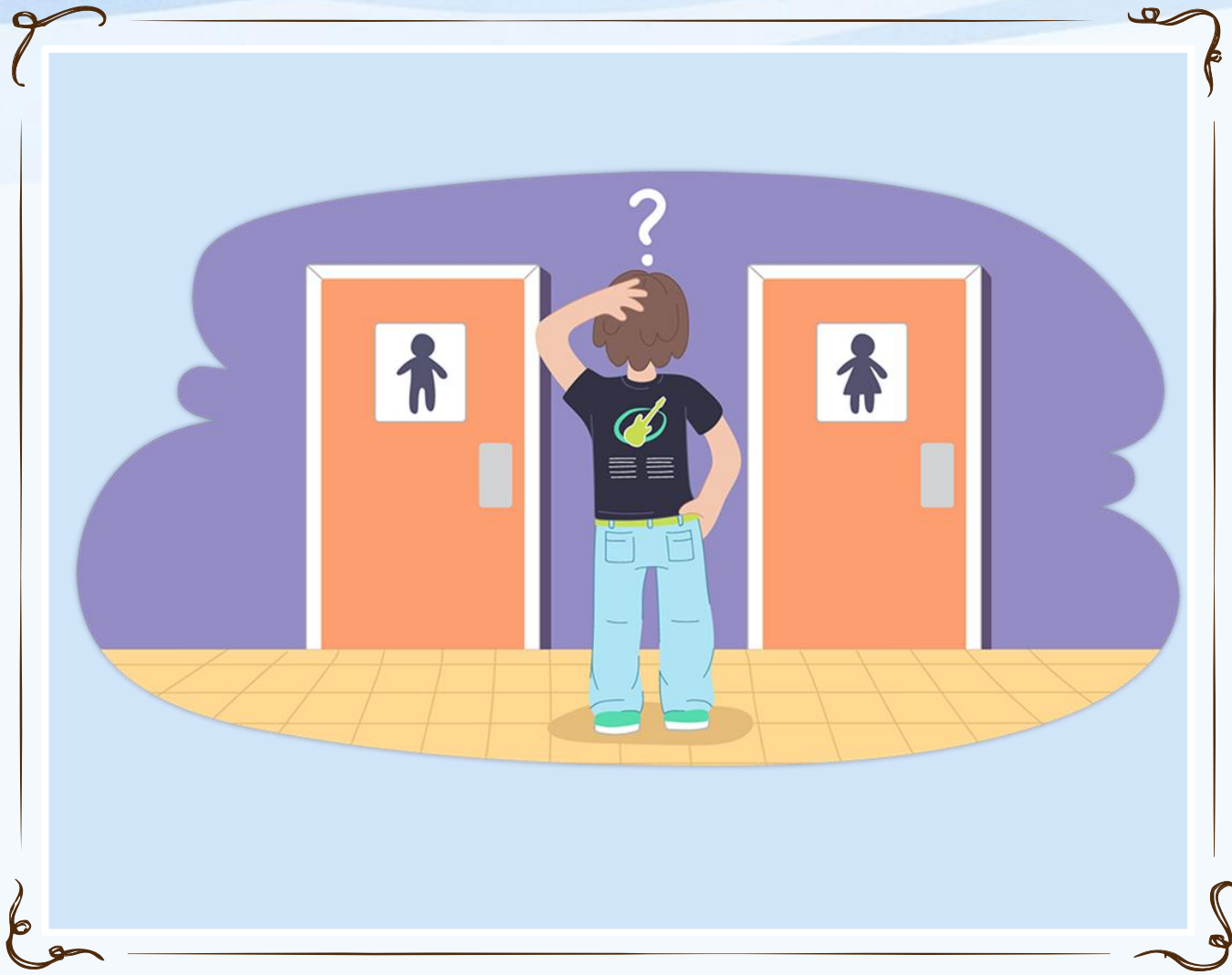
Vocabulary

- **Transgender:** Refers to a person who is born with the genetic traits of one gender but has the internalized identity of another gender
- **AFAB:** Assigned Female at Birth
- **AMAB:** Assigned Male at Birth
- **Transman, F-M, FTM, trans masculine:** AFAB, identify as male
- **Transwoman, M-F, MTF, transfeminine:** AMAB, identify as female
- **Non-binary (NB), Two Spirit, Genderqueer, Genderfluid:** A catch-all category for people who do not identify as exclusively male or female. May identify with neither, both, or a combination of male and female genders. Androgenous.
- **Cisgender (Cis):** A person whose sense of personal identity and gender corresponds with their birth sex.



