



### BEING A TRANSSEXUAL IS NOT EASY

TRANSSEXUALS MAY BE LEGALLY OPPRESSED IN A NUMBER OF WAYS, FROM RESTROOM USAGE (A THERAPIST'S LETTER IS VERY HELPFUL HERE) AND JOB DISCRIMINATION TO TRAFFIC OBSTRUCTION (FOR JUST WALKING DOWN A STREET). A TRANSSEXUAL COULD BE CITED FOR DISTURBING THE PEACE IF SOMEONE STARTED A FIGHT WITH THE TRANSSEXUAL JUST BECAUSE THE TRANSSEXUAL'S ORIGINAL SEX HAD BEEN GUESSED.

### LEGAL CONSIDERATIONS

HAVE YOUR DRIVERS LICENSE, SOCIAL SECURITY CARD, CREDIT CARDS, AND INSURANCE PAPERS CHANGED TO YOUR NEW NAME BEFORE YOUR REASSIGNMENT SURGERY. CHECK WITH YOUR LOCAL LIBRARY, DEPARTMENT OF MOTOR VEHICLES, AND LAWYER FOR HELP. HAVE A DOCTOR'S LETTER EXPLAINING WHY YOU ARE LIVING FULL-TIME IN YOUR CHOSEN GENDER. ALL OF THESE MEASURES SHOULD HELP WITH RESOLVING YOUR DAY-TO-DAY PROBLEMS.



### SUGGESTED BOOKS AND PUBLICATIONS TO READ

- \* HARRY BENJAMIN, TRANSSEXUAL PHENOMENON (NEW YORK: WARNER BOOKS, 1977)
- \* KIM STUART, THE UNINVITED DILEMMA (LAKE OSWEGO, ORE.: METAMORPHUS PRESS) METAMORPHUS PRESS P.O. BOX 1712 LAKE OSWEGO, OR 97034
- \* MARIO AND HARRIET MARTINO, EMERGENCE: A TRANSSEXUAL AUTOBIOGRAPHY FEMALE TO MALE BIOGRAPHY (NEW YORK: CROWN PUBLICATIONS, INC., 1977)
- \* TRANSSEXUAL VOICE MAGAZINE \$2/ISSUE, \$12/YEAR. WRITE CHECK/MONEY ORDER PAYABLE TO PHOEBE SMITH  
PHOEBE SMITH  
764 NORTH AVENUE  
HAPEVILLE, GA 30354

FOR ADDITIONAL INFORMATION ON  
TRANSSEXUALISM OR TRANSVESTISM

### CONTACT:

E.T.V.C. (EDUCATIONAL TV CHANNEL) --

A VERY FRIENDLY AND INFORMED GROUP  
OF TRANSVESTITES, TRANSSEXUALS,  
AND TRANSGENDERISTS--

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# TRANSSEXUAL BASICS

## TRANSSEXUALISM: SEX AND GENDER DILEMMA

TRANSSEXUALS ARE PEOPLE WHO HAVE THE GENDER IDENTITY (PSYCHE, MIND, OR FEELINGS) OF ONE SEX AND THE BODY OF THE OTHER. THE TRANSSEXUAL STARTS FROM DAY ONE APPEARING AS MEN OR WOMEN; BUT INWARDLY THEIR FEELINGS ARE IN TURMOIL.

TRANSSEXUALS OFTEN HIDE THEIR TORMENT, BUT ULTIMATELY THEY MUST CONFIDE THEIR INNERMOST THOUGHTS TO SENSITIVE PEOPLE WHO CAN PROVIDE USEFUL ADVICE, GUIDANCE AND INFORMATION.

