



PRESS RELEASE

Re: We have Gender Dysphoria. We want our healthcare back. An open letter to the major medical organizations writing guidelines for gender medicine. Now collecting signatures.

Open letter: <https://www.genderdysphoriaalliance.com/openletter-apa2023>

Contact us: media@genderdysphoriaalliance.com

We are transgender adults concerned about the state of our healthcare system. We believe it is ideologically and politically driven to the extent that the condition – Gender Dysphoria (GD) – and the many pathways to it have become obscured by a political narrative. We don't believe there can be competent, safe, evidence-based care when the very condition can't be named, researched, and understood by patients and clinicians.

We are also concerned about the social contagion which appears to be impacting mostly adolescent girls. The scale of that problem is being minimized by those who either don't understand the actual condition GD or don't want to understand it. Similar contagions are happening among girls, such as pseudo Tourette's, and Dissociative Identity Disorders, which they are picking up on social media and in peer groups. Pseudo versions of disorders are never quite like the actual disorders so, understanding the actual disorders is important for differential diagnosis and the protection of vulnerable patients.

Our healthcare system is failing these young people, as well as people with GD, by robbing us of evidence-based information about what our condition is. Clinicians aren't telling us what the experience is and means, even though the different types of GD have been well studied for decades. Is there any other area of clinical practice that willfully denies patients meaningful information about their condition? There can be no such thing as "informed consent" or "bodily autonomy" if clinicians can't tell us what the evidence says about our condition. We consider that gross negligence on the part of the medical establishment.

What we are given instead of an evidence-based explanation for GD is a postmodernist philosophy that attempts to deny biological realities. This is a political maneuver that is at odds with clinical care. We don't believe that we as trans people need theories that deny the reasons why people take the step to medicalize, in order to achieve rights and acceptance in society. In fact, we believe it's quite the opposite. We're seeing more hostility, not more acceptance, as people are compelled to adopt an ideology they do not believe in. But trans people cannot be blamed for lack of awareness or groundedness about our unique experience, when the clinicians treating us are willfully ignorant of what they are treating.

This is the state of our healthcare system which young people are entering. It's institutionalized medical negligence. What we want is an independent, systematic review of the evidence. Then, we'd like a system designed, with regulatory oversight, based on that evidence. We are asking for quality, honesty, and safety.