

Mount Sinai Center for Transgender Medicine and Surgery

Annual Report 2022



**Mount
Sinai**

*Center for Transgender
Medicine and Surgery*

Mission

The Center for Transgender Medicine and Surgery's mission is to provide seamless patient-centered care for transgender and gender diverse people and their families across the lifespan and to be global leaders in advancing transgender healthcare, research and education.

Vision

Expert Care

Pioneering Research

World-Class Education

About Us

The Mount Sinai Center for Transgender Medicine and Surgery (CTMS) delivers advanced care for transgender and gender diverse people. We provide caring, compassionate services to meet your individual needs—including medical care, gender-affirming surgeries, behavioral health services, and other support services.



**Mount
Sinai**

*Center for Transgender
Medicine and Surgery*



Dear Friends and Colleagues,

The 2022 Annual Report of Mount Sinai Health System's Center for Transgender Medicine and Surgery (CTMS) showcases the continued growth that we achieved despite the continued difficulties of the year. As you will read, we managed major accomplishments in the care of our transgender and gender diverse patients.

Our 2022 Annual Report highlights progress in continuing to meet the needs of the people we serve. Despite the challenges in 2022, CTMS continued to grow. We remain the leading comprehensive transgender medical program in the country, at the forefront of state-of-the-art medicine, treatment and clinical education services, as well as research. We should reflect on the year's huge successes in transgender health care.

On behalf of the Center for Transgender Medicine and Surgery, we thank our patients, staff and supporters for taking this journey in 2022 with optimism and energy going forward into 2023.

Joshua Safer, MD

Executive Director

Matt Baney

Senior Administrative Director

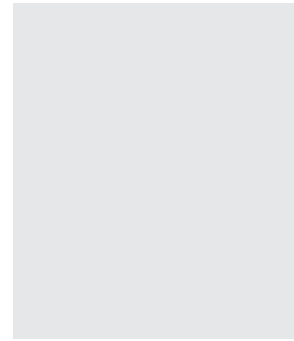
CTMS Network



Joshua D. Safer, MD, FACP, FACE
Executive Director,
Center for Transgender Medicine
and Surgery
(he/him)



**Barbara Barnett, MD, MHCDS,
FACEP, FACP**
Chief Medical Officer, Mount Sinai
Beth Israel and Downtown
(she/her)



Scott Horn, MD
Deputy Chief Medical Officer at
Mount Sinai New York Eye and Ear
(he/him)



**Cynthia Girdusky, RN, CNOR,
MPA**
Vice President of Perioperative
Services at Mount Sinai Downtown
and New York Eye and Ear
(she/her)



Erick A. Eiting, MD, MPH, MMM
Vice Chair of Operations
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(he/him)



Antonio E. Urbina, MD
Medical Director, Mount Sinai
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Rebecca Seigel, MD
Primary Care Lead at Mount Sinai
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Tamar Reisman, MD
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Cesar Abuchaibe, MD
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CTMS Network



Max Lichtenstein, MD
Director of Psychiatry at Mount Sinai Center for Transgender Medicine and Surgery
(he/him)



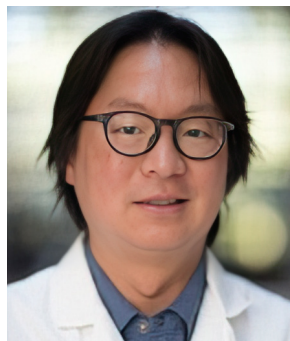
Kenneth Ashley, MD, FACLP, DFAPA
Inpatient Mental Health Service at Mount Sinai Union Square
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Matthew Oransky, PhD
Psychologist at Mount Sinai Center for Transgender Medicine and Surgery
(he/him)



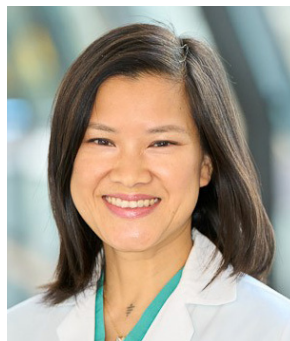
Jess Ting, MD
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CTMS Network



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Zoe Rodriguez, MD
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Jovana Lekovich, MD
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Tia Jackson-Bey, MD, MPH
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CTMS Network



Lucky Sekhon, MD

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Mark Courey, MD

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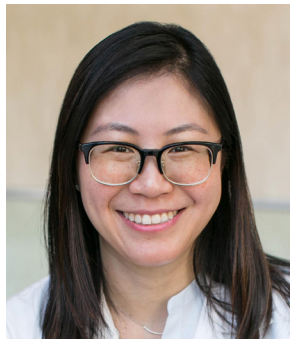
Joshua Rosenberg, MD

