

## National Essential Medicine List Tertiary Medication Review Process Component: Gender Dysphoria

### REVIEW ADDITION: MARCH 2025

**Caution:** there is limited evidence of long-term outcomes of use of cross-sex hormones in children and adolescents.

**Note:**

As evidence, perspectives, and terminology in the gender dysphoria/gender incongruence space continues to evolve, further work is in progress to reassess recommendations in this area

### MEDICINE MOTIVATION:

#### 1. Executive Summary

**Date:** August 2019  
**Medicine (INN):** Oestrogen  
**Medicine (ATC):** G03CA  
**Indication (ICD10 code):** F64.0  
**Patient population:** Patients with gender dysphoria - Feminising  
**Prevalence of condition:** no accurate figures in SA. Recent population-based surveys in the United States suggest that the number of self-identified trans people represent approximately 0.1-0.5% of the population.<sup>1,2</sup>  
**Level of Care:** Tertiary (initiation), can be down referred are required  
**Prescriber Level:** Multidisciplinary Specialist Team  
**Current standard of Care:** Psychosocial/hormone/surgery therapy  
**Efficacy estimates: (preferably NNT)**

#### 2. Name of author(s)/motivator(s): Tertiary Committee

#### 3. Author affiliation and conflict of interest details:

Dr Grobler – Part of Gender Clinic at Steve Biko Hospital.

No other applicable conflicts declared.

#### 4. Introduction/ Background

Gender dysphoria is defined as the distress and unease experienced if gender identity and designated gender are not completely congruent. In 2013, the American Psychiatric Association released the fifth edition of the DSM-5, which replaced “gender identity disorder” with “gender dysphoria” and changed the criteria for diagnosis.

Gender incongruence is an umbrella term used when the gender identity and/or gender expression differs from what is typically associated with the designated gender. Not all individuals with gender incongruence have gender dysphoria or seek treatment.

**5. Purpose/Objective i.e. PICO question:**

- P** (*patient/population*): *Gender Dysphoria - Feminising*
- I** (*intervention*): *Oestrogen*
- C** (*comparator*): *No therapy*
- O** (*outcome*): *Quality of life*

**6. Methods:**

**a. Data sources:** Pubmed, Cochrane Library, Google Scholar.

**b. Search strategy**

("Gender Dysphoria"[Mesh]) AND ("Hormone Replacement Therapy"[Mesh] OR "Estrogen Replacement Therapy"[Mesh])

c. Excluded studies: n/a

d. Evidence synthesis

<i>Author, date</i>	<i>Type of study</i>	<i>n</i>	<i>Population</i>	<i>Comparators</i>	<i>Primary outcome</i>	<i>Effect sizes</i>	<i>Comments</i>
Murad MH, et.al. 2010 <sup>3</sup>	Systematic review and Meta-analysis	28 studies, 1833 participants (1093 male-to-female; 801 female-to-male)	Health user with gender identity disorder (GID) receiving hormonal therapy	No control	<ul style="list-style-type: none"> <li>Improvement in gender dysphoria</li> <li>Improvement in psychological symptoms</li> <li>Improvement in quality of life</li> <li>Improvement in sexual function.</li> </ul>	<ul style="list-style-type: none"> <li>80% of individuals with GID reported significant improvement in gender dysphoria (95% CI = 68–89%; 8 studies; I<sup>2</sup> = 82%);</li> <li>78% reported significant improvement in psychological symptoms (95% CI = 56–94%; 7 studies; I<sup>2</sup> = 86%);</li> <li>80% reported significant improvement in quality of life (95% CI = 72–88%; 16 studies; I<sup>2</sup> = 78%);</li> <li>72% reported significant improvement in sexual function (95% CI = 60–81%; 15 studies; I<sup>2</sup> = 78%).</li> </ul>	Subjective outcome measures only

