

Does Top Surgery Reduce Chest Dysphoria in Trans/Non-binary Adolescents and Young Adults?

Division of Plastic and Reconstructive Surgery



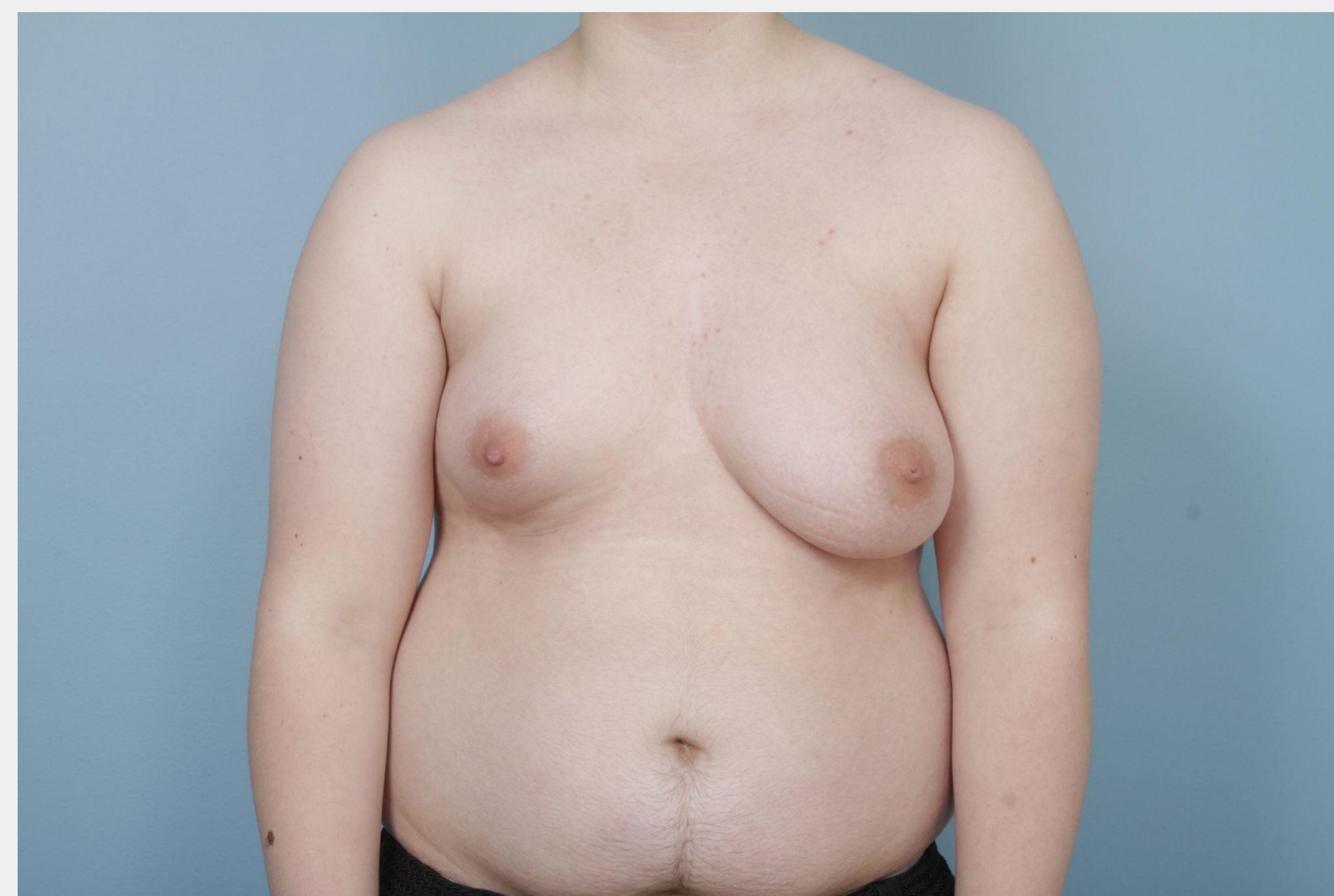
1 BACKGROUND

- As an increasing number of young adults express their true gender identity at an earlier age, healthcare providers are experiencing a greater volume of transmasculine and non-binary adolescents presenting for gender-affirming top surgery
- A retrospective review by the senior author found that **chest dysphoria was associated with higher anxiety and depression** in adolescents
- Although top surgery has been shown to improve chest and gender dysphoria in adults, its **impact on adolescents could be better elucidated**
- The added complexity of parental consent for minors and insurance coverage has further isolated this group from sufficient clinical study
- The present study aimed to increase the body of evidence for gender-affirming surgery in adolescents and young adults by measuring the change in self-reported gender dysphoria, gender congruence, body image, and chest dysphoria after top surgery



