

House Bill 1399

Health Occupations – Cross–Sex Hormone Therapy for Minors – Prohibition 3 (Protect the Kids Act)

March 11, 2025

Oppose

Elyse Pine

Baltimore, Baltimore City

Chase Brexton Health Care

Dear Chair Pena-Melnyk, Vice-Chair Cullison and members of the Health and Government Operations Committee,

I am a pediatrician who works at Chase Brexton Health Care. Chase Brexton Health Care provides medical and mental health services for transgender and nonbinary people.

I oppose Bill 1399. It is harmful to the people of Maryland. State level anti-transgender laws increase past-year suicide attempts among transgender and non-binary young people- by up to 72% between the years of 2018-2022 (Lee, 2024). Legislation that prevents transgender youth from necessary, evidence based, and life-saving medical care is unscientific and cruel. It presumes that youth accessing medical care need protection, and the government is the most knowledgeable about the best interests of every minor in Maryland- more knowledgeable than parents, adolescents who are seeking care, and expert scientists and physicians who research and provide this care. The 2022 US Trans Care Survey reports that “Nearly all respondents (98%) who were currently receiving hormone treatment reported that receiving hormones for their gender identity/transition made them either “a lot more satisfied” (84%) or “a little more satisfied” (14%) with their

life. One percent (1%) reported that hormones made them “neither more nor less satisfied” with their life, and less than 1% said that they were “a little less satisfied” or “a lot less satisfied” with their lives after receiving hormones.” (James, S 2024) What is the goal of “protecting” people from medical care- are they trying to protect transgender adults from life satisfaction and happiness?

The American Academy of Pediatrics, along with more than a dozen other professional national medical and mental health organizations wrote in an amicus brief to the US District Court of Maryland: “The Healthcare Ban effectively denies adolescents with gender dysphoria in Maryland and throughout the United States access to medical care that is designed to improve health outcomes and alleviate suffering and that is grounded in science and endorsed by the medical community. The gender-affirming medical care targeted in the Healthcare Ban can be a crucial part of treatment for transgender adolescents with gender dysphoria and necessary to preserve their health. Clinicians who are members of the relevant amici associations have witnessed the benefits of this treatment as well as the harm that results when such treatment is denied or delayed. As discussed above, research shows that adolescents with gender dysphoria who receive puberty blockers and/or hormone therapy experience less depression, anxiety, and suicidal ideation. Several studies have found that hormone therapy is associated with reductions in the rate of suicide attempts and significant improvement in quality of life. In light of this evidence supporting the connection between lack of access to gender-affirming medical care and lifetime suicide risk, banning such care can put patients’ lives at risk.”

A 2021 study by Kacie Kidd et.al. explored parental perspectives on transgender healthcare bans that included direct quotes from participants. “No one, especially the government, can do a better job than me and my husband at this job. No one can love them harder. No one can struggle more and lose more sleep. No one can balance their needs and guide them and seek the medical treatment they need with more compassion and care than their parents. I do not need the government in my way. I certainly do not need the government to protect my children from their own parents. (Mother of a transgender daughter from New Jersey)”

I respectfully urge the committee to return an unfavorable report on HB1399.

Lee WY, Hobbs JN, Hobaica S, DeChants JP, Price MN, Nath R. State-level anti-transgender laws increase past-year suicide attempts among transgender and non-binary young people in the USA. Nat Hum Behav. 2024 Nov;8(11):2096-2106

Sandy E. James et.al. “Early Insights: A Report on the 2022 US Transgender Survey”
February 2024

[Health - US Trans Survey](#)

BRIEF OF AMICI CURIAE AMERICAN ACADEMY OF PEDIATRICS AND ADDITIONAL
NATIONAL AND STATE MEDICAL AND MENTAL HEALTH ORGANIZATIONS IN SUPPORT OF
PLAINTIFFS’ MOTION FOR PRELIMINARY INJUNCTION

PFLAG, INC., et al., Plaintiffs, v. DONALD J. TRUMP, in his official capacity as President of
the United States, et al., Defendants Civil Action No. BAH-25-337

Kidd KM, Sequeira GM, Paglisotti T, Katz-Wise SL, Kazmerski TM, Hillier A, Miller E, Dowshen N. "This Could Mean Death for My Child": Parent Perspectives on Laws Banning Gender-Affirming Care for Transgender Adolescents. *J Adolesc Health*. 2021 Jun;68(6):1082-1088.