Gender dysphoria

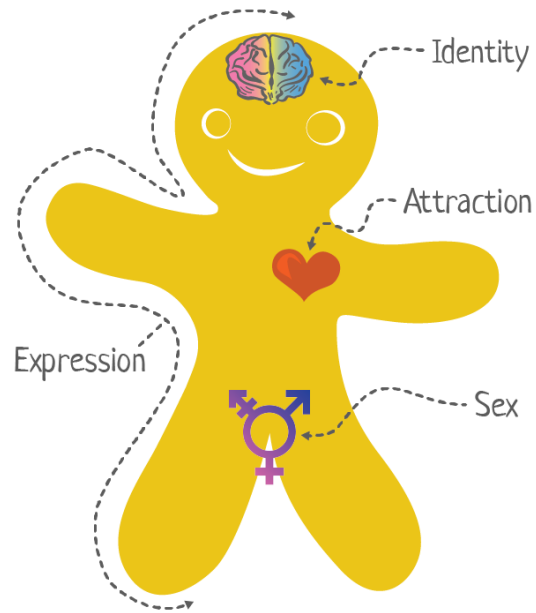
The discomfort or distress that is caused by a discrepancy between a person's gender identity and that person's sex assigned at birth.



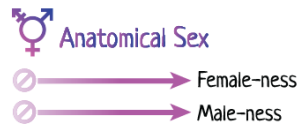
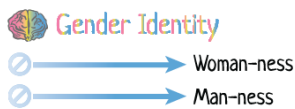
*How do you
know your
gender?*

It's how you feel.

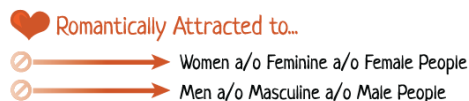
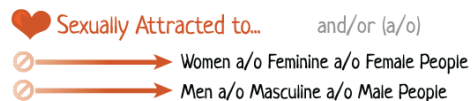
The Genderbread Person v4 by its pronounced METROsexual.com



⊖ means a lack of what's on the right side



Identity ≠ Expression ≠ Sex
Gender ≠ Sexual Orientation



Gender Identity is not the same as sexual identity.

“Sexual orientation is who you go to bed with. Gender identity is who you go to bed AS.”

-A very wise transgender patient of Dr. Spack.

We don't know! But here's what we do know...

Etiology

- Sexual differentiation of genitals occurs about 6 weeks in utero. Sexual differentiation of the brain is a separate, more complicated process, largely influenced by hormones.*
- Several studies have shown that identical twins are more often both transgender than fraternal twins.*
- Brain imaging has demonstrated that transwomen have exactly the same brain structures (the bed nucleus of the stria terminalis {BNST}) as cisgender women, rather than cisgender men. This holds true despite hormonal treatment.*
- Researchers in Australia found the receptor gene for testosterone was longer in transwomen and was less efficient at uptake of testosterone, resulting in a “feminized” brain.*
- One study found that the receptor for estrogen seems to be weaker in transmen. Thus, the externally female fetus ends up more masculinized.*
- The number and size of neurons in transwomen is similar to cis women. Likewise with transmen and cis men.*
- The size of the putamen is also different in transgendered individuals.*

