



**Mount  
Sinai** *Center for Transgender  
Medicine and Surgery*

# Annual Report

## 2020



## 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

## 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.

## Vision

Expert Care  
Pioneering Research  
World-Class Education





**Mount  
Sinai**

*Center for Transgender  
Medicine and Surgery*



*Dear Friends and Colleagues,*

The 2020 Annual report of Mount Sinai Health System's Center for Transgender Medicine and Surgery (CTMS) showcases the changes, flexibility and growth that we achieved despite the difficulties of the year. The CTMS team and the care we provide our patients certainly has been instrumental in helping us get through so far. The disruption from COVID challenged us in many ways. We are so proud of our staff for rising to the occasion and for being on the frontlines of responding to the COVID epidemic. We thought we might be content if we were in a similar place to last year and we would simply be listing the same goals for 2021. The short answer is no. In addition to the massive energy we expended as health care providers during a health care crisis, we also managed major accomplishments in care for our transgender patients.

Our 2020 Annual Report highlights our progress in continuing to meet the needs of the people we serve. Despite the challenges in 2020, CTMS continues to grow. We continue to remain 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 along our COVID memories.

On behalf of the Center for Transgender Medicine and Surgery, we thank our patients, staff and supporters for taking this journey in 2020 and for being part of the resiliency across New York City.

**Joshua Safer, MD**

**Executive Director**

**Matt Baney**

**Senior Administrative Director**

## Center for Transgender Medicine and Surgery (CTMS)

**Clinical Services:** In 2020, the CTMS served 1,722 transgender and gender non-binary (TGNB) patients at our primary locations. This included 703 who received primary care, 744 who received hormonal support at IAM, and 975 who were on the surgical path (either preparing for surgery or have had surgery). CTMS was launched in 2016, and is the most comprehensive TGNB program in the country, serving patients of all ages.

Medical services include primary care, endocrinology, plastic surgery, gynecology, urology, otolaryngology, and mental health services; Spiritual care is available for inpatient surgical patients. Our Trauma Healing and Resilience Initiative for Transgender Survivors of Violence (THRIV) program provides trauma-focused, gender-affirming short term therapy for TGNB individuals who have experienced interpersonal violence, including sexual and intimate partner violence, childhood sexual abuse, trafficking, hate crimes, and community violence.

During 2020, CTMS added two more primary care champion sites at Mount Sinai for a total of seven champion sites. Approximately ten new patients start hormone therapy each week, and patients can now expect surgery eleven months from reaching out to us – time needed for surgery preparation. We expect to reduce this time to 4-6 months in the near future.

**Education/Research:** The Mount Sinai LGBTQ fellowship began in the summer of 2020. It joined the dedicated CTMS plastic surgery fellowship, CTMS psychiatry fellowship, and CTMS Genitourinary (GU) fellowship. In addition, gender-affirming surgery became a core rotation for the Mount Sinai Plastic Surgery Residency, joining gender-affirming hormone therapy, which is now a core rotation for the MS Endocrinology Fellowship programs. CTMS also presented seven abstracts at the annual World Professional Association for Transgender Health (WPATH) Conference which was held virtually this year, in addition to disseminating more than a dozen publications.

**Movie Release:** *Born to Be* was released in 2020 and is a critically acclaimed movie about some of the early surgical experience for CTMS that highlights one of our surgeons, Dr. Jess Ting, and several of our patients. To rent or purchase the movie, please use this link: <https://www.borntobefilm.com/watch>



During this year's Transgender Day of Remembrance, Mount Sinai Health System and the Institute for Advanced Medicine participated in a virtual vigil. MSHS was a sponsor for the second year through our continued partnership with Translatinx Network.



## 2020 Accomplishments



Mount Sinai CTMS is the busiest gender affirming surgical program in the United States and increased to 10 affiliated surgeons in 2020.

The Gender Affirming Surgical Fellowship in Urology became the 3rd dedicated fellowship program (in addition to plastics and psychiatry).

Provided Health Care Services to 1,722 Transgender and Gender Non-Binary Individuals

CTMS had 6 presentations at the 2020, WPATH (the international society for professionals in transgender health) meeting.

The Mount Sinai transgender medicine on-line course for primary care providers reached 1,900 enrollees worldwide.