**Evidence quality:** Level II evidence

#### Cross-sectional study

<i>Author, date</i>	<i>Type of study</i>	<i>n</i>	<i>Population</i>	<i>Comparators</i>	<i>Primary outcome</i>	<i>Effect sizes</i>	<i>Comments</i>
Gorin-Lazard A, et.al. 2012 <sup>4</sup>	Cross-sectional study	61 participants (44 received hormonal therapy)	GID individuals	No hormonal therapy	Quality of life (Short Form 36)	<ul style="list-style-type: none"> <li>Hormonal therapy was significantly associated with a higher QoL</li> <li>Depression was significantly associated with a lower QoL.</li> </ul>	

e. **Evidence quality:** The outcomes reported are subjective and include measures such as improvement of psychological symptoms, improvements of quality of life, improvement in gender dysphoria, and improvement in sexual function. Since there are no hard clinical outcomes, a value judgement is required.

**Adverse effects:** risk of thromboembolic events associated with oestrogens in general seems most concerning with ethinyl estradiol specifically, which is why it is suggested that it not be used in any transgender treatment plan.<sup>5, 6, 7</sup>

**Alternative agents:** Alternative treatment includes changes in gender expression, surgery, and psychotherapy. The treatment interventions are individualized on a patient basis, with interventions applied in different orders.

#### EVIDENCE TO DECISION FRAMEWORK

	JUDGEMENT	SUPPORTING EVIDENCE & ADDITIONAL CONSIDERATIONS
QUALITY OF EVIDENCE	<p><b>What is the overall confidence in the evidence of effectiveness?</b></p> <p>Confident    Not confident    Uncertain</p> <p><input checked="" type="checkbox"/>    <input type="checkbox"/>    <input type="checkbox"/></p>	<p>Although evidence does not evaluate hard outcomes, there is support for quality of life outcomes for these patients.</p>
BENEFITS & HARMS	<p><b>Do the desirable effects outweigh the undesirable effects?</b></p> <p>Benefits outweigh harms    Harms outweigh benefits    Benefits = harms or Uncertain</p> <p><input type="checkbox"/>    <input type="checkbox"/>    <input checked="" type="checkbox"/></p>	<p>Risk of thromboembolic events. Monitoring for this must be included in the treatment plan.</p>
THERAPEUTIC INTERCHANGE	<p>Therapeutic alternatives available:</p> <p>Yes    No</p> <p><input type="checkbox"/>    <input checked="" type="checkbox"/></p> <p>List the members of the group:</p> <p>List specific exclusion from the group:</p>	<p>Rationale for therapeutic alternatives included:</p> <p>References:</p> <p>Rationale for exclusion from the group:</p> <p>References:</p>

	JUDGEMENT	SUPPORTING EVIDENCE & ADDITIONAL CONSIDERATIONS						
VALUES & PREFERENCES / ACCEPTABILITY	<p>Is there important uncertainty or variability about how much people value the options?</p> <p>Minor      Major      Uncertain</p> <p><input checked="" type="checkbox"/>      <input type="checkbox"/>      <input type="checkbox"/></p> <p>Is the option acceptable to key stakeholders?</p> <p>Yes      No      Uncertain</p> <p><input checked="" type="checkbox"/>      <input type="checkbox"/>      <input type="checkbox"/></p>							
RESOURCE USE	<p>How large are the resource requirements?</p> <p>More intensive      Less intensive      Uncertain</p> <p><input type="checkbox"/>      <input type="checkbox"/>      <input type="checkbox"/></p>	<p>Cost of medicines/ month:</p> <table border="1"> <thead> <tr> <th>Medicine</th> <th>Cost (ZAR)</th> </tr> </thead> <tbody> <tr> <td>Estradiol</td> <td>Starting dose (1mg): R34.58/month Maximum dose (6mg): R207.48</td> </tr> <tr> <td>Conjugated oestrogen</td> <td>Starting dose (0.3mg): R62.37/month Maximum dose (2.5mg): R498.92</td> </tr> </tbody> </table> <p><b>Additional resources:</b> Patients will need to be managed by a multidisciplinary team including endocrinologists, psychiatrists, surgery, psychologist etc.</p>	Medicine	Cost (ZAR)	Estradiol	Starting dose (1mg): R34.58/month Maximum dose (6mg): R207.48	Conjugated oestrogen	Starting dose (0.3mg): R62.37/month Maximum dose (2.5mg): R498.92
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EQUITY	<p>Would there be an impact on health inequity?</p> <p>Yes      No      Uncertain</p> <p><input type="checkbox"/>      <input type="checkbox"/>      <input checked="" type="checkbox"/></p>	With no formal EML recommendations, there is inequity with treatment only afforded at those facilities running a gender dysphoria clinic.						
FEASIBILITY	<p>Is the implementation of this recommendation feasible?</p> <p>Yes      No      Uncertain</p> <p><input checked="" type="checkbox"/>      <input type="checkbox"/>      <input type="checkbox"/></p>							