Prevalence

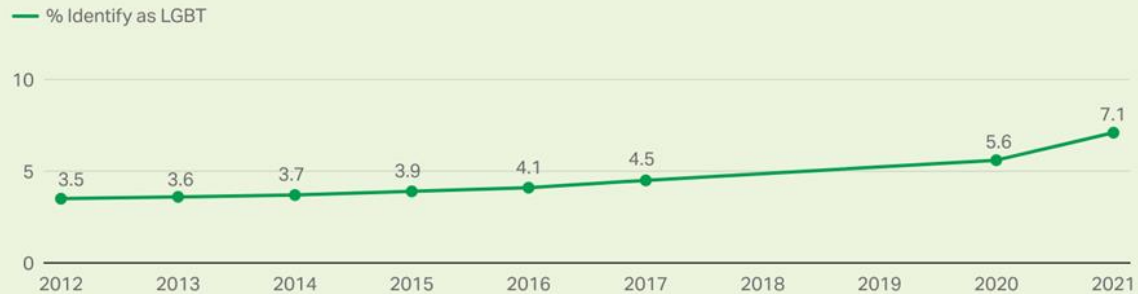
- Estimate in U.S. from the Williams Institute in 2016
 - 0.6% of adults in US identify as transgender = 1.4 million adults in the US
 - **1.3 million Mainers = 7,800 transgender Mainers**
 - <https://williamsinstitute.law.ucla.edu/wp-content/uploads/How-Many-Adults-Identify-as-Transgender-in-the-United-States.pdf>

LGBTQ Demographics: 2021 Gallup Poll

Americans' Self-Identification as LGBT, by Generation

Americans' Self-Identification as Lesbian, Gay, Bisexual, Transgender or Something Other Than Heterosexual

Which of the following do you consider yourself to be? You can select as many as apply. Straight or heterosexual; Lesbian; Gay; Bisexual; Transgender



--Respondents who volunteer another identity (e.g., queer, same-gender-loving; pansexual) are recorded as "Other LGBT" by interviewers. These responses are included in the LGBT estimate.

--Data not collected in 2018 and 2019.

--2012-2013 wording: Do you, personally, identify as lesbian, gay, bisexual or transgender?

GALLUP

	LGBT	Straight/Het ero-sexual	No response
Generation Z (born 1997-2003)	20.8	75.7	3.5
Millennials (born 1981-1996)	10.5	82.5	7.1
Generation X (born 1965-1980)	4.2	89.3	6.5
Baby boomers (born 1946-1964)	2.6	90.7	6.8
Traditionalists (born before 1946)	0.8	92.2	7.1



LGBTQ+ Student Health

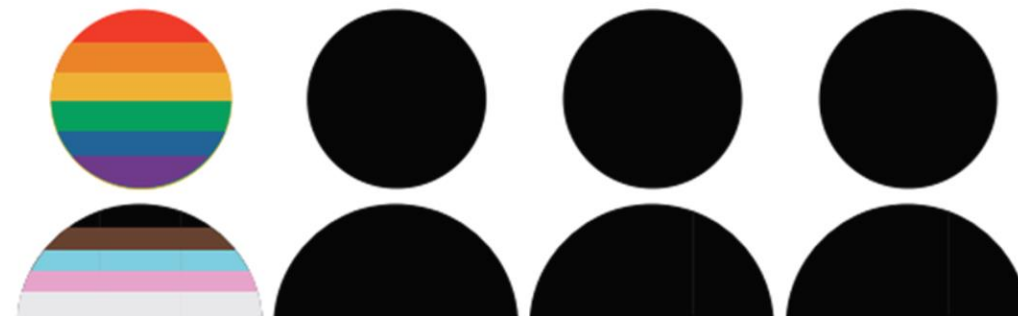


High school-level data from the 2021 Maine Integrated Youth Health Survey (MIYHS)

The 2021 MIYHS definition of **LGBTQ+** includes lesbian, gay, bisexual, transgender, queer/questioning, and other non-heterosexual, non-cisgender identities. **These data are not comparable to the 2019 LGBT Student Health Report.**



26.2% of Maine high school students identify as **LGBTQ+** (more than 14,000).



That's more than 1 in 4 students.

66% of trans people have avoided using a public restroom because they were afraid of confrontations or other problems they might experience.

67% of those who were out or perceived as transgender in school were verbally harassed and/or threatened with violence

36% of trans folks have experienced homelessness

44% of trans people have experienced serious psychological distress

23% of trans folks did not see a doctor in the previous year when they needed to because of fear of being mistreated because of their gender identity.