2020 saw 15 peer-reviewed publications from CTMS including the first ever report of benefits from chaplaincy support in a transgender program.

Mount Sinai South Nassau became the location of the 7th champion Primary Care site.

The full-length documentary about the beginning of CTMS's surgical program was released in theaters and streaming November, 2020.

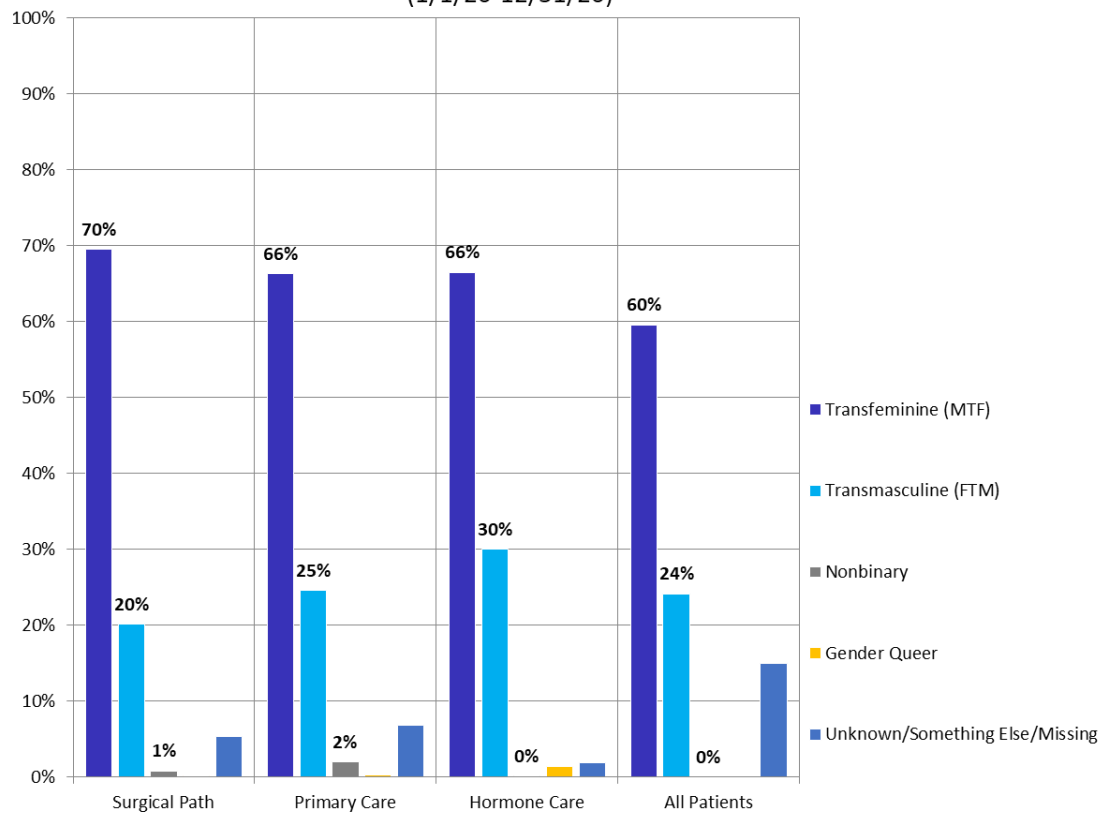
Gender Affirming care became a core rotation for Mount Sinai's new LGBT fellowship in addition to already serving as a core rotation for all Mount Sinai Endocrinology fellows and as a core rotation for all Mount Sinai Plastic Surgery residents.

CTMS Identified over 6000 transgender and non-binary patients receiving care at Mount Sinai.

