

Mount Sinai Center for Transgender Medicine and Surgery

Annual Report 2021



**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 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
Emergency Medicine
Mount Sinai Downtown
(he/him)



Antonio E. Urbina, MD
Medical Director, 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)



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



Andrea Sciberras, DO
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South Nassau Long Beach
Primary Care
(she/her)



Tamar Reisman, MD
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Center for Transgender Medicine
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Emily V. Nosova, MD
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(she/her)



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
(he/him)



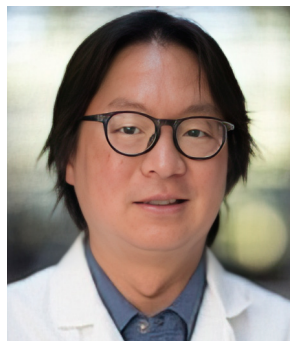
Ralph Fader, MD

Psychiatrist at Mount Sinai Center for Transgender Medicine and Surgery
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Psychologist at Mount Sinai Center for Transgender Medicine and Surgery
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Jess Ting, MD

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Bella Avanessian, MD

Plastic Surgeon at Mount Sinai Center for Transgender Medicine and Surgery
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Miroslav Djordjevic, MD, PhD

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Rajveer Purohit, MD

Urologist at Mount Sinai Beth Israel
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Aaron Grotas, MD

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CTMS Network



Marci Bowers, MD

OBGYN Surgeon at Mount Sinai
Center for Transgender Medicine
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Zoe Rodriguez, MD

OBGYN at Mount Sinai Beth Israel
OBGYN Faculty Practice
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**Andres Ramirez Zamudio,
MD, MPH**

OBGYN at Mount Sinai Beth Israel
OBGYN Faculty Practice
(he/him)



Rachel Gerber, MD

OBGYN at Reproductive Medicine
Associates of New York
(she/her)



Jovana Lekovich, MD

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Tia Jackson-Bey, MD, MPH

OBGYN at Reproductive Medicine
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Lucky Sekhon, MD

OBGYN at Reproductive Medicine
Associates of New York
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Mark Courey, MD

Otolaryngologist at Mount Sinai
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Joshua Rosenberg, MD

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Sinai Doctors 85th Street
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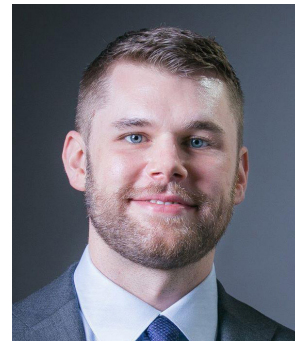
CTMS Network



John B. Steever, MD
Pediatrician at Mount Sinai
Adolescent Health Center
(he/him)



Mabel Yau, MD
Pediatric Endocrinologist
at The Mount Sinai Hospital
(she/her)



Andrew Para, MD
Dermatologist at Mount Sinai Union
Square
(he/him)



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



Jeff Day, DNP, AGPCNP-BP, CNEcl
Nurse Practitioner at Mount Sinai's
Center for Transgender Medicine
and Surgery
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James Eckert, PA-C
Physicians Assistant at Mount Sinai
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Jonas Slackman, PA
Physicians Assistant at Mount Sinai
Center for Transgender Medicine
and Surgery
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Joanne Gonzalez-Rose, RPh, MBA
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Services at Mount Sinai New York
Eye and Ear
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Polina Kutsy, MSN, RN
Senior Nurse Manager of the
Medical Surgical Unit at Mount
Sinai New York Eye and Ear
(she/her)

CTMS Network



Rabbi Jo Hirschmann, BCC, ACPE

Certified Teacher, Director of Spiritual Care and Education for Mount Sinai Downtown
(she/her)



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
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Beatriz Garcia, LCSW

Social Worker at Mount Sinai New York Eye and Ear
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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)

Center for Transgender Medicine and Surgery

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.



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. 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.

Center for Transgender Medicine and Surgery

Dissemination, Quality, Training, and 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 online 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.