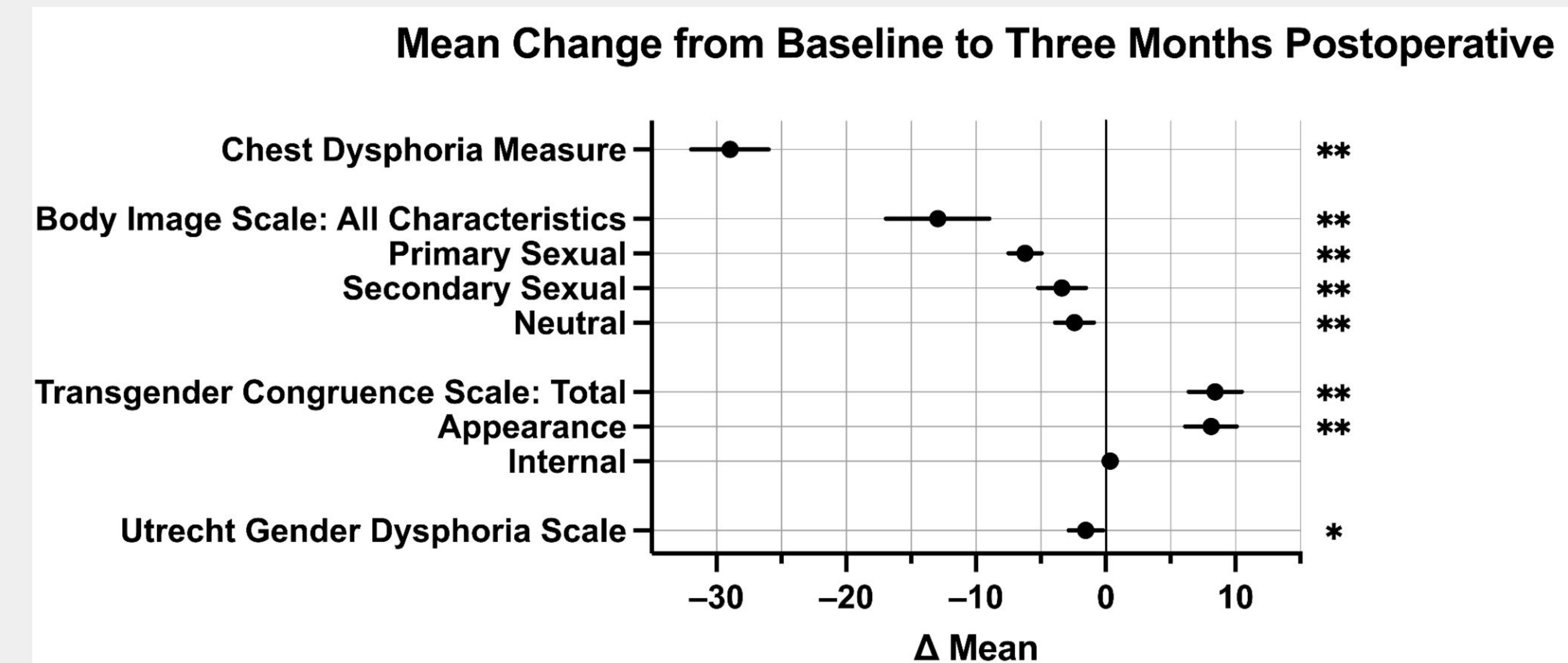
2 METHODS

- Prospective, multi-institutional study** of patients presenting for top surgery at any of three hospital systems in Chicago
 - Northwestern Memorial Hospital
 - The University of Illinois at Chicago
 - Lurie Children's Hospital of Chicago
- Inclusion criteria
 - Transmasculine or non-binary
 - Designated female at birth
 - Aged 13-25



- Measures performed preoperatively and **three months postoperatively**
 - Transgender Congruence Scale
 - Utrecht Gender Dysphoria Scale
 - Chest Dysphoria Measure
 - Body Image Scale
- Mean score changes from baseline calculated and analyzed using paired, two-sided t-tests

3 RESULTS & CONCLUSIONS



- 27 patients analyzed
 - 14 ≤ 18 (youths)
 - 13 > 18 (young adults)
- Mean age 18.6 ± 3.2 years
- Age range 14-24 years
- Gender identity
 - 24 transmasculine
 - 2 non-binary/genderqueer
 - 1 other



- Final analysis to be completed before the end of this calendar year
- Analysis will contain a **1 year timepoint**, doubly-matched **control cohort** (no top surgery) by age / testosterone use, and regression analysis of clinical and surgical variables collected from chart review
- Current enrollment stands at 85 patients across both cohorts

- Our study's preliminary findings are that top surgery is an **effective method of improving**
 - Chest-related dysphoria
 - Overall gender dysphoria
 - Gender congruence
 - Body image
- Nearly identical significances were found when stratifying by minor status, with the utrecht gender dysphoria scale marginally insignificant
- These results are **the first** to demonstrate the utility of top surgery in youths and young adults

4 LITERATURE CITED

- | | |
|------------------|------------------|
| 1. PMID-33849759 | 5. PMID-18825862 |
| 2. PMID-28471328 | 6. PMID-30286047 |
| 3. PMID-29507933 | 7. PMID-33536331 |
| 4. PMID-33121901 | 8. PMID-30695784 |