Type of recommendation	We recommend against the option and for the alternative	We suggest not to use the option or to use the alternative	We suggest using either the option or the alternative	We suggest using the option	We recommend the option
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

**Recommendation** Oestrogen is recommended for inclusion on the Tertiary and Quaternary Essential Medicine List for patients with gender dysphoria for the feminising regimen, to be initiated by specialists in a multidisciplinary team.

**Rationale:** Appropriate access will assist in enabling the proper and safe use, and avoid unsafe practices.

**Level of Evidence:** II and III

**Review indicator:**

Evidence of efficacy	Evidence of harm	Price reduction
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

**VEN status:**

Vital	Essential	Necessary
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

**Monitoring and evaluation considerations** Individual patient monitoring required: ALT, fasting glucose, cholesterol, electrolytes, prolactin, risk of thromboembolic risk.

**Research priorities** Patient outcomes, adverse effects of long term treatment.

## References:

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- <sup>1</sup> Conron KJ, Scott G, Stowell GS, Landers SJ. Transgender Health in Massachusetts: results from a household probability sample of adults. *Am J Pub H.* 2012; 102:118-122.
- <sup>2</sup> Gates GJ. How many people are lesbian, gay, bisexual, and transgender? UCLA: Williams Institute. 2011 Apr:1-8.  
<https://escholarship.org/uc/item/09h684x2> (Accessed on 21 February 2016)
- <sup>3</sup> Murad MH, Elamin MB, Garcia MZ, Mullan RJ, Murad A, Erwin PJ, Montori VM. Hormonal therapy and sex reassignment: A systematic review and meta-analysis of quality of life and psychosocial outcomes. *Clinical endocrinology.* 2010 Feb 1;72(2):214-31.
- <sup>4</sup> Gorin-Lazard A, Baumstarck K, Boyer L, Maquigneau A, Gebleux S, Penochet J-C, Pringuey D, Albarel F, Morange I, Loundou A, Berbis J, Auquier P, Lançon C, and Bonierbale M. Is hormonal therapy associated with better quality of life in transsexuals? A cross-sectional study. *J Sex Med* 2012;9:531–541.
- <sup>5</sup> Meriggiola MC, Gava G. Endocrine care of transpeople part I. A review of cross-sex hormonal treatments, outcomes and adverse effects in transmen. *Clin Endocrinol (Oxf).* 2015;83(5):597–606.
- <sup>6</sup> Prior JC, Vigna YM, Watson D. Spironolactone with physiological female steroids for presurgical therapy of male-to-female transsexualism. *Arch Sex Behav.* 1989;18(1):49–57.
- <sup>7</sup> Dittrich R, Binder H, Cupisti S, Hoffmann I, Beckmann MW, Mueller A. Endocrine treatment of male-to-female transsexuals using gonadotropin-releasing hormone agonist. *Exp Clin Endocrinol Diabetes.* 2005;113(10):586–592.