

My name is Claire Abernathy and I am a 21 year old detransitioner.

When I was 14 years old I was put on Testosterone in order to “treat” distress which resulted from childhood sexual abuse and normal adolescent discomfort. Below is a non-comprehensive list of the side effects I live with every day, despite now having been off of testosterone for 5 years. I will avoid cosmetic effects like my broadened shoulders and facial hair, as the issue with these interventions is not that they make young girls undesirable, but that they cause long term, physical harm which cannot be undone. I would like you to read them and ask yourself if this is an appropriate fate to inflict on a physically healthy child who says she feels like a boy:

- I deal with a range of urologic symptoms, including severe pain any time my bladder is full, occasional bleeding if I fail to empty my bladder soon enough, and partial urinary incontinence. During times when it is bad I must wear adult diapers as I can lose control and wet myself.
- Any form of penetration comes with pain for days afterwards at best, and tearing and bleeding at worst. I cannot use most menstrual products, I have suffered first degree vaginal tears during every gynecologic exam I’ve had. When I lost my virginity at 17 I bled through a comforter and stained a mattress so much that it had to be thrown out. This is due to vaginal atrophy, a symptom found in the majority of Female patients prescribed high doses of testosterone according to a 2026 systematic review published in the American Journal of Obstetrics and Gynecology.
- Cross sex testosterone inflicts a condition called Clitoromegaly on patients, causing the size of the clitoris to significantly increase. The growth can be anywhere from half an inch to 2.5 inches. This is not a rare side effect, it is in many cases a desired outcome, and is almost guaranteed to occur. What is not explained to these people in the online forms and in the clinics where these medications are prescribed is that the process of this growth is extremely physically painful, and even once it is done growing it can cause a range of painful issues. Mine grew to the point that it is nearly always chafed from rubbing against the seam of my pants, this is not something that has improved whatsoever in the last five years. The only solution I’ve found to this is exclusively wearing skirts and dresses, unless I want to undergo a risky surgery called clitoropexy, which has a non-insignificant chance of rendering me permanently unable to orgasm. Due to this effect, external stimulation is painful, so even non-penetrative sex will always be a challenge for me.
- I cannot speak above conversational volume, scream, or project my voice whatsoever, or speak for long periods of time without pain. I had frequent nightmares about being in danger and unable to scream for help before, and now it is a reality I may one day have to confront. Testosterone caused my vocal chords to dramatically thicken, which caused not only temporary pain but long term vocal dysfunction. My larynx was not large enough to accommodate the new thickness and my vocal cords are now permanently compressed. This has not resolved with voice training or vocal coaching. My only recourse at this point would, again, be a risky surgical procedure. This time the worst case scenario complication would be permanently losing the ability to speak above a

whisper. Theatre was my passion before all of this, it was my only escape. My doctors knew this and still failed to even inform me that they were taking it away from me forever. None of this is to mention the issues I that will likely face in the future, but have not yet had to confront. I am at significantly higher risk of obstetric complications if I am ever able to get pregnant, am more likely to develop early onset dementia, am more likely to develop cardiovascular issues and osteoporosis (the leading causes of death in female americans), and am at greater risk of a myriad of cancers, including the ones which killed my my grandmother, great grandmother, and great great grandmother. This is also not to mention the effects of the amputation of my breasts, also at 14. All of this has been inflicted on me because I believed I wanted to be a boy for a few years during middle and high school.

I was never suicidal until after I had been medically transitioned, I never experienced any gender related distress prior to the sexual abuse I suffered as a child, I never claimed otherwise to the three separate credentialed medical professionals who signed off on my transition, and none of that stopped them from doing this to me. They never took pause, as soon as I walked into a therapists office and said I wanted to be a boy I was set on a medicalized disassembly line with no clear offramp. My parents were coerced using the claim that children never change their minds about self reported trans identification and that sex trait modification interventions, which are prescribed based on the self reported, unfalsifiable feelings of children, have a lower regret rate than surgeries prescribed based on objectively proven pathologies like knee replacement, a claim so blatantly, on its face ridiculous that I cannot fathom how anyone ever believed it. They were presented with obviously biased and since falsified claims about suicide among gender distressed youth despite me, again, never having been suicidal.

I was given a referral letter for testosterone, which inflicted all of the above issues on me, ***within a month*** of seeing the therapist who wrote the letters. And the worst part is, this isnt even a violation of the standards of care my providers were working under. I met a checklist of symptoms which any tomboy or butch lesbian I have ever met would qualify under for six months, and therefore the decision to permanently disable and disfigure me was solely up to their discretion. WPATH offers no minimum age requirement, no requirement for a specific duration of therapy, and actively recommends against pursuing differential diagnosis or pursuing the resolving of symptoms, labelling it "conversion therapy." These providers are activists, they believe themselves to be civil rights leaders helping the modern equivalent of mistreated gay kids. They do not care about accurate diagnosis, avoiding harming their patients, or the long term implications of their practices on people like me. They are at best ideologically captured pill pushers, and at worst money hungry sadists. I urge you to protect Maryland children from this barbaric, evil practice and pass HB0679. Thank you for your time and consideration.