

- **Assigned Female at Birth (AFAB):** Refers to people called female at birth and raised as girls, which may not match their gender
- **Binding:** Wearing compression garments or using other methods to flatten the chest tissue
- **Hysterectomy:** A gender-affirming bottom surgery to remove all or part of the uterus and sometimes the ovaries and/or fallopian tubes
- **Masculinizing surgeries:** Gender-affirming procedures that create physical characteristics associated with masculine bodies such as chest surgery, hysterectomy, clitoral release, metoidioplasty, phalloplasty, pectoral implants, liposuction, and lipofilling
- **Metoidioplasty:** A gender-affirming lower surgery to create a penis by cutting ligaments around the clitoris to add length to the shaft while grafting skin around the shaft to create more girth. Optional additional procedures include scrotoplasty and urethral lengthening
- **Oophorectomy:** A gender-affirming lower surgery to remove the ovaries
- **Packing:** Wearing a prosthetic penis, cloth padding or another form in the underwear or a lower garment
- **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
- **Testosterone-based hormone therapy:** The use of testosterone to develop physical characteristics that reflect a person's gender or gender expression, including deepened voice and increased muscle mass, facial hair and body hair

Definitions and Terms

Cite: Trans Care BC Glossary

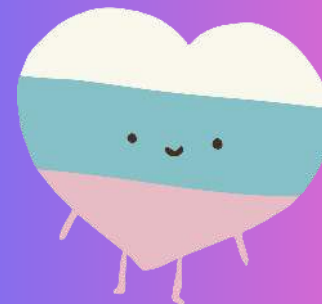


Hours and Location

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
Masculine
People

**SOUTH SHORE
SEXUAL HEALTH**



(902) 527-2868

ed@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.



“The more I hold myself close and fully embrace who I am, the more I thrive.”

-Elliot Page



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 from Nova Scotia Health)
- **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 steps to align one's physical body with their gender. Ways that trans people can medically transition include...

- **Gender-Affirming Hormones 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 masculine procedures include chest reductions (top surgery), metoidioplasty (creating a penis out of the clitoris), or hysterectomy (removal of the uterus)

Social Transition

Socially Transitioning is when a person expresses their gender identity. Examples of ways trans masculine people can socially transition include...

Wearing a binder, which flattens chest tissue to give the wearer a flatter chest. (Important note: Binding with things like medical bandages or duct tape can have serious health risks and can affect your ability to get top surgery later)

A packer is a prosthetic (artificial) penis that can be worn in underwear or in a soft harness. There are several different varieties of packers, including ones that allow the wearer to pee standing up. There are also options that double as a flaccid penis and as an item that allows the wearer to engage in penetrative sex

Dyeing facial hair to give it a darker and more defined appearance

Getting a more masculine haircut (often getting a shorter hair style)