# Patient Demographics

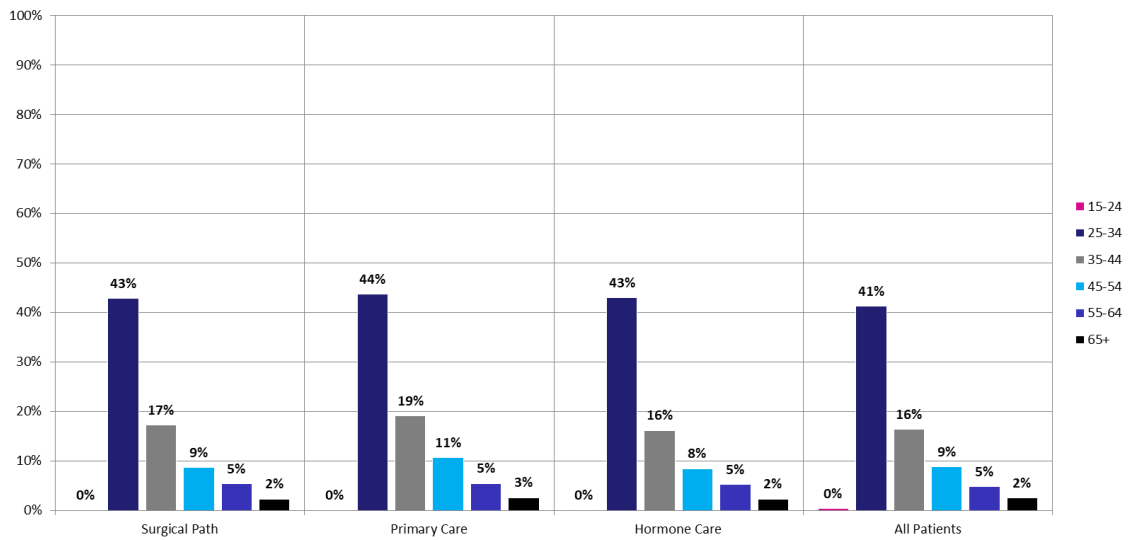
## Gender Identity of CTMS Patients by Care Received

(1/1/20-12/31/20)