- \* EMPATHETIC FRIENDS
- \* OTHER TRANSSEXUALS
- \* TRANSSEXUAL GROUPS
- \* GENDER IDENTITY THERAPISTS

IN ADDITION, TRANSSEXUALS TRY TO GAIN INFORMATION ABOUT GENDER IDENTITY FROM A VARIETY OF SOURCES:

- \* MEDICAL LIBRARIES OF MAJOR UNIVERSITIES (E.G., STANFORD, JOHNS HOPKINS)
- \* PUBLIC MENTAL HEALTH DEPARTMENTS AND GENDER THERAPISTS
- \* NEWSPAPER LIBRARIES OF MAJOR NEWSPAPERS
- \* PUBLIC LIBRARIES: USING THE READERS GUIDE TO PERIODICAL LITERATURE OR BOOKS IN PRINT WITH "TRANSSEXUALISM" OR "CHANGE OF SEX" LISTINGS
- \* NATIONAL AND LOCAL RADIO AND TELEVISION TALK-SHOW PROGRAMS ABOUT TRANSSEXUALISM
- \* HAIRDRESSERS, WIG SHOP SALESPERSONS, AND ELECTROLOGISTS

### THINK ABOUT IT !

SEX REASSIGNMENT SURGERY IS A LIFETIME COMMITMENT. BE VERY SURE BEFORE YOU TAKE THE FINAL STEP. CHANGING BACK IS NOT SUCCESSFUL. BE WILLING TO SPEND THE EXTRA DOLLARS FOR THE BEST AVAILABLE PROFESSIONAL HELP.

## PROFESSIONAL ESSENTIALS

### ELECTROLYSIS

(USUALLY FOR THE MALE TO FEMALE TRANSSEXUAL)

ELECTROLYSIS IS THE DESTRUCTION OF HAIR ROOTS WITH AN ELECTRIC CURRENT, AND IS PERFORMED BY A QUALIFIED ELECTROLOGIST. TRANSSEXUALS USE THIS METHOD TO RID THEIR BODIES OF UNWANTED HAIR (E.G., ON THEIR FACES). THIS HAIR REMOVAL PROCESS TYPICALLY REQUIRES 100 OR MORE HOURS. TO FIND A QUALIFIED ELECTROLOGIST, SEE THE TELEPHONE BOOK, YELLOW PAGES, OR ASK A FRIEND OR THERAPIST TO RECOMMEND ONE.

### THERAPY

THERAPY IS AN INTEGRAL PART OF RESOLVING TRANSSEXUALS GENDER IDENTITY DILEMMAS. TRANSSEXUALS SHOULD CHOOSE THERAPISTS WHO HAVE EXPERIENCE WITH TRANSSEXUALS, AND WHO FOLLOW THE HARRY BENJAMIN "STANDARDS OF CARE." THESE STANDARDS REQUIRE:

- THREE MONTHS OF THERAPY BEFORE REFERRAL TO A PHYSICIAN FOR THE BEGINNING OF HORMONE TREATMENT
- ONE YEAR OF WORKING AND LIVING 24 HOURS A DAY IN THE GENDER ROLE OF YOUR CHOICE

IF NECESSARY, THERAPISTS REFER THEIR CLIENTS TO OTHER PROFESSIONALS. THROUGHOUT YOUR TRANSSEXUAL TRANSITION, YOUR THERAPIST LISTENS TO YOU AND CARES FOR YOU. THE COST OF USING A THERAPIST IS GENERALLY DETERMINED BY THE AMOUNT OF EDUCATION AND EXPERIENCE THAT A THERAPIST HAS. A P.H.D. GENDER THERAPIST IS MORE EXPENSIVE THAN A MENTAL HEALTH SPECIALIST, BUT HAS FAR MORE EXPERIENCE TO DRAW FROM.

### HORMONE TREATMENT

HORMONE TREATMENT IS ANOTHER INTEGRAL PART OF MAKING THE TRANSSEXUAL TRANSITION. HORMONES CHANGE YOUR BODY'S CHEMISTRY, AND MUST BE ADMINISTERED UNDER CLOSE MEDICAL SUPERVISION. FOR THE TRANSSEXUAL, HORMONES ARE A LIFELONG NECESSITY-- EVEN AFTER THE REASSIGNMENT SURGERY, HORMONES WILL FEMINIZE OR MASCULINIZE YOUR BODY. YOUR HEREDITY FROM PARENTS OR GRANDPARENTS DETERMINES THE AMOUNT OF SUCH CHANGE.

WARNING: USING BLACK MARKET HORMONES CAN BE DEADLY!