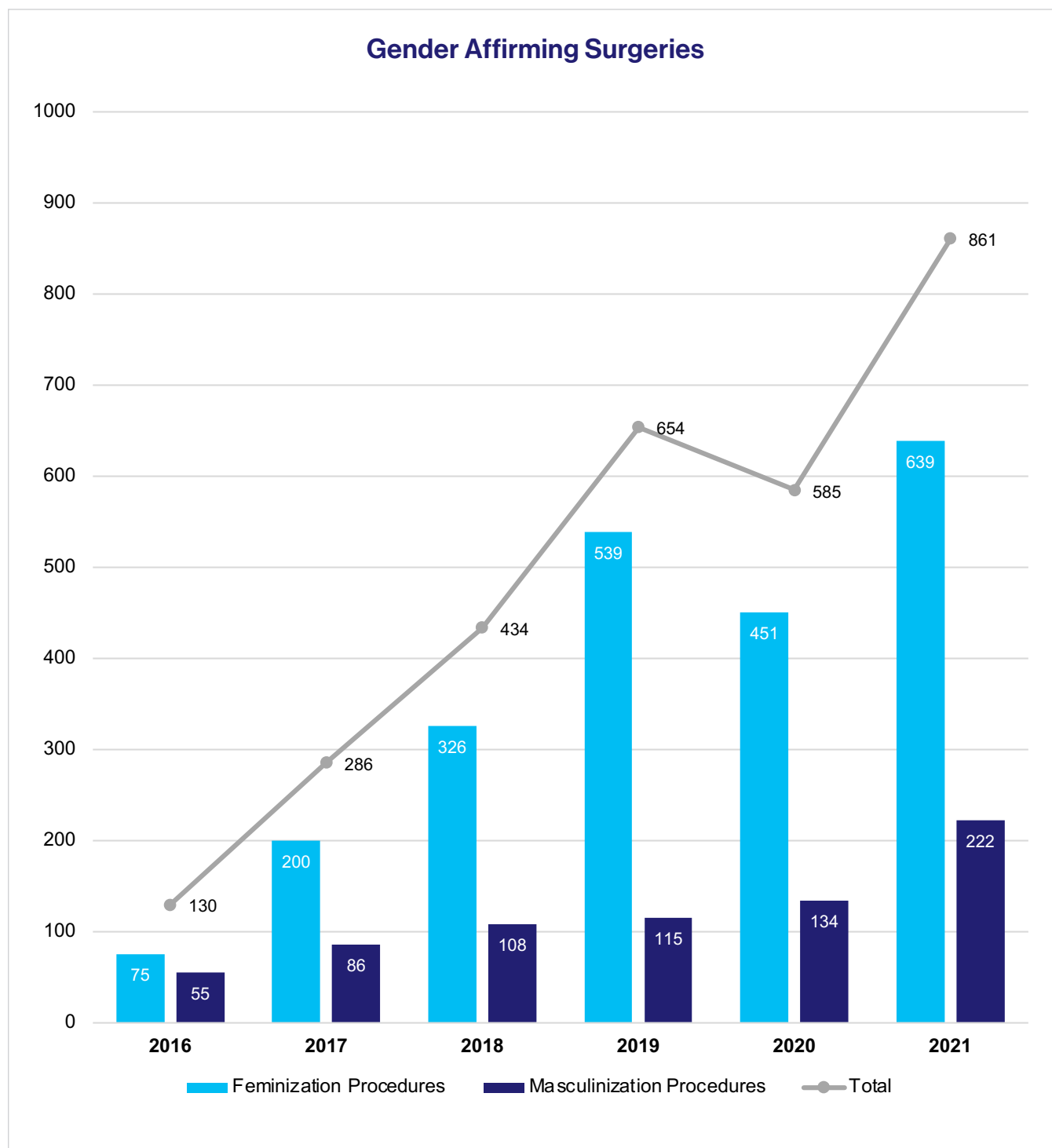
The identified patients are also part of a pilot QI program to establish measurable metrics for gender affirming hormone prescribing across the Mount Sinai Health System.

