

# Taking notes

Doctor appointments can be stressful events and we are often given a lot of new and technical information.

It can sometimes be difficult to remember everything that has been said during the appointment.

If you have access to a smart phone or other suitable device, consider recording the conversation, so that you can review it at any time.

Alternatively, take a pen and paper to the appointment or use the space below to take notes.



This leaflet was created by  
FTM Health healthcare campaign.  
We advocate for transgender  
people who have medical issues  
related to transitioning.

Please contact us with your questions, comments or suggestions:

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# FTM Health: Vaginal and Endometrial Atrophy

A guide to help you start a conversation with your healthcare professional and develop a treatment plan that is right for you.

## Note to the doctor

Dear Doctor/medical professional.  
FTM Health have created this leaflet to help with my transgender healthcare.

Many trans men have been experiencing pain and discharge. We have put together this leaflet to help you with our specialized needs.

Please know this it to help us all move forward with trans health.

These are things we have experienced and found a very big commonality with us all. This is why we must have hysterectomies if we are to continue using testosterone supplements.

## Medical Emergencies

If you are experiencing extreme pain in your abdominal area, seek medical care as soon as possible.

Do not ignore pain, it is your body's way of telling you something is wrong. Delays in seeking medical help could lead to more serious health problems in the future.

## Symptoms

You may have some of these symptoms, you may have others. Use this checklist to identify your symptoms and start a conversation with your Doctor;

- Vaginal dryness
- Vaginal burning
- Vaginal discharge
- Genital itching
- Burning with urination
- Urgency with urination
- Urinary tract infections
- Urinary incontinence
- Bleeding after intercourse/ orgasm
- Pain after intercourse/ orgasm
- Decreased vaginal lubrication during sexual activity
- Shortening and tightening of the vaginal canal
- Abdominal pain
- Other.....
- Other.....

## Questions for/information needed from your doctor:

- What is the difference between Vaginal Atrophy and Endometrial Atrophy?
- Is cramping normal for trans men after starting Testosterone?
- Is a hysterectomy needed for me? What are the pros and cons?
- What is the most common hysterectomy procedure for trans men?
- Is it time for you to book a Pap smear tests and/or STD test for preventive care?

If your doctor is hesitant on treating you, or if you feel shy about discussing your symptoms and needs, show them the information in this pamphlet and discuss it further.

If your doctor is still hesitant, seek another medical professional.

You have the right to adequate medical care.