

For many, Diversity, Equity, and Inclusion (DEI) can feel overwhelmingly complex. This newsletter attempts to clarify important DEI concepts with brief, digestible resources that are thematically related to the monthly **VGEC CIRCAA program** curriculum. This month's DEI keyword:

### ***Gender Dysphoria***

The feeling of discomfort or distress that might occur in people whose gender identity differs from their sex assigned at birth or sex-related physical characteristics. Gender dysphoria is a diagnosis listed in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), a manual published by the American Psychiatric Association to diagnose mental conditions. This term is intended to be more descriptive than the one that was previously used, gender identity disorder. The term gender dysphoria focuses on one's discomfort as the problem, rather than identity. A diagnosis for gender dysphoria was created to help people get access to necessary health care and effective treatment.

## Some things I learned from this month's newsletter

- Dementia can fundamentally change someone's understanding of their own gender identity and the resulting social norms that are derived from one's gender identity.
- Gender Dysphoria typically manifests very early in childhood, often between 4 and 7 years old. Untreated Gender Dysphoria can persist for many years until gender transition (social transition and/or hormonal therapy) which typically occurs between 22 and 27 years of age.
- Amazingly, the TEDx Talks video on gender dysphoria (!) linked below has a video summary that misgenders the speaker.

## Be informed

[Integration of Transgender Care into a Pharmacy Therapeutics Curriculum](#) (*Currents in Pharmacy Teaching and Learning*)

[Gender Dysphoria and Dementia: A Case Report](#) (*Journal of Gay & Lesbian Mental Health*)

[Trans-specific Geriatric Health Assessment \(TGHA\): An Inclusive Clinical Guideline for the Geriatric Transgender Patient in a Primary Care Setting](#) (*Maturitas*)

[Age at First Experience of Gender Dysphoria Among Transgender Adults Seeking Gender-Affirming Surgery](#) (*JAMA Network Open*)

## Start a conversation

**Listen:** [Neuro Pathways: Gender Dysphoria](#) (*Cleveland Clinic Podcast, 19 min*)

**Watch:** [Life with Gender Dysphoria | Sunny Miller | TEDxEBS](#) (*TEDx Talks, YouTube, 10 min*)

**Read:** [Nonbinary Photographer Documents Gender Dysphoria Through A Queer Lens](#) (*NPR*)

**Read:** [What I wish I'd known before I had gender-affirming surgery](#) (*Vox*)

## Picture to go



Feedback? Submissions? Trouble accessing any of the articles?

Send a message to Chuck Alexander at [charles.alexander@vcuhealth.org](mailto:charles.alexander@vcuhealth.org).