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

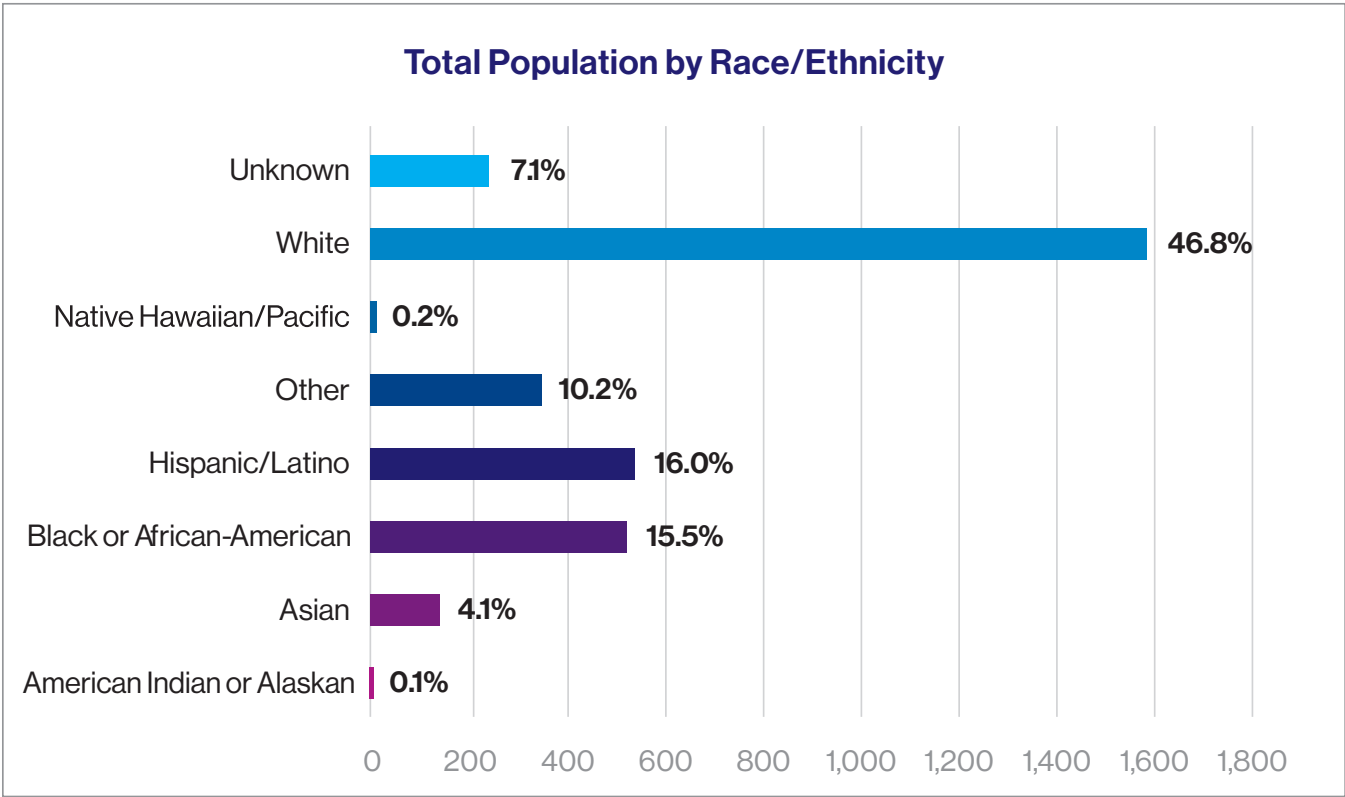
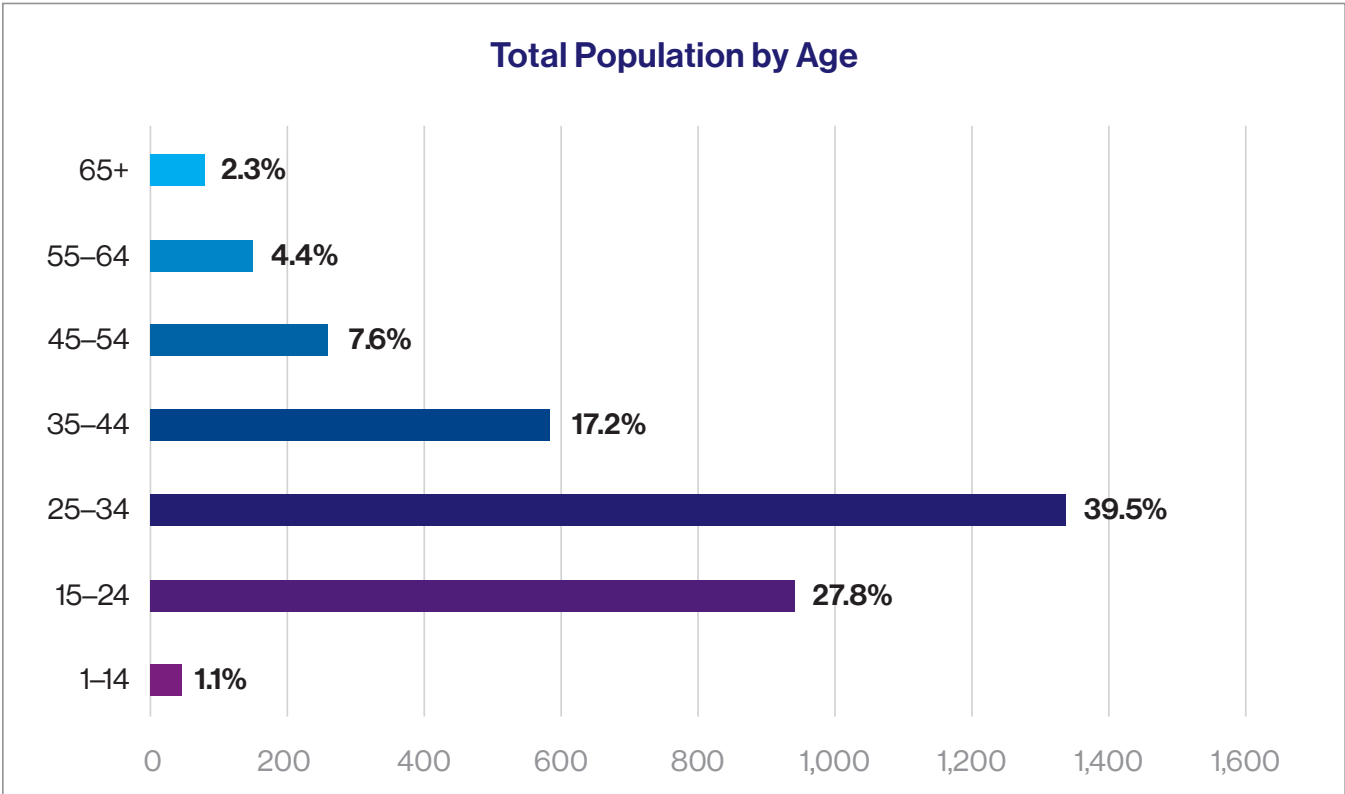
Born to Be, the critically acclaimed movie about some of the early surgical experience for CTMS that highlights Jess Ting and several of our patients, was nominated for two Emmy awards.