Facial Plastic Surgeon at Mount
Sinai Doctors 85th Street
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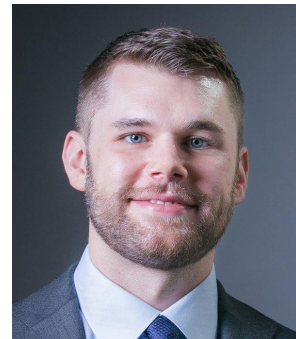
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Pediatric Endocrinologist
at The Mount Sinai Hospital
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Andrew Para, MD

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Sangyoon Jason Shin, DO

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MBA**

Assistant Director of Pharmacy
Services at Mount Sinai New York
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CTMS Network



Courtney Oransky, MS, RN, CMSRN

Senior Nurse Manager of the Medical Surgical Unit at Mount Sinai New York Eye and Ear
(she/her)



Rabbi Jo Hirschmann, BCC, ACPE

Certified Teacher, Director of Spiritual Care and Education for Mount Sinai Downtown
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Alicia Tennenbaum, LCSW

Executive Director, Social Work and Care Transitions, Mount Sinai Health System
(she/her)



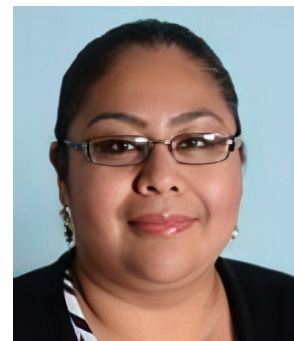
Andrea Dunn, LCSW

Senior Social Worker at Mount Sinai New York Eye and Ear
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Marcie Braverman, LCSW

Social Worker at Mount Sinai New York Eye and Ear
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Beatriz Garcia, LCSW

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Alison Sharp, LCSW

Social Worker at Mount Sinai Center for Transgender Medicine and Surgery
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Ash Rearick, LCSW

Social Worker at Mount Sinai Center for Transgender Medicine and Surgery
(they/them)



Laura Stein, LCSW

Social Worker at Mount Sinai Center for Transgender Medicine and Surgery
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Center for Transgender Medicine and Surgery

Clinical Services

Overall patient experience: Under the tenacious attention from our associate director, Taeko Horigome-Taylor, we have seen continued improvement in our patients' telephone experience. In addition, our team of registrars has become a reliable and safe point of contact for our patients along with a source to navigate our patients to trans friendly care throughout the Mount Sinai Health System.

Primary Care: Our Primary Care lead, Rebecca Seigel began developing training structure for Mount Sinai providers who want to identify themselves as champions for our patients. When our patients seek help making Mount Sinai their medical home, we have approximately 20 primary care providers who represent a range of geographic options and practice-style diversity that can be matched to patient needs. We inaugurated a monthly primary care Zoom conference to discuss topics and cases.

Endocrinology: The number of new patients who start hormone therapy each week with us remained approximately 10. Nurse Practitioner, Joan Villacruis joined our team to better support primary care providers with patients needed support for gender affirming hormone therapy.

Surgical Services: With the increasing numbers of patients seeking our expert surgical services (over 800

surgeries done this year), our patients can continue to expect surgeries approximately 11 months from reaching out to us (ranging from 6 months to just over 12 months depending on the surgeon and the surgery type). Maintaining the wait times from 2021 despite some staff changes is a significant win. Still, although our wait time is the shortest by far for a top tier program, our goal remains to achieve the 6 month experience typical for other similar surgeries.

Inpatient care: Our completely novel interdisciplinary approach to inpatient transgender surgical care continued to earn us top scores in the Press Ganey survey.

Pediatrics/Adolescent Care: We expanded our pilot pediatric/adolescent program by adding a Pediatric Endocrinology consultation component based in the Annenberg Building at MSH to the older services at 7th Avenue in Chelsea and at the 94th Street location in the Adolescent Health Center. In 2023, we will expand the program further with generous support from the Keith Haring Foundation.

Spiritual Care: We continued routine spiritual care opportunities for our inpatient surgical patients, a component of care that does not exist in any substantive form anywhere else.



Center for Transgender Medicine and Surgery

Education and Research



We continued collecting bio data for transgender patients including essential demographics, serum aliquots, and permission for future contact. We observed that our patients report more enthusiasm for engaging in such research than do patients elsewhere in Mount Sinai. In addition, Mount Sinai's biorepository is in the unique position of including thousands of samples for which gender identity is known.

The program disseminated more than a dozen publications on transgender health care topics in 2022.

Center for Transgender Medicine and Surgery

Dissemination, Quality, Training, and Media

The Mount Sinai CTMS was a major presence at the first in-person conference of the World Professional Association for Transgender Health (WPATH) in Montreal in September 2022. We had over 20 presentations with a large fraction likely to result in publications over the next year or two.

