

Trans Masculine Alliance Houston

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December 2021

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transmasculinehouston@gmail.com

[Facebook](#)

[Discord](#)

[Meetup](#)

[Zoom](#)

Leadership Team

George Zemanek

Nexus Arrant

Myles Steelman

Derek Gaffney

Want to get involved?

As we move forward to in-person meetings, more than ever we need folks to help present or co-lead meetings, as well as tell us what topics they'd like us to focus on. If you'd like to help out or want to share an idea, please contact one of the members of the leadership team.



What we've been up to...

Hi all! November was an amazing month. Dr. Jennifer Feldmann and Dr. Amelia Averyt from Legacy Healthcare Services led the November 4th meeting and discussed transmasculine health and wellness. Notes from the meeting are at the end of this newsletter. Brandy Chu from Cutthroat Barbers on Westheimer invited the group to the shop for free haircuts. This was a great experience. Thanks Brandy! Save Our Sisters United held a very moving walk through memorial for the 2021 Transgender Day of Remembrance. Their memorial commemorated the lives of our 45 transgender siblings who were murdered this year. DOR is a sad reminder of the discrimination our community still faces and we are grateful for Atlantis Narcisse and SOSU for putting this together. Last—*Metamorphosis* is on sale now! Ordering info is on the next page of this newsletter. We are continuing to hold regular meetings on the first and third Thursday of the month, 6:30-8:30pm, in room 111 of the Montrose Center, unless otherwise specified. The Zooms are also continuing on the 3rd Friday of the month, 7-9pm.

December Calendar

December 2 Regular Meeting: As we approach the holidays, many of us are wondering how to navigate the sometimes challenging relationship with our families. This meeting will discuss the complex ways we interact with our family as trans people.

December 16 Holiday Party: We will be holding a game night and white elephant gift exchange (max \$5). Bring some snacks and non-alcoholic drinks and a friend!

December 17 Zoom Meeting 7:00-9:00pm

Meeting ID: 235 915 5813

December 30 Hangout 2:00 We are meeting at the Museum of Natural Science to geek out on geodes and dinosaurs. Contact Myles Steelman on Facebook, Discord, or piggieangel6@gmail.com if you want to come!

Safe Travels, Derek!

TMAH board member Derek Gaffney has been an active part of the Houston transmasculine community since 2016. He is moving to Atlanta at the end of the month to further his acting career. Derek's last performance with H-Town Kings is on December 8th. The show begins at 9:30pm at Pearl Bar, 4216 Washington Ave, Houston, TX 77007. You can also follow him on [IMDB](#). Although he will no longer be in Houston, Derek will continue to manage the Discord and help out with the Zoom meetings.

Did you know....?

Houston is home to two support groups for nonbinary individuals.

[Beyond the Binary](#)

[Houston Area Nonbinary Meetup](#)

If you prefer an online group, check out

[Trans-Cendence International](#)

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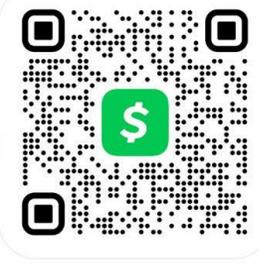
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Proceeds will pay for production costs and fundraise for the TransMasculine Alliance Houston (TMAH)

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DONATE TO TMAH ZINE

Inspired? Help us front initial costs for production and shipping, ensuring we have the right programs and artist acquisition. Each Donation at \$15 and over gets a digital copy/and digital thank you note. Those over \$30 get both the digital and Hard copy and a personal hard copy thank you card from the Editors. Over \$50 Will have a special Mention in zine with precursors gifts.

Notes from our December 4th meeting on health and wellness:

If I'm on testosterone and don't have periods, can I still get pregnant? Yes. If you are in a sperm and egg relationship and you do not desire pregnancy, you need to use birth control.

Will testosterone cause cervical cancer or other cancers related to the female reproductive system? There is no proven link between testosterone and increased risk of cancer. Testosterone can cause atrophy which will make it hard to get a good reading from a Pap. But your risk of cancer is still based on your normal cancer risk (e.g. smoking, family history).