25% of trans people have lived or are living in poverty

Data from the 2015 USTS - Maine Snapshot

<http://www.transequality.org/sites/default/files/docs/usts/USTS-MEStateReport.pdf>



- Percentage of the US population who report a lifetime suicide attempt:
4.6%

- Percentage of the US lesbian, gay, and bisexual adult population who report a lifetime suicide attempt:
10-20%.

- Percentage of the US transgender adult population who report a lifetime suicide attempt:

41%

According to the National Transgender Discrimination Survey (NTDS) conducted by the National Gay and Lesbian Task Force and National Center for Transgender Equality

- *Open Door is our gender-affirming hormone therapy program.*
- *Started in June 2014 in one location with one practitioner and has expanded to all locations (via telehealth) and 7 practitioners. (Currently training more)*
- *Ages 16 and up due to new law.*
- *We have over 1,000 Open Door visits annually, with hundreds of NEW patients yearly.*



maine family planning

Open Door

TRANSGENDER HEALTH CARE

Maine Family Planning staff provides **compassionate, confidential, gender-affirming health services.** Whatever decisions you make about your health, we listen and provide support **WITHOUT JUDGMENT.**

— *Transgender health services include:* —

- » **Hormonal transition therapy** & monitoring for patients 18 years old & over
- » **Referrals** to specialty providers & community resources
- » **Onsite self-injection lessons** for hormone injections
- » **Yearly wellness visits, preventive care, birth control, safer sex supplies, STD testing & treatment, & abortion care**

Call **(207) 922-3222** or visit **MaineFamilyPlanning.org**

How do I make my workspace trans-friendly?



Get trained!

Many state and local programs offer transgender and LGBTQ-friendly training.



Learn how to make your language and paperwork gender-inclusive.



Learn how to make your space gender-inclusive



Get comfortable with the language and terminology

Start with the phone and front desk

Action:

1. Avoid specific gender markers.
2. Politely ask about a person's preferred name or pronoun if you are unsure.
3. Ask respectfully about names.
4. Did you goof? Acknowledge and politely apologize.
5. Use gender-neutral language.
6. Only ask information that is required.

Words:

1. "How may I help you today?"
2. "I would like to be respectful. How would you like to be addressed? What name and pronoun do you prefer?"
3. "Could your chart be under another name?"
AVOID "What is your legal name?" or "What is your real name?"
4. "I'm sorry for using the wrong pronoun. I did not mean to disrespect you."
5. Use "They" instead of "he" or "she."
6. Think, "What do I WANT to know versus what do I NEED to know?"



- Hang the PRIDE or Transgender flags inside and outside your workspace.