Three fellows devoted significant portions or all of their effort working with CTMS preceptors: a. the Mount Sinai LGBTQ fellowship, b. the dedicated CTMS plastic surgery fellowship, and c. the dedicated CTMS GU fellowship.

Gender affirming surgery continued as a core rotation for the Mount Sinai Plastic Surgery Residency, as did gender affirming hormone therapy as a core rotation for Mount Sinai's newly unified Endocrinology Fellowship program.

The Mount Sinai free online course for primary care providers in transgender health care (<https://www.coursera.org/learn/transgender-medicine>) rose to a site used by approximately 5000 students worldwide.

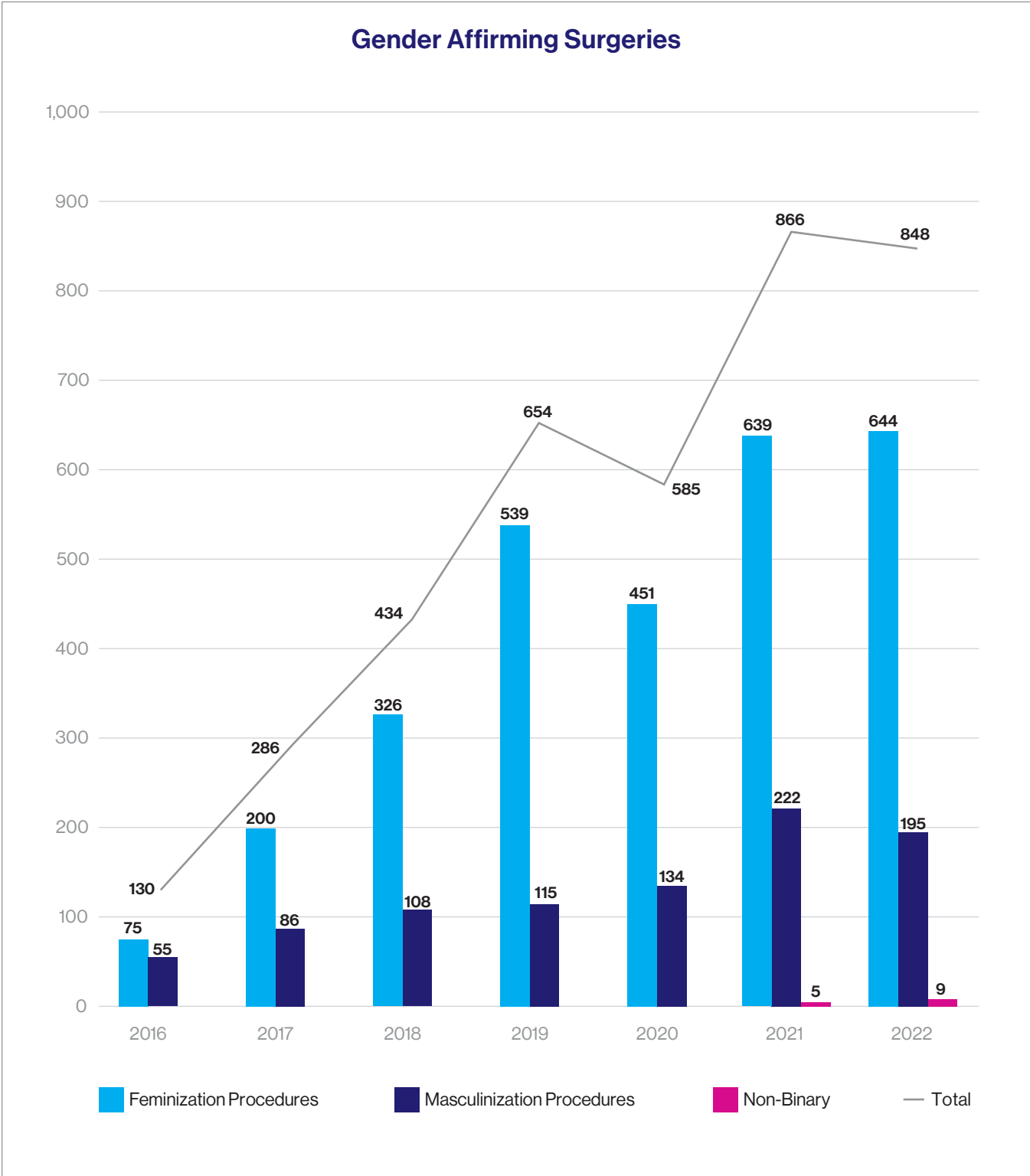
In addition to the hard work of our research team represented by publications and meeting presentations, the team received formal IRB approval to begin a prospectively collected research database. The team has observed that over 8000 people have received some sort of gender affirming care at Mount Sinai and approximately 4000 patients are receiving active gender affirming hormone prescriptions from Mount Sinai providers. More than 500 of our patients have joined our virtual research cohort so far, making themselves available for contact from Mount Sinai researchers with IRB approved protocols for potential recruitment.