Surgical Services

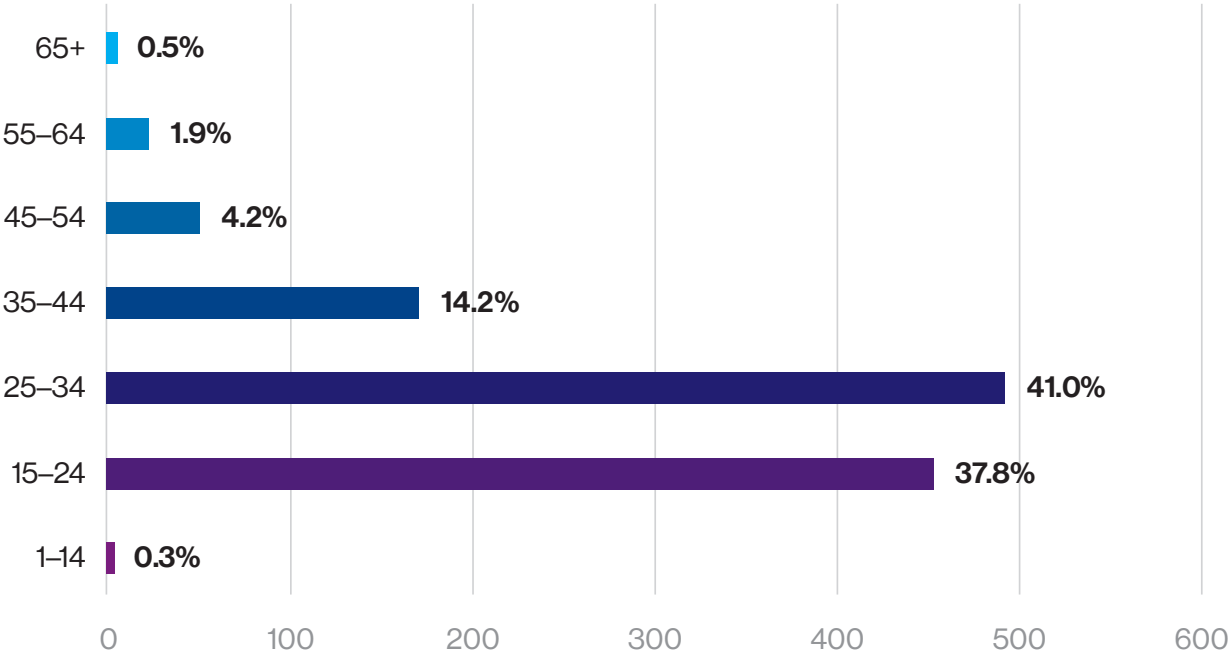


Patient Demographics

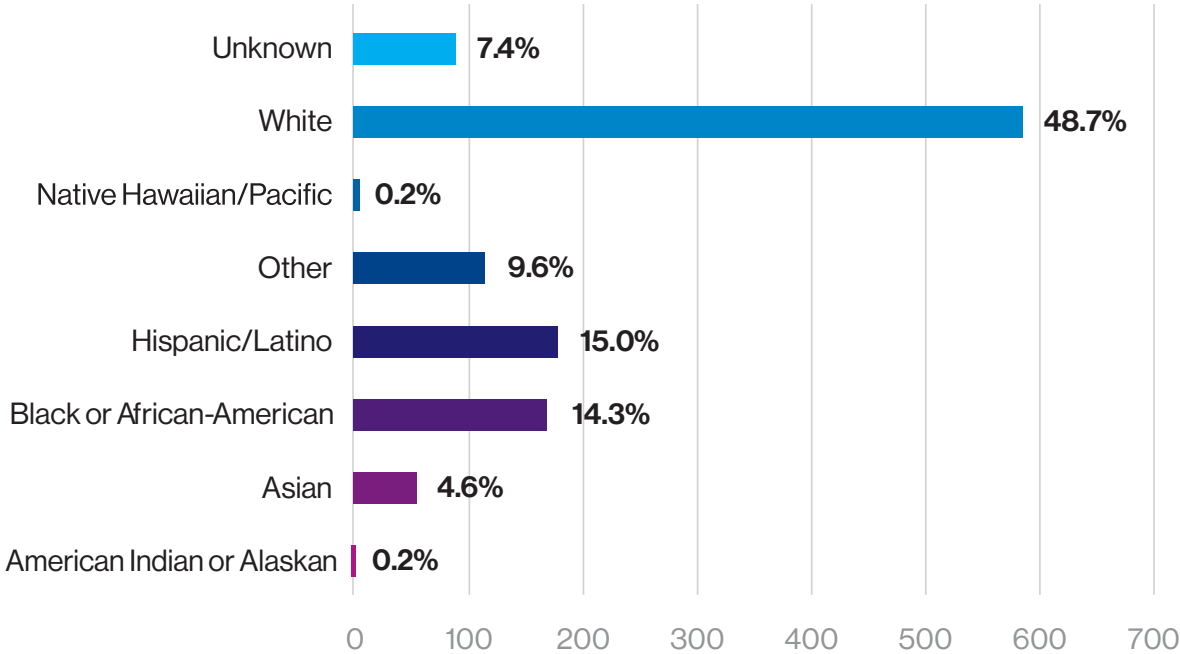