What is the timeline for screenings? Pap smear every three years to look for HPV and for cancerous or pre-cancerous cells. There are no current guidelines for uterine or endometrial cancer. And note, testosterone does not prevent breast cancer. Get an annual mammogram after 40 years if you still have breast tissue.

Do I really need to get a hysterectomy? No.

Concerning hormones post-hysterectomy: If you have your ovaries removed, you need to have some kind of hormone to promote bone health because otherwise you aren't getting any androgens (which T provides).

What happens if I go off of testosterone? The things that grow will not change (e.g. clitoral growth, vocal cord thickening, facial and body hair). If you have had your ovaries removed and quit taking T, your bone density will drop.

Long term impact of testosterone on ovaries: While it is possible that T can cause fertility issues in the future, there is no scientific evidence to back this up. Aspire (Houston fertility institute) can provide information on egg salvaging <https://www.aspirehfi.com/>

Discussing a hysterectomy with your doctor: If you have a medical condition such as Polycystic Ovary Syndrome, it will be easier to get insurance coverage. If you are approaching this from a gender affirming stance, you may need a letter from a therapist.

Concerning "roid rage" and overdosing on T: Too much T will turn into E (estrogen) through the process of aromatization, so don't overdose. T in general may cause hunger, acne, and increased anger.

Concerning PCOS: If you have PCOS, you already have a high testosterone level. PCOS is a metabolic disease so be aware of the risk factors that existed prior to your transition.

How can I treat vaginal stenosis? Pelvic floor PT and topical estrogen

Can T lead to vaginal prolapse? No, but having a hysterectomy can contribute to this.

What is the usual dosage of testosterone and how often should I do injections? This is dependent on many factors so talk to your doctor. Usually 50-60mg is injected weekly.

What if I am allergic to the sesame or cottonseed oil that the T is suspended in? Oral antihistamines may help.

Where should I inject? This is dependent on your body size and needs, but generally the thigh, buttocks or hip, and stomach are used. It is important to select 4-6 injection

sites and rotate them, regardless of if you are doing subcutaneous or intramuscular injections.

What are the different types of T?

- Depo-Testosterone (testosterone cypionate)
- Delatestryl (testosterone enanthate)
- Aveed (testosterone undecanoate)
- Testopel (testosterone pellet)
- Xyosted (auto injector)

Is it true that as cisgender men age, they produce less testosterone. Should I ask my doctor to decrease my dose as time goes on? Because doctors do not generally test T levels in cis men, we don't know if T decreases as they age.

I've heard that some people apply T topically to their clitoris. What happens if I do this? There is no scientific evidence that topical application will increase clitoral growth. However, if you do this, it counts toward your weekly dosage.

What happens if you don't aspirate the needle? While it is advisable to aspirate a needle, if you forget, you will not be in serious danger. You would need to inject a large amount of air into a deep enough vein in order to cause injury or death.

Why is some oil still left in the syringe after I inject? When T is drawn up and injected, a small amount is left in the hub. This is normal. The lines on the syringe indicating the dosage account for what remains in the hub.

How do I find a PCP who won't be a jerk? Your best bet is word of mouth. Ask around to find out which doctors are recommended by other transgender individuals. If you are seeing a doctor is not known to the community, it is advisable to call the clinic ahead of time and inform the doctor that you are transgender. This may help prevent any uncomfortable situations when you are at the doctor's office.

What long term effects should I expect from testosterone? For example, cisgender men have higher risk of cardiovascular issues. So will my risk as a transgender man be the same? This depends on your cardiovascular profile. At the present, all heart studies are focused on cisgender men, so we don't have sufficient data to know about the long term effects of T on transgender men. T in general does raise our risk of dyslipidemia. Since estrogen has a protective factor on cholesterol, T may increase bad cholesterol and decrease good cholesterol. But, our overall health and behaviors are the best predictor of long term cardiovascular health. Note—at menopause, the risk of cardiovascular disease becomes the same for cis men and cis women.

What kinds of labs should I get every year? This depends on your health needs. Normally a complete bloodcount is done.

What helps with acne?

Benzoperoxide, but it bleaches incoming hair

Panoxyl

Differin