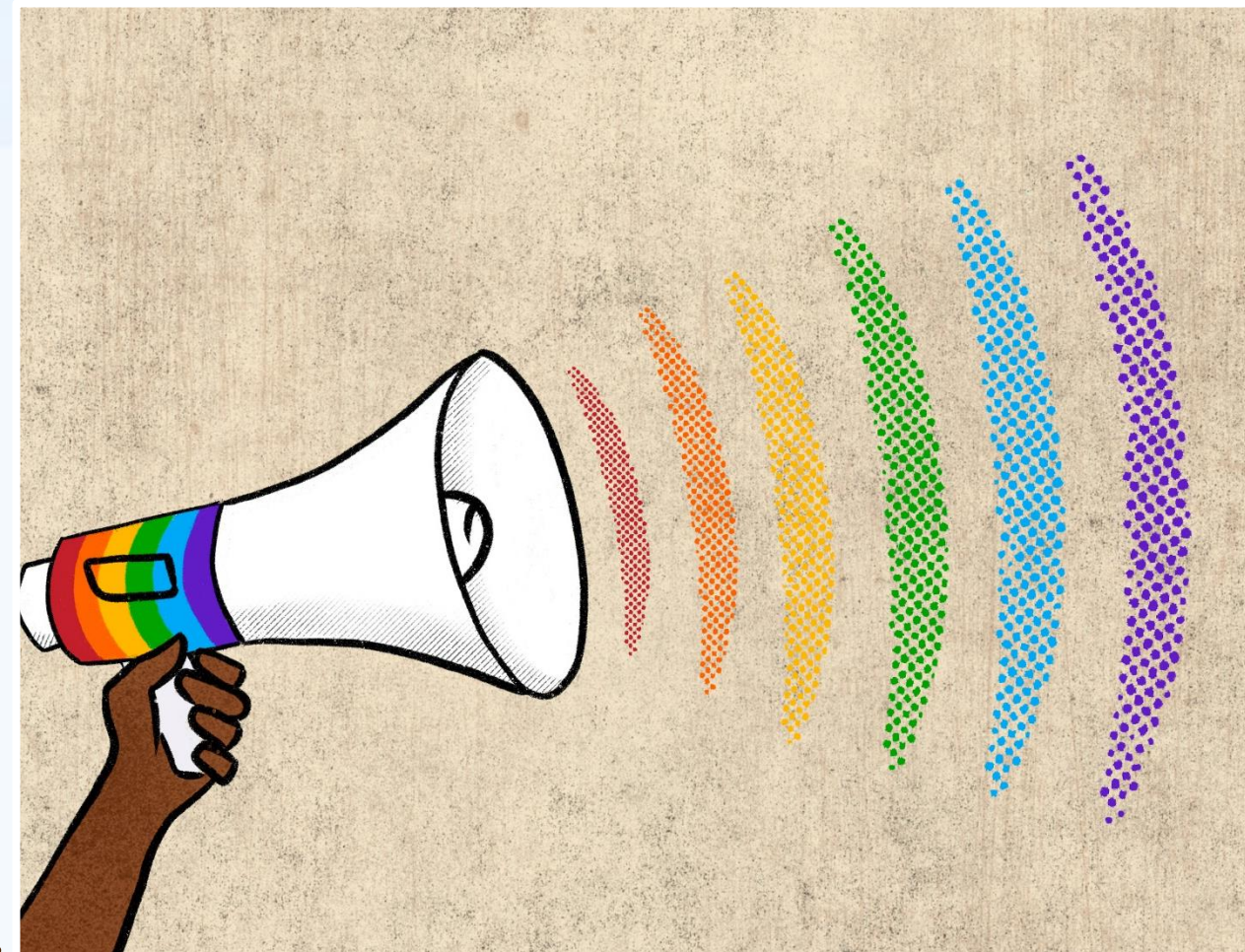
- Wear pins of the trans flag or Pride flag on your clothing.

- Wear pronoun pins.

Decorate your work space!

- Do you have gender specific bathrooms? Make them unisex!

