Annual Report
2021
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
Dear Friends and Colleagues,

The 2021 Annual Report of Mount Sinai Health System’s Center for Transgender Medicine and Surgery (CTMS) showcases the continued growth that we achieved despite the difficulties of the year. Like last year, we thought we might be content if we simply maintained our status and then listed the same goals for 2022. But no. Instead, we managed major accomplishments in care for our transgender and gender non-binary patients.

Our 2021 Annual Report highlights our progress in continuing to meet the needs of the people we serve. Despite the challenges in 2021, 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 along with 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 2021 with optimism and energy going forward into 2022.

Joshua Safer, MD
Executive Director

Matt Baney
Senior Administrative Director
CTMS Network

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

Erick A. Eiting, MD, MPH, MMM, Vice Chair of Operations for Emergency Medicine at Mount Sinai Downtown (he/him)

Antonio E. Urbina, MD, Medical Director for the Mount Sinai Institute for Advanced Medicine/Comprehensive Health Program (he/him)

Rebecca Seigel, MD, Primary Care Lead at Mount Sinai Center for Transgender Medicine and Surgery (she/her)

Jesse Dunkle, MD, MPH, Primary Care at Comprehensive Health Program (he/him)

Georgina Osorio MD, MPH, Primary Care at Mount Sinai Morningside Clinic (she/her)

Alexandra Abrams-Downey, MD, Primary Care at Mount Sinai Morningside Clinic (she/her)

Soman Sandeep, MD, Primary Care at Mount Sinai Doctors 23rd Street (he/him)

Andrea Sciberras, DO, Medical Director of Mount Sinai South Nassau Long Beach Primary Care (she/her)
CTMS Network

Jess Ting, MD, Plastic Surgeon at Mount Sinai Center for Transgender Medicine and Surgery (he/him)

Bella Avanessian, MD, Plastic Surgeon at Mount Sinai Center for Transgender Medicine and Surgery (she/her)

John Henry Pang, MD, Plastic Surgeon at Mount Sinai Center for Transgender Medicine and Surgery (he/him)

Miroslav Djordjevic, MD, PhD, Urologist at Mount Sinai Beth Israel (he/him)

Rajveer Purohit, MD, Urologist at Mount Sinai Beth Israel (he/him)

Aaron Grotas, MD, Urologist at Mount Sinai Union Square (he/him)

Marci Bowers, MD, OBGYN Surgeon at Mount Sinai Center for Transgender Medicine and Surgery (she/her)

Zoe Rodriguez, MD, OBGYN at Mount Sinai Beth Israel OBGYN Faculty Practice (she/her)

Andres Ramirez Zamudio, MD, MPH, OBGYN at Mount Sinai Beth Israel OBGYN Faculty Practice (he/him)
CTMS Network

Sangyoon Jason Shin, DO, Medical Director of Inpatient Services at Mount Sinai Union Square (he/him)

Jeff Day, DNP, AGPCNP-BP, CNEcI, Nurse Practitioner at Mount Sinai’s Center for Transgender Medicine and Surgery (he/him)

James Eckert, PA-C, Physicians Assistant at Mount Sinai Center for Transgender Medicine and Surgery (he/him)

Jonas Slackman, PA, Physicians Assistant at Mount Sinai Center for Transgender Medicine and Surgery (he/him)

Yiwei Ling, MMSc, PA-C, Physicians Assistant at Mount Sinai New York Eye and Ear (she/her)

Noemy Jorge, MS, RD, CDN, Nutritionist at New York Eye and Ear Inpatient Unit (she/her)

Joanne Gonzalez-Rose, RPh, MBA, Assistant Director of Pharmacy Services at Mount Sinai New York Eye and Ear (she/her)

Polina Kutsy, MSN, RN, 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 (she/her)
CTMS Network

Alicia Tennenbaum, LCSW, Senior Director, Department of Social Work and Case Management at Mount Sinai Beth Israel and NYEE (she/her)