The identified patients are also part of a pilot QI program to establish measurable metrics for gender affirming hormone prescribing across the Mount Sinai Health System.

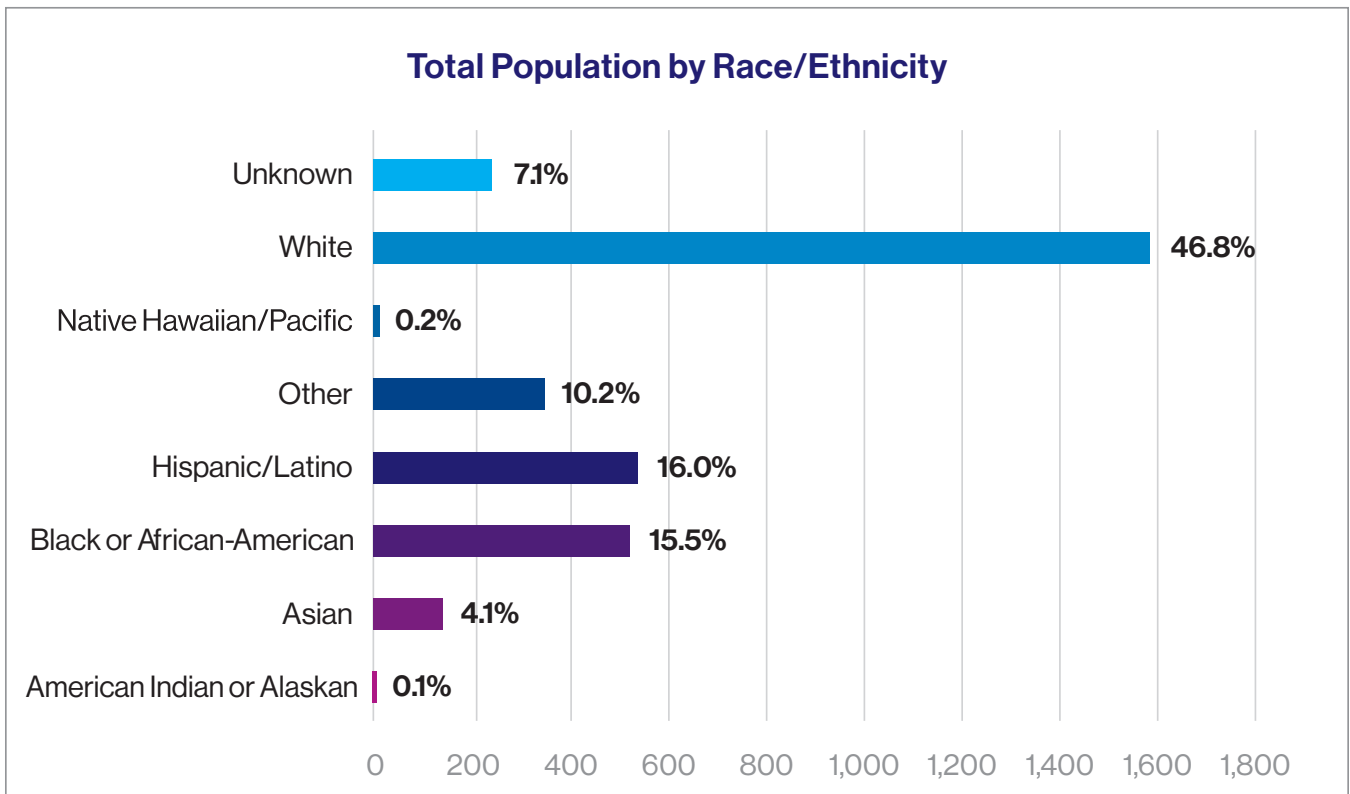
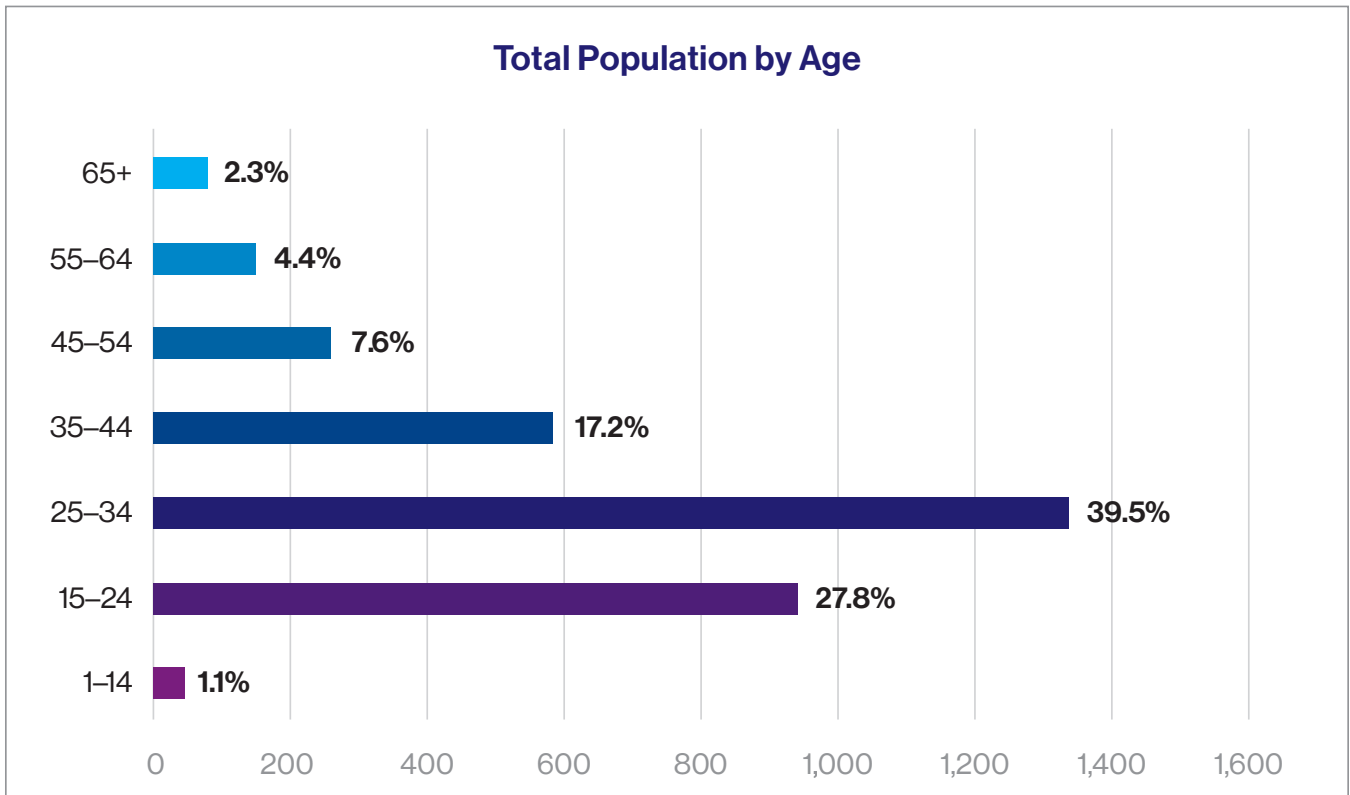
Numerous CTMS team members served as experts for media throughout the year; we are a major source for media everywhere.