Patient Demographics

Trans Masculine Population by Age

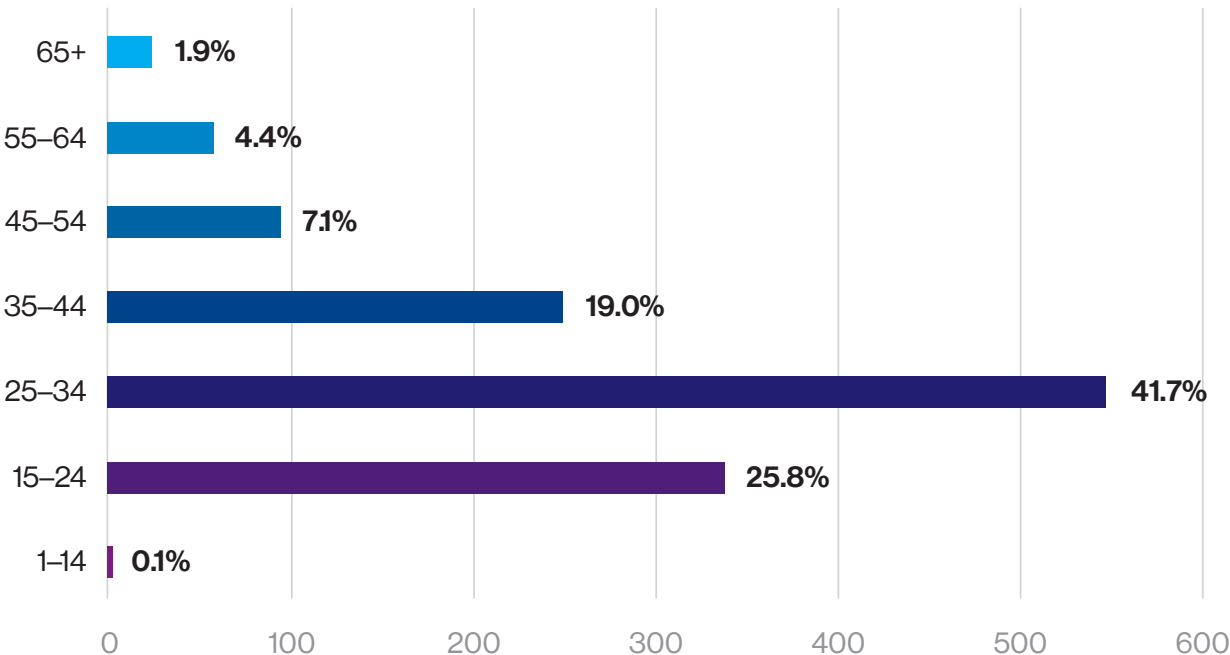