Andrea Dunn, LCSW, Senior Social Worker at Mount Sinai New York Eye and Ear (she/her)

Marcie Braverman, LCSW, Social Worker at Mount Sinai New York Eye and Ear (she/her)

Beatriz Garcia, LCSW, Social Worker at Mount Sinai New York Eye and Ear (she/her)

Alison Sharp, LCSW, Social Worker at Mount Sinai Center for Transgender Medicine and Surgery (she/her)

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 (she/her)

Janet Kahn-Scolaro, LCSW-R, PhD, Social Worker at Mount Sinai South Nassau (she/her)
Clinical Services:

Overall patient experience: Under the tenacious attention from our new associate director, Taeko Horigome-Taylor, and with support from operations director, Jean DiNapoli, we have seen steady 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. This year also saw the inauguration of our integration into Epic to receive referrals for gender affirming care.

Primary Care: We added our new Primary Care lead, Rebecca Seigel at the end of the summer. Dr. Seigel has begun developing training structure for Mount Sinai providers who want to identify themselves as champions for our patients and she has already recruited a number of enthusiastic Mount Sinai providers to join us. 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.

Endocrinology: The number of new patients who start hormone therapy each week with us rose above 10.

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 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 2020 despite a 25% increase in surgeries performed relative to our peak in 2019 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 4-6 month experience typical for other similar surgeries.

Inpatient care: Sangyoon Jason Shin and Barbara Barnett published their paper that describes our completely novel interdisciplinary approach to transgender surgical care.

Pediatrics/Adolescent Care: We expanded our pilot scalable pediatric/adolescent program with services both at 7th Avenue in Chelsea and at the 94th Street location in the Adolescent Health Center to cover all ages of patients. In 2022, we will formally add our Pediatric Endocrinology consultation component based in the Annenberg Building at MSH.

Spiritual Care: We further expanded routine spiritual care opportunities for our inpatient surgical patients, a component of care that does not exist in any substantive form anywhere else.
Education/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. Those data have been presented at conferences and will be submitted for publication. In addition, the BioMe group began collecting gender identity data in its demographics section so that 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.

Several notable published papers include the following:

- The first report of a live birth from oocytes successfully harvested from the ovaries of a trans man while he continued his testosterone and then subject to in vitro fertilization with donor sperm for implantation in the cis female partner.
- A survey of insurance coverage for facial feminization surgeries.
- A demonstration that Mount Sinai’s interdisciplinary approach to inpatient care for gender affirming surgeries can substantially boost patient satisfaction.
- The observation that gender affirming hormone therapy can be safely continued for most of our patients undergoing gender affirming surgeries throughout the peri-operative period.
- The development of a validated survey tool to assess patient reported surgical outcomes following feminizing gender affirming surgeries.

In addition, publications included important reviews of a. venous thromboembolism risk with estrogen therapy for transgender women, b. cardiac risk considerations for aging transgender people, and c. a global summary of the current literature regarding the biological impact of gender affirming hormone therapy.
Dissemination/Quality/Training/Media:

Despite the continued subdued reality of a second virtual annual meeting, CTMS presented 12 abstracts at the annual national transgender conference (USPATH/WPATH).

Four 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, c. the dedicated CTMS psychiatry fellowship, and d. 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 Endocrinology Fellowship programs.

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 approximately 4000 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 7000 people have received some sort of gender affirming care at Mount Sinai and approximately 3000 patients are receiving active gender affirming hormone prescriptions from Mount Sinai providers.

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.