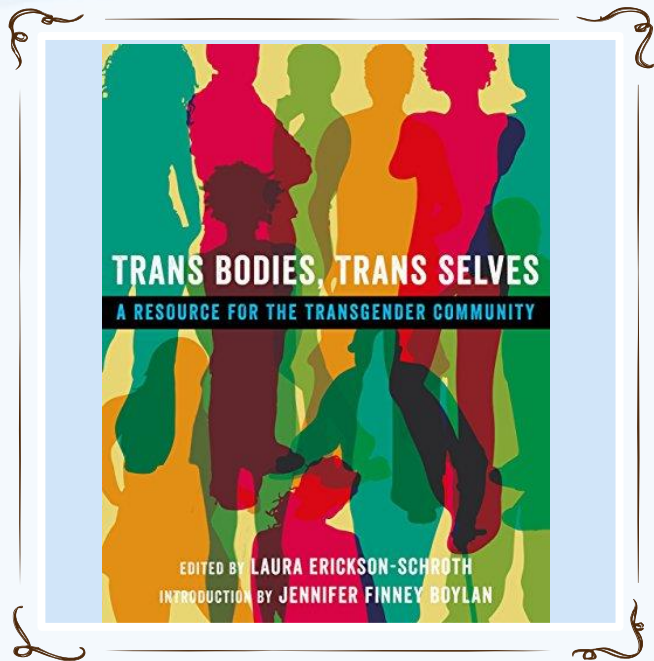




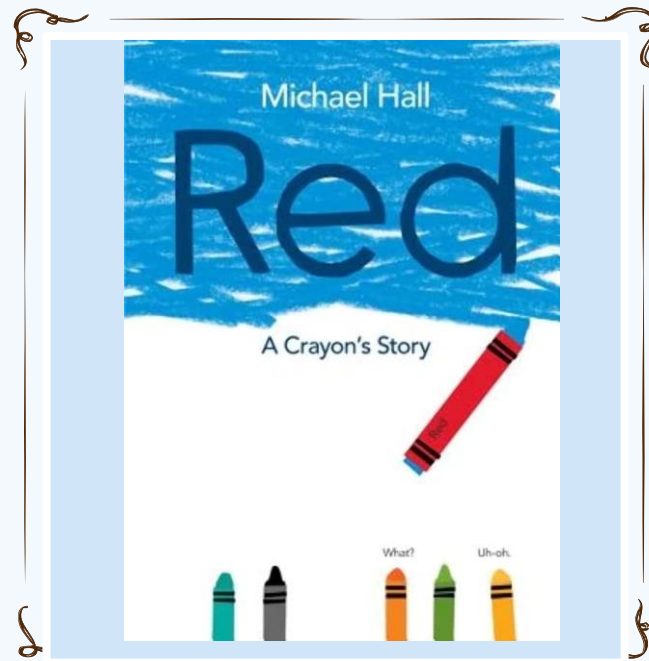
NAMES AND PRONOUNS MATTER!!

He/him/his
She/her/hers
They/them/their
Xe/xem/xer

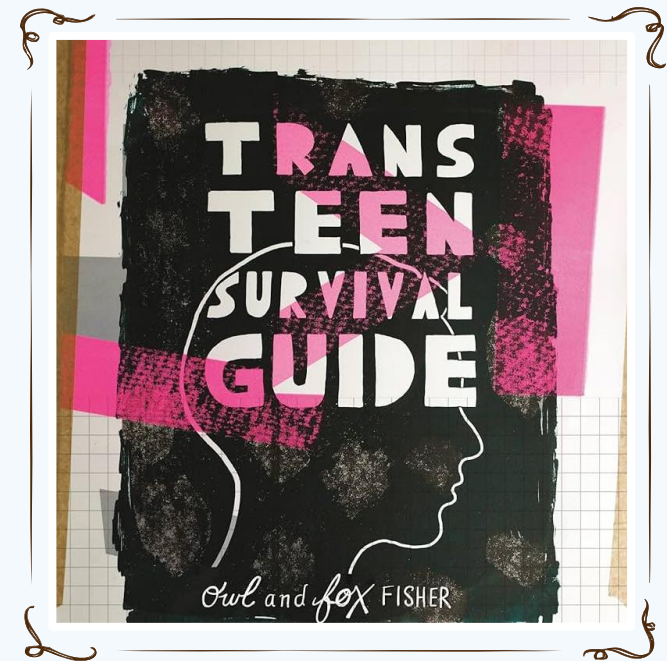
Keep books handy for teens to peruse



More of a guidebook,
similar to "Our Bodies,
Our Selves."



A very simple children's
story to explain what
being transgender means



There are SO MANY
options for teens! Just
google them!



Just an FYI

Reproductive Empowerment Project (REP)

- In response to Maine's growing opioid epidemic, Maine Family Planning offers an outreach program known as REP.
- Outreach Educators travel across the state to collaborate with existing organizations to bring resources directly to people experiencing substance use disorder and other challenging life situations **AT NO COST.**

Who Do We Partner With?

- Domestic violence programs
- Harm-reduction associations
- Gender-specific intensive outpatient programs
- Substance abuse treatment programs
- Needle exchange programs
- Pre-release programs
- Correctional facilities
- Soup Kitchens
- College Campuses

What can REP offer?

- Condoms
- Dental dams
- Lube
- Oral contraceptives
- Depo-Provera
- Pregnancy Testing
- STI Testing & Treatment
- Rapid HIV / Hep C / syphilis Testing
- Gender Affirming Hormone Therapy
- Pregnancy Options Counseling
- Abortion Services
- Educational materials
- On-site Telehealth Visits



Thank you for
your attention
today!

Questions?

A bonus video!

<https://youtu.be/LtWRZWp-QoA>



Contact Information:
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Visit our website:
www.mainefamilyplanning.org