Trans Masculine Population by Race/Ethnicity

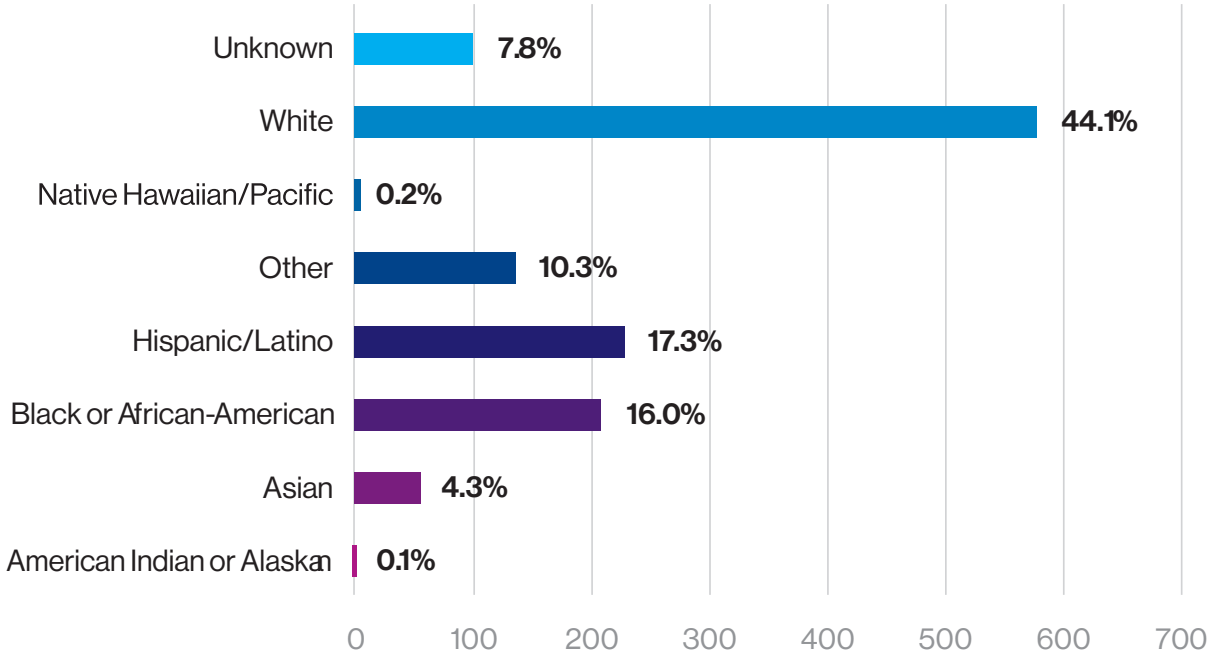


Patient Demographics