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 nominated for two Emmy awards.
Surgical Services

Gender Affirming Surgeries

<table>
<thead>
<tr>
<th>Year</th>
<th>Feminization Procedures</th>
<th>Masculinization Procedures</th>
<th>Total</th>
</tr>
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<tbody>
<tr>
<td>2016</td>
<td>75</td>
<td>55</td>
<td>130</td>
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<tr>
<td>2017</td>
<td>86</td>
<td>286</td>
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</tr>
<tr>
<td>2018</td>
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</tr>
<tr>
<td>2021</td>
<td>222</td>
<td>859</td>
<td>861</td>
</tr>
</tbody>
</table>
Patient Demographics

Total Population by Age

- 65+: 2.3%
- 55-64: 4.4%
- 45-54: 7.6%
- 35-44: 17.2%
- 25-34: 39.5%
- 15-24: 27.8%
- 1-14: 1.1%

Total Population by Race/Ethnicity

- White: 46.8%
- Hispanic/Latino: 16.0%
- Black or African-American: 15.5%
- Native Hawaiian/Pacific: 0.2%
- Other: 10.2%
- Asian: 4.1%
- American Indian or Alaskan: 0.1%
- Unknown: 7.1%
Patient Demographics

**Trans Masculine Population by Age**

- 65+: 0.5%
- 55-64: 1.9%
- 45-54: 4.2%
- 35-44: 14.2%
- 25-34: 41.0%
- 15-24: 37.8%
- 1-14: 0.3%

**Trans Masculine Population by Race/Ethnicity**

- Unknown: 7.4%
- White: 48.7%
- Native Hawaiian/Pacific: 0.2%
- Other: 9.6%
- Hispanic/Latino: 15.0%
- Black or African-American: 14.3%
- Asian: 4.6%
- American Indian or Alaskan: 0.2%
Heat Map Current Residence of Patients

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

Dr. Ramirez Zamudio is excellent, and a very trans-friendly gynecologist.
— Patient of Dr. Ramirez Zamudio

I cannot recommend him enough. He worked with me to address the unique issues that were happening, and they were quickly resolved. Was very much appreciated.
— Patient of Dr. Safer

Dr. Max is excellent. I am fortunate to have him.
— Patient of Dr. Lichtenstein

Dr. Dunkle really goes out of his way to make me feel comfortable enough to discuss my condition. I appreciate his candor and sense of understanding and compassion for what it must feel like to be in the patient’s condition.
— Patient of Dr. Dunkle

Dr. Reisman is, in my experience, one of the best doctors I have ever dealt with. She is the soul of professionalism and compassion, with a caring and friendly approach to her patients. She is truly interested in me as an individual, not as a “case.” She is simply a magnificent doctor, and person.
— Patient of Dr. Reisman
Goals for 2022

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:** Formally inaugurate our Pediatric Endocrinology operation on Annenberg-4 at MSH.

Research/Education/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 in 2021.

- Present at WPATH in fall, 2022 in Montreal.
Publications


Slack DJ, Safer JD. Cardiovascular health maintenance in aging individuals: The implications for transgender men and women on hormone therapy. *Endocr Pract* 2021; 27(1):63-70. PMID 33475503


Pang JH, Safer JD. An opportunity to better assess breast development in transgender women. *J Clin Endocrinol Metab* 2021; 106(3):e1453-e1454. PMID 33332566


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
Ongoing Medication Management
Pre-Surgical Evaluations
Pre- and Post-Surgical Psychotherapeutic Support
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, Morningside Clinic, 212-523-6500
2. Mount Sinai Hospital 212-241-6500
   2.1 Grabscheid Voice and Swallowing Center; Transgender Voice Care 212-262-4444
   2.2 Otolaryngology office 212-241-9410
3. Adolescent Health Center 212-423-3000
4. Mount Sinai Urology – 77th Street 212-241-4812
5. Mount Sinai West, Samuels Clinic 212-523-6500
6. Center for Transgender Medicine & Surgery, Administration Headquarters 212-604-1730; 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. 2nd Avenue Surgery Clinic 212-870-8270
12. Mount Sinai Beth Israel Hospital 212-420-2000
13. New York Eye and Ear Infirmary Mount Sinai. 212-979-4000