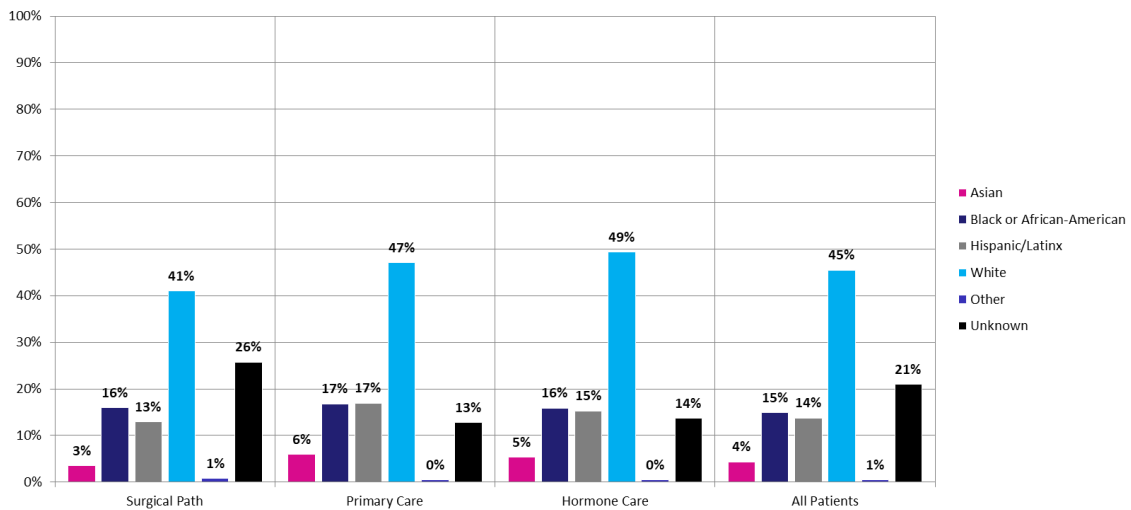


# Patient Demographics

**Age Category of CTMS Patients by Care Received**  
(1/1/20-12/31/20)



**Race/Ethnicity of CTMS Patients by Care Received**  
(1/1/20-12/31/20)



## Overview of Services

### Clinical Services

Primary Care

Pediatric/Adolescent Care

Feminizing Hormone Therapy

Masculinizing Hormone Therapy

### Specialty Services

Endocrinology

Gynecology

Urology

Otolaryngology and Vocal  
Training

### Support Services

Social Work

Trauma Care

Pharmacy Services

Telehealth Visits

After-Hours Coverage

MyChart

### Behavioral Health

Individual Counseling

Psychiatric Evaluations

Ongoing Medication Management

Pre-Surgical Evaluations

Pre- and Post-Surgical Psychothera-  
peutic Support

Education for Individuals and Their  
Families

Trauma-Informed Therapy



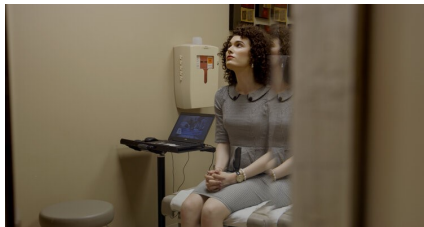
## Program Spotlight: Born To Be



**BORN TO BE** follows the work of Dr. Jess Ting (he/him) at the groundbreaking Mount Sinai Center for Transgender Medicine and Surgery. There, for the first time ever in New York City, transgender and gender non-binary people have access to quality gender-affirming care.

With extraordinary access, this

documentary offers an intimate look at how one doctor's work impacts the lives of his patients as well as how his journey from renowned plastic surgeon to pioneering gender-affirming specialist has led to his own transformation.



"Through it all Ting is an anchor, a presence of compassion and good sense. Anyone confused about transgender people will certainly benefit from a viewing of this picture."

– Glenn Kenny, The New York Times, Critic's Pick

"Lively. Moving and fascinatingly forward-looking"

– Owen Gleiberman, Variety



"A brave, revelatory, and beautifully realized film, it is easily one of the year's best and most important documentaries."

– Godfrey Cheshire, RogerEbert.com



"Intimate and highly compelling... Poignant and finely tuned... Tania Cypriano treats her tireless subject with utmost sensitivity... With its cinematic eye, compelling subjects, and elegant awareness of the issues, 'Born to Be' was conceived just in time."