Trans Feminine Population by Age

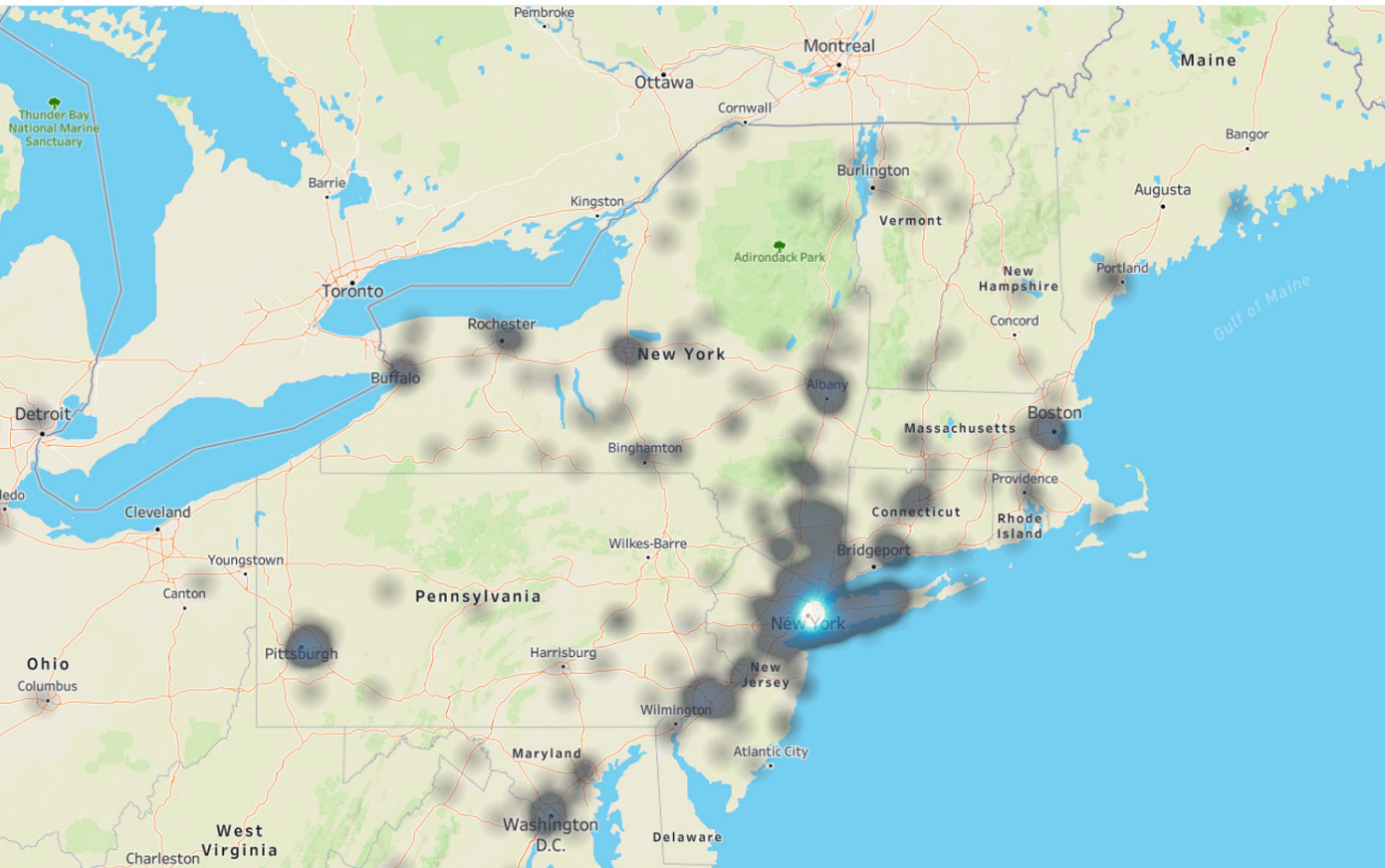
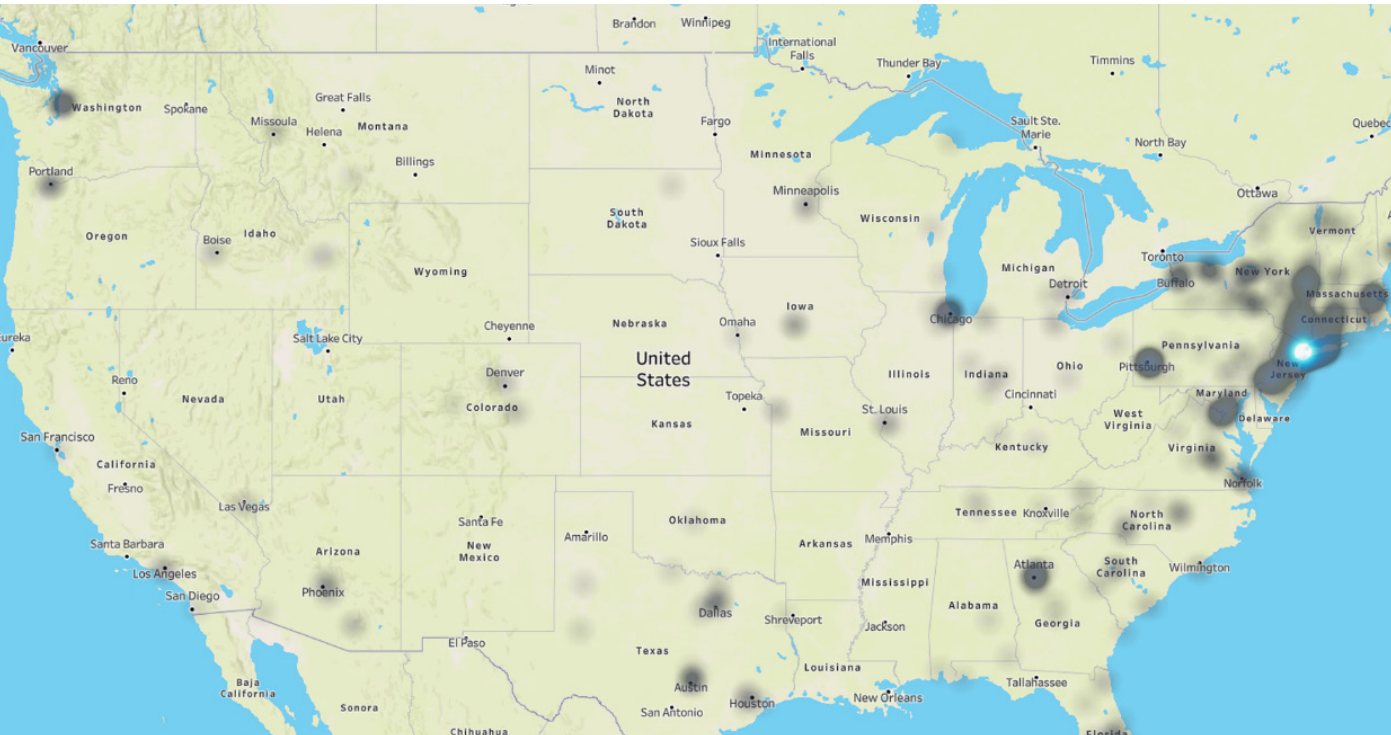