Surgical Services

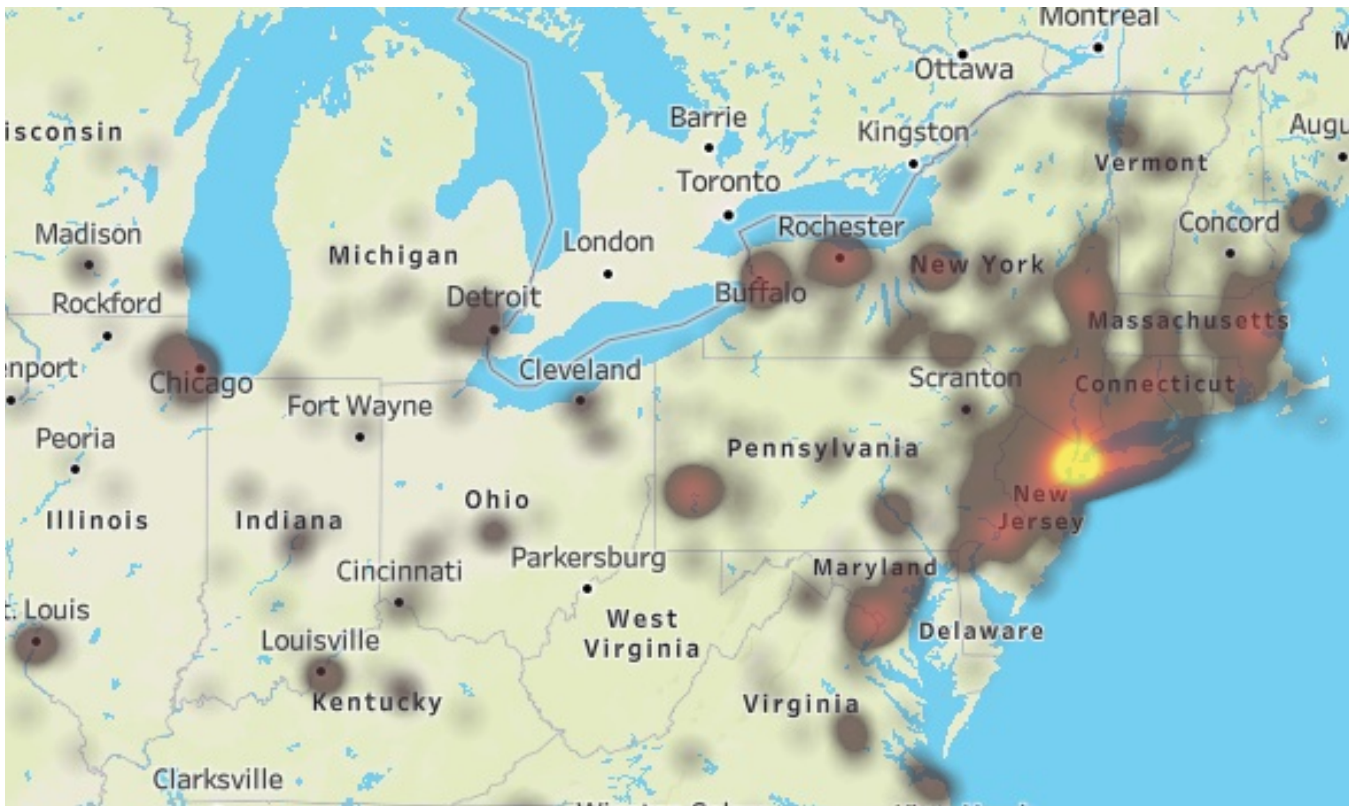
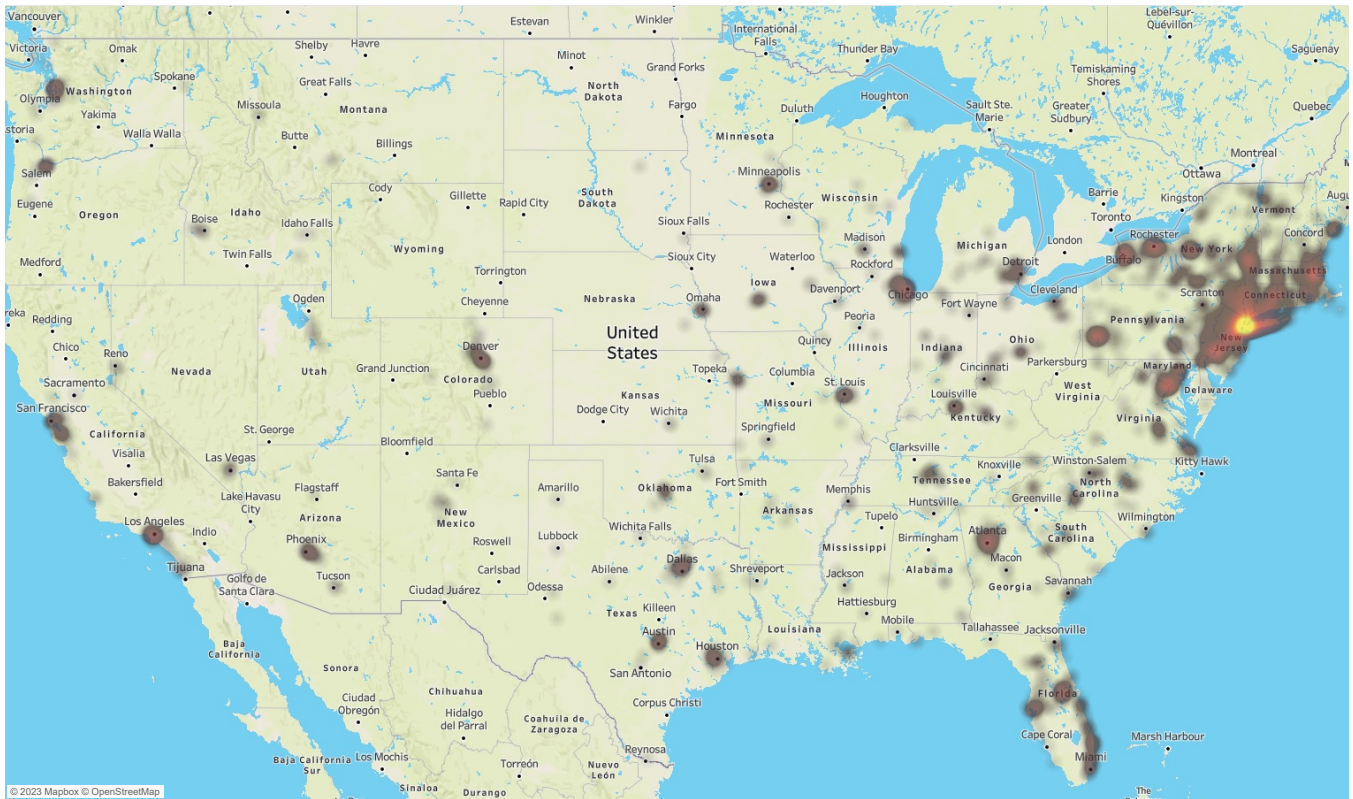


Patient Demographics



Heat Map of Current Residence of Patients

More intense coloring represents larger numbers of patients in that location.