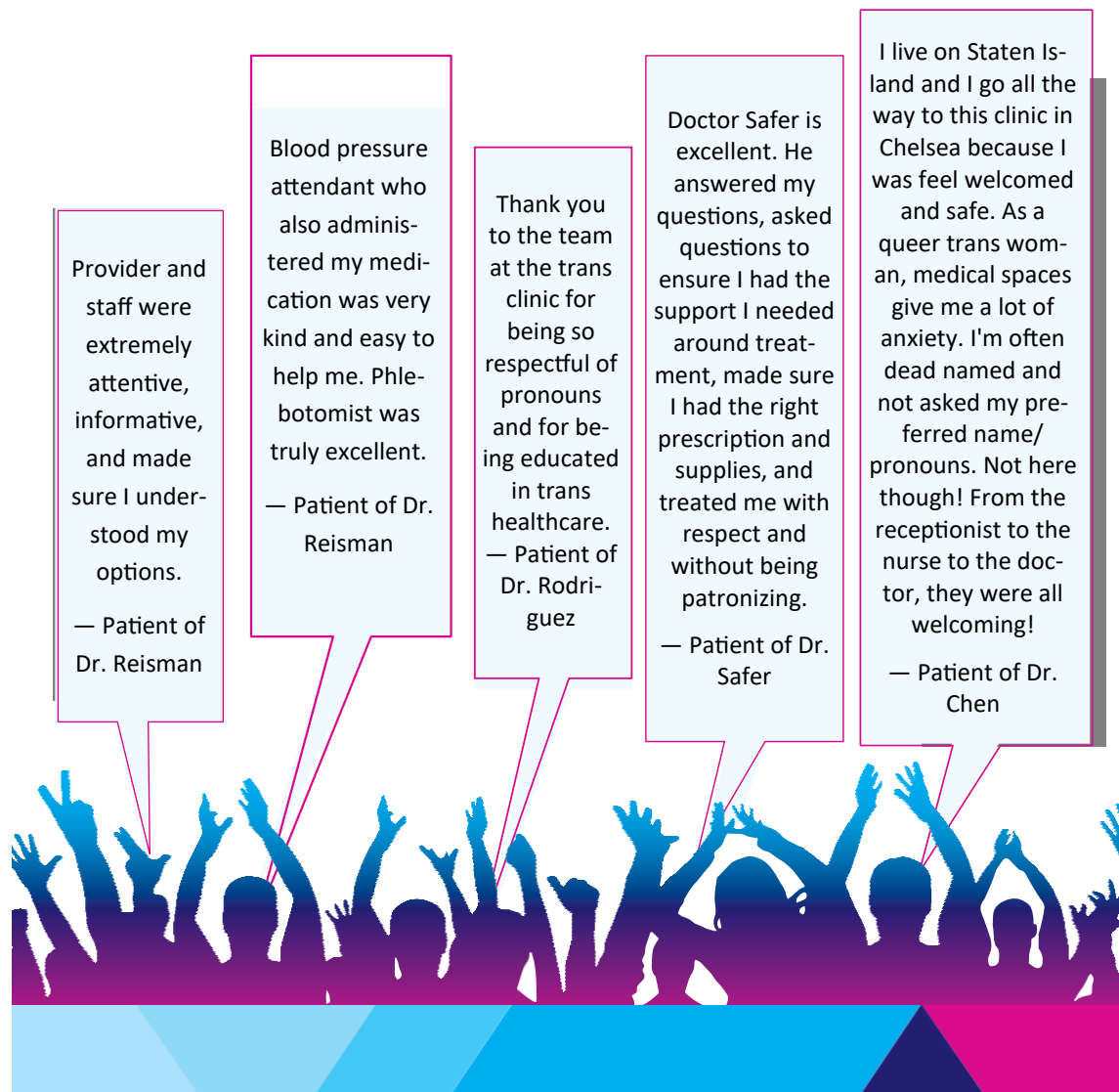
– Jude Dry, IndieWire



## 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, which include women, men, adolescents, and patients of all ethnicities.

## Patient Testimonial



## Awards, Presentations and Publications

In 2020, CTMS staff completed approximately 15 publications, received numerous awards, and conducted multiple virtual presentations at conferences, webinars, trainings and media events throughout the world. 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. Those data are being collated for publication

### Publications

Several notable published papers include the following:

- a. The first characterization of the burden of high BMI as a barrier to gender affirming surgical care.
- b. A demonstration that cervical self-swab can increase the participation rate of trans men in surveillance for cervical cancer.
- c. A demonstration that Mount Sinai's surgical outcome approach to surgical readiness is not only more comprehensive and less patronizing than the existing standard approach, but is also more efficient.
- d. The observation that gender affirming care can center primary care as the point of entry for patients like for other medical care.
- e. A demonstration of the large role for chaplaincy in gender affirming care. Transgender patients have spiritual and religious needs that have not previously been examined.

**Martinson TG, Ramachandran S, Lindner R, Reisman T, Safer JD.** High body-mass index is a significant barrier to gender confirmation surgery for transgender and gender-nonbinary individuals. *Endocr Pract* 2020; 26(1):6-15. PMID 31461357

**Goldstein Z, Martinson TG, Ramachandran S, Lindner R, Safer JD.** Improved rates of cervical cancer screening among transmasculine patients through self-collected swabs for high-risk human papillomavirus DNA testing. *Transgender Health* 2020; 5(1):10-17. PMID 32322684

**Lichtenstein M, Stein L, Connolly E, Goldstein ZG, Martinson TG, Tiersten L, Shin SJ, Pang JH, Safer JD.** The Mount Sinai patient-centered preoperative criteria meant to optimize outcomes are less of a barrier to care than WPATH SOC 7 criteria before transgender-specific surgery. *Transgender Health* 2020; 5(3):166-172. PMID 33644310

