

- **Assigned Male at Birth (AMAB):** Refers to people called male at birth and raised as boys, which may not match their gender
- **Estrogen-based hormone therapy:** The use of medications (e.g. estrogen, anti-androgens, progestins) to develop physical characteristics that reflect a person's gender or gender expression, including breasts, softer skin, and more fat on the hips, thighs and buttocks
- **Feminizing Surgeries:** Gender-affirming procedures that create physical characteristics associated with femininity, like breast construction, vaginoplasty, facial feminization surgery, and more
- **Gaff:** An undergarment that flattens the lower part of the body, concealing the penis and testicles
- **Orchiectomy:** A gender-affirming lower surgery to remove the testicles
- **Packing:** Wearing a prosthetic penis, cloth padding or other form in underwear or a lower garment
- **Padding:** Use of undergarments, including breast forms, to create the appearance of breasts, hips or buttocks
- **Readiness assessment:** An evaluation by a health care professional to determine if a patient is ready to begin hormone therapy or have gender-affirming surgery
- **Trans feminine:** Refers to trans people who were assigned male at birth and whose gender expression leans towards the feminine



Definitions and Terms

Cite: Trans Care BC Glossary

Hours and Location

MONDAY-THURSDAY:
9:00 TO 4:30

CALL TO MAKE AN
APPOINTMENT OR
DROP IN

109 LOGAN ROAD,
BRIDGEWATER, NS
B4V 3T3



Gender-Affirming Care

For Trans
Feminine People

SOUTH SHORE
SEXUAL HEALTH



(902) 527-2868

info@southshoresexualhealth.com

Or find us on Facebook, Instagram,
and Tiktok

The Transformation Closet

The Transformation Closet is run by Sexual Health Nova Scotia, which originally started at South Shore Sexual Health. We provide transgender, non-binary, and gender non-conforming individuals gender affirming care items. Cost is a barrier for some folks, so all of the products in the Transformation Closet are free for everyone!

At South Shore Sexual Health

In our office, there is an on-site closet full of gender affirming care items. We have many options for both trans masculine and trans feminine people, including binders, trans tape, gaffs, pocket bras, and so much more! We encourage you to help yourself to these free products.



“I’ve never been interested in being invisible and erased.”
-Laverne Cox



Other Resources

- **Lunenburg PRIDE** (provides advocacy, awareness, and resources for Lunenburg Co.)
- **SUGAR Health** (provides sexual, gender and reproductive health services in Nova Scotia)
- **prideHealth** (provides information and resources)
- **Sexual Health Nova Scotia** (promotes sexual health through advocacy, education, and partnership)
- **HEAL NS** (provides health information and resources to people living with HIV and to 2SLGBTQIA+ communities)
- **Check Me Out** (provides a checklist of recommended STI tests, vaccines and health exams)

Medical Transition

Medically transitioning is the process of undergoing medical procedures to align one's physical body with their gender. Ways that trans people can medically transition include...

- **Gender-Affirming Hormone Therapy** (also called Hormone Replacement Therapy, HRT, or Cross-Sex Hormone Therapy) involves an individual taking hormones to develop their secondary sex characteristics, such as hair growth (testosterone) or breast development (estrogen)
- **Gender-Affirming Surgeries**, which can be a broad spectrum of procedures. Trans feminine procedures typically include breast augmentation (breast implants), vaginoplasty (creating female genitals), or orchiectomy (removing of the genitals which lowers testosterone production)

Social Transition

Socially Transitioning is when a person expresses their gender identity by adopting a new name, gender marker, or way of appearing in the world:

Wearing a gaff/tucking gives the appearance of a flat crotch (Important note: tucking for long periods of time can cut off blood circulation and can also cause skin issues, irritation from friction, and/or fungal infection)

Hair removal through methods such as shaving, waxing, electrolysis, laser or microdermabrasion

Cosmetics and hair can be styled in a more feminine way, and can de-emphasize certain features

Breast forms or padding can be used to enhance feminine features: the breasts, hips, or buttocks for example