



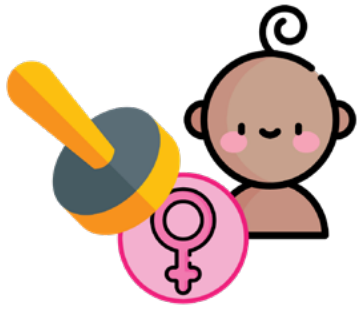
**Developmental  
Disabilities  
Planning Council**

*Easy Read Edition*

# **A Self-Advocate's Guide to Gender- Affirming Health Care**

**Part 8: Words to Know**

# Words to Know



## assigned female at birth

When a baby is born, the doctors look at its body. Then the doctors say if the baby is a boy or a girl. Someone who the doctors say is a girl is assigned female at birth.



## assigned male at birth

When a baby is born, the doctors look at its body. Then the doctors say if the baby is a boy or a girl. Someone who the doctors say is a boy is assigned male at birth.



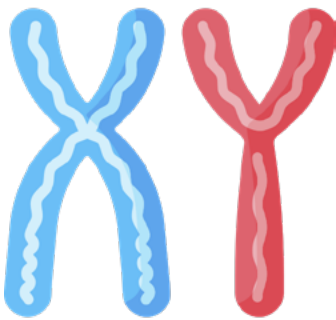
## barrier

Barriers are things that get in the way of someone getting gender-affirming health care.



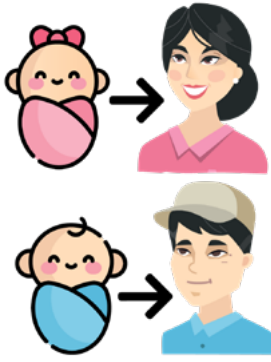
## bottom surgery

Bottom surgeries are surgeries that happen on the lower half of your body.



## chromosomes

Chromosomes are instructions in your body that tell your body how to work.



## cisgender

A cisgender person is someone whose gender is the same as the sex they were assigned at birth.



## court order

A legal document that says that someone legally changed their name in court.



## discrimination

Discrimination is treating people badly based on who they are.



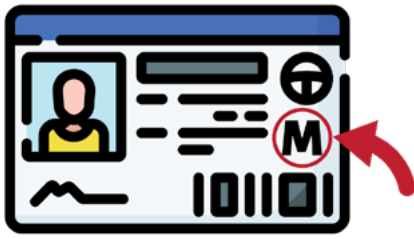
## feminizing sex hormones

Estrogen and progesterone are feminizing sex hormones. This means that they can make your body look more like a typical female body.



## gender dysphoria

Gender dysphoria is when someone feels upset that their body and their gender do not match.



## gender marker

A gender marker is a letter on your identification that tells people if you are male, female, or something else.



## gender-affirming health care

Gender-affirming health care is health care that helps people feel more comfortable in their bodies.



## genderqueer

Another word for nonbinary.



## health insurance

Health insurance is a program that lets people pay money each month to an insurance company. Then, the insurance company will help them pay for health care.



## hormone replacement therapy

When someone takes hormones to change how their body looks, it is called hormone replacement therapy.





## **hysterectomy**

Hysterectomy is when a doctor removes the uterus completely.



## **identification**

Identification is things like a driver's license, passport, or Medicaid card.



## intersex

When a baby is born, the doctors look at its body. Then the doctors say if the baby is a boy or a girl. Sometimes the doctors cannot decide if the baby should be assigned male or female. The baby might have genitals or chromosomes that are not typically “male” or “female”. That person is intersex.



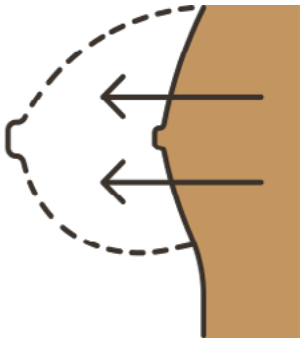
## intersex surgeries

Intersex surgeries are when an intersex person’s body is changed to better “match” their birth assigned sex.



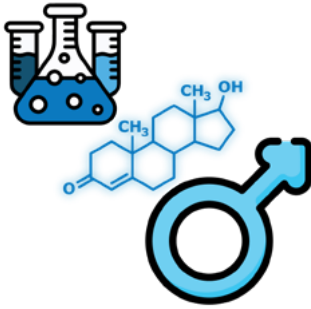
## letter of readiness

Some doctors that provide gender-affirming health care make you get a letter from a therapist or counselor first. This is called a letter of readiness.



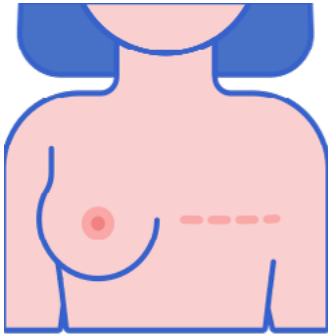
## mammoplasty

Mammoplasty is surgery to give someone breasts. Or, if someone already has breasts, mammoplasty can make their breasts larger.



## masculinizing sex hormones

Testosterone is a masculinizing sex hormone. This means that it can make your body look more like a typical male body.