### TRANSSEXUAL HOT INFO

- THE REASSIGNMENT SURGERY WILL NOT SOLVE ALL YOUR PROBLEMS--LIFE STILL GOES ON
- SET REASONABLE GOALS--DO NOT SET INFLEXIBLE TIME SCHEDULES
- THE EMOTIONAL PAIN IS FAR WORSE THAN ANY PHYSICAL PAIN INVOLVED
- REJECTION BY FAMILY AND FRIENDS IS VERY, VERY, PAINFUL! TRANSSEXUALS HAVE LOST THEIR FAMILY OR FRIENDS OVER TRANSSEXUALISM
- LOSING YOUR JOB IS QUITE POSSIBLE
- YOUR GOAL IS TO BLEND IN WITH THE REST OF SOCIETY
- YOU MUST UNLEARN MANY MALE OR FEMALE CHARACTERISTICS--THIS TAKES TIME, EFFORT, AND HELP FROM THERAPISTS, VOICE COACHES, AND OTHERS
- MALE TO FEMALE TRANSSEXUALS EXPERIENCE SOME 2ND CLASS STATUS AS A WOMAN
- FEMALE TO MALE TRANSSEXUALS EXPERIENCE GREATER AUTHORITY, AND SOME SURPRISE AS THEY ARE SUDDENLY LISTENED TO!

### PREPARATION FOR SURGERY

- \* BE IN VERY GOOD PHYSICAL AND MENTAL HEALTH
- \* LIVE IN THE GENDER OF YOUR CHOICE FOR AT LEAST 1 YEAR FOR 24 HOURS A DAY
- \* YOU NEED AT LEAST 2 REFERRAL LETTERS FROM THERAPISTS IN ORDER TO QUALIFY FOR THE REASSIGNMENT SURGERY
- \* STOP HORMONES 1 WEEK BEFORE SURGERY IF YOUR DOCTOR ADVISES IT
- \* IF POSSIBLE, MAKE PLANS TO STAY WITH A FRIEND FOR YOUR RECOVERY FROM SURGERY
- \* IF YOU ARE MARRIED, THEN A DIVORCE IS REQUIRED BEFORE SURGERY--CONSULT A REPUTABLE AND KNOWLEDGEABLE ATTORNEY



### THE REASSIGNMENT SURGERY

- \* THE SURGERY IS NOT A CURE ALL FOR MENTAL OR PHYSICAL DISORDERS
- \* IN THE UNITED STATES AND WESTERN EUROPE, THE OPERATION IS PERFORMED BY EXPERIENCED AND KNOWLEDGEABLE PRIVATE SURGEONS AND CLINICAL SURGEONS. AS YET THEY ARE STILL QUITE FEW IN NUMBER

### COSTS

- MALE-TO-FEMALE SURGERY RANGES FROM \$4,000 TO \$16,000 FOR THE SURGERY ALONE. THIS DOES NOT INCLUDE UP TO \$5,000 FOR ELECTROLYSIS AND THOUSANDS MORE FOR THERAPY, VOICE SPECIALISTS, AND CLOTHING FOR YOUR NEW SEX.
- FEMALE-TO-MALE SURGERY IS MORE COSTLY, AND RANGES FROM \$10,000 TO UPWARDS OF \$20,000.
- \* NEITHER SURGERY GUARANTEES COMPLETE SEXUAL PLEASURE IN YOUR NEW SEX.

### \* MALE -TO- FEMALE SURGERIES INCLUDE:

- PENECTOMY: REMOVAL OF PART OF THE TISSUE OF THE PENIS, REMOVAL OF THE TESTICLES, AND CASTRATION
- VAGINOPLASTY: CONSTRUCTION OF A VAGINA
- SKIN GRAFTS FOR A MORE AUTHENTIC FEMALE APPEARANCE

### \* FEMALE-TO-MALE SURGERIES INCLUDE:

- OVARIETOMY: REMOVAL OF THE OVARIES
- HYSTERECTOMY: REMOVAL OF THE UTERUS
- MASTECTOMY: REMOVAL OF THE BREASTS
- PHALLOPLASTY: CONSTRUCTION OF A PENIS