

Pride in Serving Transgender & Gender Diverse Veterans

VA provides a wide array of necessary care to all eligible Veterans. This includes **ALL needed gender-affirming care except gender-affirming surgeries**. Here are some of the services VA provides.



Gender-Affirming Hormone Therapy (GAHT)

Hormone therapy for transgender and gender diverse Veterans is designed to treat gender incongruence and dysphoria. A Gender Dysphoria diagnosis (or similar) is established before hormone therapy can begin, typically by a mental health professional. A readiness assessment for GAHT is recommended in order to establish or confirm the diagnosis of gender dysphoria and the capacity to fully consent to the treatment. It is not required when diagnosis and capacity to consent have already been established. The provider who prescribes hormone therapy must obtain verbal informed consent before providing GAHT and document consent in their note in the medical record.



Voice/Communication Training

Speech Language Pathologists assist Veterans in understanding and garnering control of their voice and communication styles to help them discover, explore, and expand their communication and voice. This care is sometimes delivered through telehealth.



Gender-Affirming Prosthetics

Prosthetic devices provided by Prosthetic and Sensory Aids Service may be clinically indicated for transgender and gender diverse Veterans. Several items are available through the VA if medically necessary. These include, but are not limited to, breast forms, chest binders, dilator sets for post-vaginoplasty, gaffs, packers, surgical compression vests, and wigs.



Fertility Preservation/Family Planning/Lactation Support

All enrolled and eligible Veterans may be provided with infertility services regardless of service connection, sexual orientation, gender identity, or relationship status. This is inclusive of transgender Veterans. Transgender and gender diverse Veterans may need fertility services before or with gender-affirming care such as cryopreservation before hormone therapy. VA has services to help Veterans store eggs and sperm, as well as build and support families. These are coordinated through VA Women's Health Program.



Medically Necessary Hair Removal

Permanent hair removal can be medically necessary, such as for pre-surgical hair removal for genital surgery or to treat Gender Dysphoria. Hair removal typically happens through referrals to community-based centers and availability varies widely. VA is working to improve access for all eligible Veterans.



Letters of Support for Gender-Affirming Surgery (Outside of VA)

Some Veterans use their private health insurance or pay out-of-pocket for surgical treatments. Most surgeons and private health insurance companies require letters of support for surgeries outside VA, from medical and/or mental health providers.

While VA cannot provide gender-affirming surgeries **at this time**, VA can provide surgical care for the following: long term complications of surgeries, including revision surgeries; gonadectomies (orchiectomy, oophorectomy) for hormone management if a Veteran cannot tolerate prescription hormones; and needed surgeries for other medical indications (e.g., cancer) that may also be consistent with the Veteran's gender-affirmation goals.

Questions?

- **Visit the [LGBTQ+ Veteran Care Coordinator Directory](https://dvagov.sharepoint.com/sites/vhava-lgbt-resources/SitePages/LGBT-Veteran-Care-Coordinator-List.aspx)** (dvagov.sharepoint.com/sites/vhava-lgbt-resources/SitePages/LGBT-Veteran-Care-Coordinator-List.aspx)
- **Visit the [LGBTQ+ SharePoint](https://dvagov.sharepoint.com/sites/vhava-lgbt-resources)** (dvagov.sharepoint.com/sites/vhava-lgbt-resources)
- **If you need an expert team to review the Veteran's treatment plan, provide guidance, and/or provide a second opinion, place a [National Transgender & Gender Diverse E-consultation request](https://dvagov.sharepoint.com/sites/vhava-lgbt-resources/SitePages/Transgender-eConsult.aspx)** (dvagov.sharepoint.com/sites/vhava-lgbt-resources/SitePages/Transgender-eConsult.aspx)