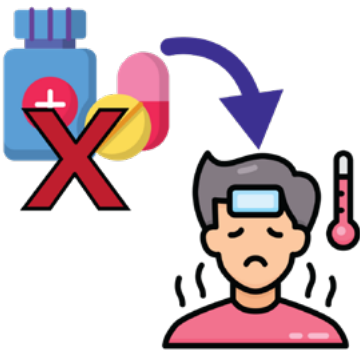
## mastectomy

Mastectomy is surgery to remove a person's breasts. After mastectomy, a person's chest is flat.



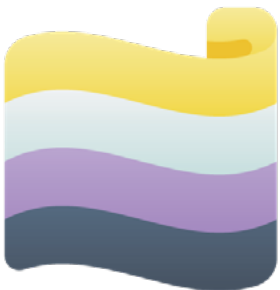
## Medicaid

Medicaid is public health insurance for people with disabilities and people who do not have a lot of money.



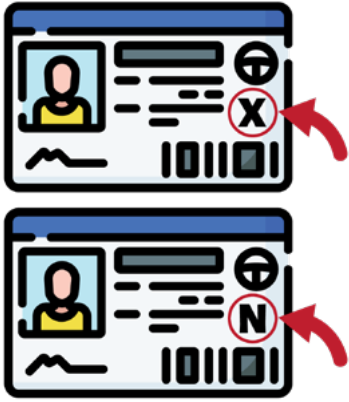
## medically necessary

Medically necessary means someone will become sick if they do not have a certain treatment.



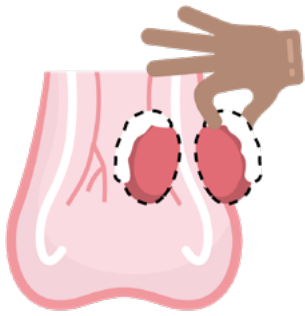
## nonbinary

A nonbinary person is someone who is not a boy or a girl or a man or a woman.



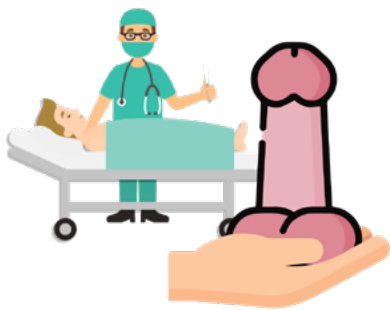
## nonbinary gender marker

A nonbinary gender marker is a letter on your identification, like X or N, that tells people you are nonbinary.



## orchietomy

Orchietomy is a surgery where a doctor completely removes the testicles.



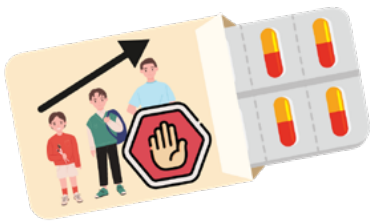
## phalloplasty/metoidioplasty

Phalloplasty and metoidioplasty are kinds of surgeries that make a penis. Phalloplasty and metoidioplasty are different kinds of surgeries.



## private health insurance

If you get health insurance through your job, that is called private health insurance.



## puberty blockers

Puberty blockers are medications that stop puberty as long as a person keeps taking them.



## public health insurance

When you get health insurance through the government, it is called public health insurance.



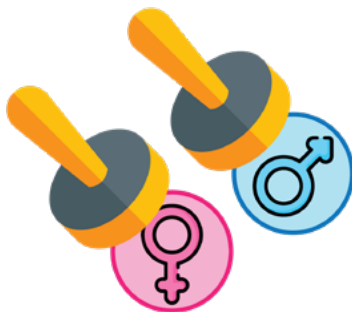
## Rainbow Support Group

Support groups for LGBTQ+ people with intellectual and developmental disabilities.



## salpingo-oophorectomy

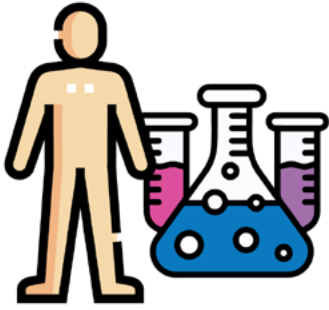
Salpingo-oophorectomy is a surgery where a doctor removes the Fallopian tubes and ovaries completely.



## sex assigned at birth

Sex assigned at birth is whether someone is assigned male or assigned female at birth.





## sex hormones

Sex hormones are chemicals in your body. Sex hormones affect how your body grows up and changes.



## support group

A support group is a group of people who all have a similar interest.



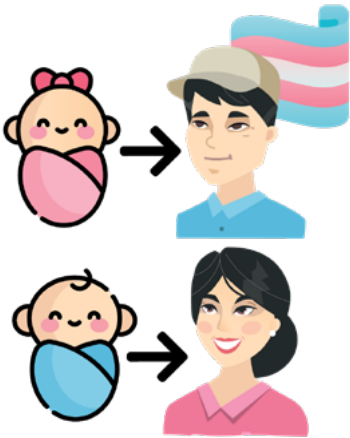
## testosterone blocker

A testosterone blocker is a medication that stops your body from making testosterone.



## top surgery

Top surgeries are surgeries that happen on the upper half of your body.



## transgender

A transgender person is someone whose gender is not the same as the sex they were assigned at birth.



## transphobia

Transphobia is when someone else treats you badly because you are transgender or nonbinary.



## vaginoplasty

Vaginoplasty is a kind of surgery that makes a vagina.