## Publications cont'd

- Hassett MJ, Somerfield MR, Baker ER, Cardoso F, Kansal KJ, Kwait DC, Plichta JK, Ricker C, Roshal A, Ruddy KJ, **Safer JD**, Van Poznak C, Yung RL, Giordano SH. Management of Male Breast Cancer: ASCO Guideline. *J Clin Oncol* 2020; 38(16):1849-1863. PMID 32058842
- Prince JCJ, Safer JD**. Endocrine treatment of transgender individuals: Current guidelines and strategies. *Expert Rev Endocrinol Metab* 2020; 15(6):395-403.
- Safer JD**, Tangpricha V. Guidance for collecting sex/gender data in research. *Endocr Pract* 2020; 26(10):1225-1226. PMID 33471722
- Safer JD**. Using evidence to fill gaps in the care of transgender people. *Endocr Pract* 2020; 26(11):1387-1388. PMID 33471668
- Tangpricha V, **Safer JD**. 2020 Hormone therapy for transgender women. *Gender Confirmation Surgery*, Schechter LS, ed. Springer, Cham, Switzerland, 59-63
- Safer JD**, Tangpricha V. 2020 Hormone therapy for transgender men. *Gender Confirmation Surgery*, Schechter LS, ed. Springer, Cham, Switzerland, 65-67
- Park JA, **Safer JD**. 2020 Optimizing the use of gender-affirming therapies. *Essentials of Men's Health*, Bhasin S, O'Leary MP, and Basaria SS, eds. McGraw Hill, New York, NY, 325-336
- Brown, S.K., Chang, J., Hu, S., Sivakumar, G., Sataluri, M., **Goldberg, L., Courey, M.S.**, 2021. Addition of Wendler Glottoplasty to Voice Therapy Improves Trans Female Voice Outcomes. *Laryngoscope* 131, 1588–1593. <https://doi.org/10.1002/lary.29050>
- Chang, J., Brown, S.K., Hu, S., Sivakumar, G., Sataluri, M., **Goldberg, L., Courey, M.S.**, 2021. Effect of Wendler Glottoplasty on Acoustic Measures of Voice. *The Laryngoscope* 131, 583–586. <https://doi.org/10.1002/lary.28764>
- Libman H, **Safer JD**, Siegel JR, Reynolds EE. Caring for the transgender patient: Grand rounds discussion from Beth Israel Deaconess Medical Center. *Ann Intern Med* 2020; 172(3):202-209. PMID 32016334
- Pang JH, Safer JD**. A beginning in the investigation of the metabolic consequences of transgender hormone treatment on young people. *J Clin Endocrinol Metab* 2020; 105(3):1-2. PMID 31803926
- 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* 2020; In Press. PMID

## Research/Education/Dissemination/ Quality/Training/Media Highlights

1. Despite the subdued reality of a limited virtual meeting, CTMS presented 7 abstracts at the annual transgender conference (WPATH).
2. The dedicated Mount Sinai LGBTQ fellowship began in summer 2020. It joined the dedicated CTMS plastic surgery fellowship, the dedicated CTMS psychiatry fellowship, and the dedicated CTMS GU fellowship.
3. Gender affirming surgery became a core rotation for the Mount Sinai Plastic Surgery Residency, joining gender affirming hormone therapy which is a core rotation for Mount Sinai's Endocrinology Fellowship programs.
4. The Mount Sinai free on-line course for primary care providers in transgender health care (<https://www.coursera.org/learn/transgender-medicine>) rose to a site used by over 2000 students.
5. Our newly organized research team began meeting regularly in order to coordinate projects. This year the team found that over 6000 people have received some sort gender affirming care at Mount Sinai.
6. Numerous CTMS team members served as experts for media throughout the year; we are a major source for media everywhere.
7. Born to Be, the critically acclaimed movie about some of the early surgical experience for CTMS that highlights Jess Ting and several of our patients, was formally released.

## Research/Education/ Dissemination Goals

1. With our small research team in place, begin to characterize the patients seeking gender affirming health care at Mount Sinai for future dissemination.
2. Publish the many papers in progress that began as presentation abstracts in 2020.
3. Begin planning the Mount Sinai/WPATH Live Surgery Conference penciled in for May, 2022.
4. Present at USPATH in fall, 2021.

# OUR LOCATIONS

Grabscheid Voice and Swallowing  
Center; Transgender Voice Care

5 East 98th Street, 8th Floor,  
New York, NY 10019  
212-262-4444

Adolescent Health Center  
28312-320 E 94th St  
New York, NY 10003128  
212-423-3000

Center for Transgender Medicine  
& Surgery

275 7<sup>th</sup> Avenue, 12<sup>th</sup> Floor  
New York, NY 10001  
212-604-1730

CTMS Surgery Clinic  
310 E 14th St,  
New York, NY 10003  
212-979-4000

New York Eye and Ear Infirmary  
of Mount Sinai  
310 E 14th St,  
New York, NY 10003  
212-979-4000

Mount Sinai Beth Israel  
281 1st. Ave,  
New York, NY 10003  
212-420-2000