Patient Experience

CTMS receives input and feedback from our patients in both formal and informal ways. These include patient satisfaction surveys and patient feedback surveys. This ensures continued valuable input and provides optimal patient and family involvement in assessing patient needs; designing, delivering, and evaluating services; and sustaining program improvements. Feedback comes from a cross representation of CTMS's patients.

Patient Testimonials

My Doctor and his assistants were excellent, taking plenty of time to discuss what my issues were and outlining what to do moving forward. **I have complete confidence moving forward. Just superb.**
— Patient of Dr. Ramirez Zamudio

I feel very comfortable working with Dr. Lichtenstein. **He's attentive, offers sound advice and solutions.** Any questions I may have are answered thoroughly and in terminology this layman understands.
— Patient of Dr. Lichtenstein

The doctor was **very personable and put me at ease** about some questions I had.
— Patient of Dr. Safer

Dr. Reisman is the best doctor I've ever had. She's compassionate, works to find individualized solutions, and is willing to take the time to talk with me to get a good picture of my general wellbeing.
— Patient of Dr. Reisman

Goals for 2023

Clinical Services

- **Primary Care:** Expand the Mount Sinai CTMS primary care network especially to include more sites outside Manhattan for greater patient convenience.
- **Surgery:** Shrink the time to surgery from the current 11 month mark by increasing the size of our surgical team and expand the number of patients with access to our care by partnering with payers from states with fewer care options.
- **Pediatrics/Adolescent Care:** Expand our operations across the Mount Sinai Health System and begin to determine the resources required to address regional community need.

Research, Education, and Dissemination

- Further characterize the patients seeking gender affirming health care at Mount Sinai for future dissemination.
- Publish the many papers in progress that began as presentation abstracts at our national and international conferences.
- Present at USPATH in fall, 2023 in Denver.