Trans Feminine Population by Race/Ethnicity



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

Patient Testimonials

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, 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 in 2021.
- Present at WPATH in fall, 2022 in Montreal.



Publications

1. Kozato A, Fox GWC, Yong PC, Shin SJ, Avanessian BK, Ting J, Ling Y, Karim S, Safer JD, Pang JH. No venous thromboembolism increase among transgender female patients remaining on estrogen for gender affirming surgery. *J Clin Endocrinol Metab* 2021; 106(4):e1586-e1590. doi: 10.1210/clinem/dgaa966
2. Gorbea E, Gidumal S, Kozato A, Pang JH, Safer JD, Rosenberg J. Insurance coverage of facial gender affirmation surgery - a review of Medicaid and commercial insurance. *Otolaryngol Head Neck Surg* 2021; 165(6):791-797. doi: 10.1177/0194599821997734
3. Shin JS, Pang JH, Tiersten L, Jorge N, Hirschmann J, Kutsy P, Ashley K, Stein L, Safer JD, Barnett B. The Mount Sinai interdisciplinary approach to peri-operative care improved the patient experience for transgender individuals. *Transgender Health* 2021; In Press. PMID
4. Huber S, Ferrando C, Safer JD, Pang JH, Streed CG, Priestly J, Culligan P. Development and validation of urologic and appearance domains of the post-affirming surgery form and function individual reporting measure (AFFIRM) for transwomen following genital surgery. *J Urol* 2021; 206(6):1445-1453. doi: 10.1097/JU.0000000000002141
5. 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
6. Walch A, Davidge-Pitts C, Safer JD, Lopez X, Tangpricha, V, Iwamoto SJ. Proper care of transgender and gender diverse persons in the setting of proposed discrimination: A policy perspective. *J Clin Endocrinol Metab* 2021; 106(2):305-308. PMID 33326028
7. 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
8. Safer JD. Research gaps in medical treatment of transgender/non-binary people. *J Clin Invest* 2021; 131(4):e142029. PMID 33586675
9. Reisman T, Safer JD. New data to challenge gender affirming hormone therapy prescribing practice. *J Clin Endocrinol Metab* 2021; 106(5):e2365-e2366. PMID 33524111
10. Walch A, Davidge-Pitts C, Lopez X, Tangpricha, V, Iwamoto SJ, Safer JD. Response to Letter to the Editor from Malone: "Proper Care of Transgender and Gender Diverse Persons in the Setting of Proposed Discrimination: A Policy Perspective". *J Clin Endocrinol Metab* 2021; 106(8): e3295–e3296. doi:10.1210/clinem/dgab206

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, Morningside Clinic**
212-523-6500
- 2. The Mount Sinai Hospital**
212-241-6500
Grabscheid Voice and Swallowing Center; Transgender Voice Care
212-262-4444
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 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

