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PRESS RELEASE

Endocrine Society Statement in Support of Gender-Affirming Care

Washington, DC May 08, 2024

We stand firm in our support of gender-affirming care. Transgender and gender-diverse people deserve access to needed and often life-saving medical care.

NHS England's recent report, the Cass Review, does not contain any new research that would contradict the recommendations made in our **Clinical Practice Guideline** on gender-affirming care.

The guideline, which cites more than 260 research studies, recommends a very conservative approach to care, with no medical intervention prior to puberty. Estimates indicate only a fraction of transgender and gender-diverse adolescents opt to take puberty-delaying medications, which have been used to treat early puberty in youth for four decades.

- The guideline recommends beginning treatment with puberty-delaying medications that are generally reversible.
- As adolescents grow older and can provide informed consent, then hormone therapy can be considered.
- Our guideline suggests waiting until an individual has turned 18 or reached the age of majority in their country to undergo gender-affirming

genital surgery.

Our Clinical Practice Guidelines are developed using a **robust and rigorous process** that adheres to the highest standards of trustworthiness and transparency as defined by the Institute of Medicine (now the National Academy of Medicine). Our guideline development panels spend years developing each guideline based on a thorough review of medical evidence, author expertise, rigorous scientific review, and a transparent process. More than 18,000 Endocrine Society members worldwide have an opportunity to comment on guideline drafts prior to publication.

The Society is in the process of updating the 2017 Clinical Practice Guideline. It was one of **six selected** for a routine update. The process will incorporate the latest research and conduct systematic reviews to provide guidance on the safe and effective treatment of gender incongruence and dysphoria from an endocrine perspective.

We agree that increased funding for youth and adult transgender health research programs is needed to close the gaps in knowledge regarding transgender medical care and should be made a priority.

Although the scientific landscape has not changed significantly, misinformation about gender-affirming care is being politicized. In the United States, 24 states have enacted laws or policies barring adolescents' access to gender-affirming care, according to the **Kaiser Family Foundation**. In seven states, the policies also include provisions that would prevent at least some adults over age 18 from accessing gender-affirming care.

Cisgender teenagers, together with their parents or guardians, are deemed competent to give consent to various medical treatments. Teenagers who have gender incongruence and their parents and guardians should not be discriminated against.

Transgender and gender-diverse teenagers, their parents, and physicians should be able to determine the appropriate course of treatment. Banning evidence-based medical care based on misinformation takes away the ability of parents and patients to make informed decisions.

Medical evidence, not politics, should inform treatment decisions.

About Endocrine Society

Endocrinologists are at the core of solving the most pressing health problems of our time, from diabetes and obesity to infertility, bone health, and hormone-related cancers. The Endocrine Society is the world's oldest and largest organization of scientists devoted to hormone research and physicians who care for people with hormone-related conditions.

The Society has more than 18,000 members, including scientists, physicians, educators, nurses, and students in 122 countries. To learn more about the Society and the field of endocrinology, visit our site at www.endocrine.org. Follow us on X (formerly Twitter) at [@TheEndoSociety](https://twitter.com/TheEndoSociety) and [@EndoMedia](https://twitter.com/EndoMedia).

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PRESS RELEASE

Endocrine Society Guideline recommends healthy adults under the age of 75 take the recommended daily allowance of vitamin D

June 03, 2024

Healthy adults under the age of 75 are unlikely to benefit from taking more than the daily intake of vitamin D recommended by the Institutes of Medicine (IOM) and do not require testing for vitamin D levels, according to a new Clinical Practice Guideline issued today by the Endocrine Society. For children, pregnant people, adults older than 75 years and adults with high-risk prediabetes, the guideline recommends vitamin D higher than the IOM recommended daily allowance.

PRESS RELEASE Meetings & Events

ENDO 2024 press conferences to highlight male birth control, anti-obesity medications

May 21, 2024

Researchers will delve into emerging research in diabetes, obesity, reproductive health and other aspects of hormone health during the Endocrine Society's ENDO 2024 news conferences June 1-4.

PRESS RELEASE

Lily Ng and Douglas Forrest of NIDDK win 2024 Endocrine Images Art Competition

May 16, 2024

The Endocrine Society is delighted to announce that Lily Ng, PhD, and Douglas Forrest, Ph.D., have won the Society's 2024 Endocrine Images Art Competition for their image of the astrocyte cell that expresses type 2 deiodinase.

PRESS RELEASE

Endocrine Society and European Society of Endocrinology publish joint guideline on

glucocorticoid-induced adrenal insufficiency

May 13, 2024

The joint guideline is designed to help clinicians manage patients who have, or are at risk of developing, glucocorticoid-induced adrenal insufficiency. At least 1% of the global population uses chronic glucocorticoid therapy as anti-inflammatory or immune-suppressive agents.

PRESS RELEASE

Endocrine Society names Andrews as new Editor-in-Chief of Endocrinology

April 25, 2024

The Endocrine Society has appointed Zane B. Andrews, Ph.D., of Monash University in Melbourne, Australia, as Editor-in-Chief of its flagship basic science journal, Endocrinology.

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