Publications

1. Hirschmann J, Kozato A, Villagra C, Wetmore J, Jandorf L, Pang JH, Reynolds M, Dodge L, Mejia S, Safer JD. An analysis of chaplains' narrative chart notes describing spiritual care visits with gender affirmation surgical patients. *Transgender Health* 2022
2. Rose AJ, Hughto JMW, Dunbar MS, Quinn EK, Deutch M, Feldman J, Radix A, Safer JD, Shipherd JC, Thompson J, Jasuja GK. Trends in feminizing hormone therapy for transgender patients, 2006-2017. *Transgender Health* 2022
3. Rose AJ, Hughto JMW, Dunbar MS, Quinn EK, Deutch M, Feldman J, Radix A, Safer JD, Shipherd JC, Thompson J, Jasuja GK. Considering quality measures for the care of transgender patients: Preliminary findings from a technical expert panel. *LGBT Health* 2022
4. Ghofranian A, Aharon D, Friedenthal J, Hanley WJ, Lee JA, Daneyko M, Rodriguez Z, Safer JD, Copperman AB. Family building in transgender patients: modern strategies with assisted reproductive technology treatment. *Transgender Health* 2022
5. Safer JD. A current model of sex including all biological components of sexual reproduction. *Law and Contemporary Problems, Duke University School of Law* 2022
6. Kumar A, Amakiri UO, Safer JD. Medicine as constraint: Assessing the barriers to gender-affirming care. *Cell Reports Medicine* 2022
7. Safer JD. Are the pharmacokinetics of sublingual estradiol superior or inferior to those of oral estradiol? *Endocr Pract* 2022
8. Shin JS, Kumar A, Safer JD. Gender affirming surgery: Peri-operative medical care. *Endocr Pract* 2022
9. Safer JD. Fairness for transgender people in sport. *J Endocr Soc* 2022
10. Alpert AB, Scout NFN, Schabath MB, Adams S, Obedin-Maliver J, Safer JD. Gender- and sexual orientation-based inequities: promoting inclusion, visibility, and data accuracy in oncology. *ASCO Ed Book* 2022
11. Coleman E, Radix AE, Bouman WP, Brown GR, de Vries ALC, Deutsch MB, Ettner R, Fraser L, Goodman M, Green J, Hancock AB, Johnson TW, Karasic DH, Knudson GA, Leibowitz SF, Richards HF, Schechter LS, Tangpricha V, Tishelman AC, Van Trotsenburg MAA, Winter S, Ducheny K, Adams NJ, Adrián TM, Allen LR, Azul D, Bagga H, Ba ar K, Bathory DS, Belinky JJ, Berg DR, Berli JU, Bluebond-Langner RO, Bouman MB, Bowers ML, Brassard PJ, Byrne J, Capitán L, Cargill CJ, JCarwell JM, Chang SC, Chelvakumar G, Corneil T, Dalke KB, De Cuypere G, de Vries E, Den Heijer M, Devor AH, Dhejne C, D'Marco A, Edmiston EK, Edwards-Leeper L, Ehrbar R, Ehrensaft D, Eisfeld J, Elaut E, Erickson-Schroth L, Feldman JL, Fisher AD, Garcia MM, Gijs L, Green SE, Hall BP, Hardy TLD, Irwig MS, Jacobs LA, Janssen AC, Johnson K, Klink DT, Kreukels BPC, Kuper LE, Kvach EJ, Malouf MA, Massey R, Mazur T, McLachlan Morrison CSD, Mosser SW, Neira PM, Nygren U, Oates JM, Obedin-Maliver J, Pagkalos G, Patton J, Phanuphak N, Rachlin K, Reed T, Rider GN, Ristori J, Robbins-Cherry JS, Roberts SA, Rodriguez-Wallberg KA, Rosenthal SM, Sabir K, Safer JD, Scheim AI, Seal LJ, Sehoole TJ, Spencer K, St. Amand C, Steensma TD, Strang JF, Taylor GB, Tilleman K, T'Sjoen GG, Vala LN, Van Mello NM, Veale JF, Vencill JA, Vincent B, Wesp LM, West MA, Arcelus J (2022) Standards of Care for the Health of Transgender and Gender Diverse People, Version 8, *Int J Transgend Health* 2022
12. Safer JD. More data against the addition of progestogens to gender affirming hormone therapy regimens. *Endocr Pract* 2022
13. Safer JD. 2022 Introduction to transgender medicine. *A Case-Based Guide to Clinical Endocrinology*, Davies TF, ed. Springer, Cham, Switzerland
14. Reisman T, Safer JD. 2022 Perioperative estrogen considerations for transgender women undergoing vaginoplasty. *A Case-Based Guide to Clinical Endocrinology*, Davies TF, ed. Springer, Cham, Switzerland
15. Greenwald P, Dubois B, Lekovich J, Pang JH, Safer JD. Successful IVF in a cisgender female carrier using oocytes retrieved from a transgender man maintained on testosterone. *AACE Clinical Case Rep* 2022

Overview of Services

Medical/Surgical Services

Adult Primary Care

Pediatric/Adolescent Care

Endocrinology including

Gender Affirming Masculinizing Hormone Therapy

Gender Affirming Feminizing Hormone Therapy

Gender Affirming Surgeries including

Facial Feminization Surgeries

Chest Reconstruction Surgeries

Genital Reconstruction Surgeries

Gynecological Procedures/Surgeries

Other Urological Procedures

Otolaryngologic Surgeries and Vocal Training

Behavioral Health

Individual Counseling

Psychiatric Evaluations

Pre- and Post-Surgical Psychotherapeutic Support

Ongoing Medication Management

Pre-Surgical Evaluations

Education for Individuals and Their Families

Trauma-Informed Therapy

Support Services

Social Work

Trauma Care

Pharmacy Services

Telehealth Visits

After-Hours Coverage

MyChart

Our Locations

- 1. Mount Sinai Morningside**
212-523-4000
- 2. The Mount Sinai Hospital**
212-241-6500
Grabscheid Voice and Swallowing Center;
Transgender Voice Care
212-262-4444
Otolaryngology office
212-241-9410
Pediatric Endocrinology office
212-241-6936
- 3. Adolescent Health Center**
212-423-3000
- 4. Mount Sinai Urology – 77th Street**
212-241-4812
- 5. Mount Sinai West**
212-523-4000
- 6. Center for Transgender Medicine and Surgery, Administration Headquarters**
212-604-1730
The Mount Sinai Hospital, Comprehensive Health Program
212-604-1701
- 7. Mount Sinai Beth Israel, Peter Kruger Clinic**
212-240-2620
- 8. Mount Sinai Doctors – West 23rd Street**
212-352-2600
- 9. The Blavatnik Family – Chelsea Medical Center at Mount Sinai**
212-604-6000
- 10. Mount Sinai-Union Square**
212-240-2000
- 11. Second Avenue Surgery Clinic**
212-870-8270
- 12. Mount Sinai Beth Israel**
212-420-2000
- 13. New York Eye and Ear Infirmary of Mount Sinai**
212-979-4000

