

**TO:** The Honorable Heather Bagnall, Chair  
*House Health Committee*

**HB679**  
**Unfavorable**

**FROM:** Helene Hedian  
*Associate Professor of Clinical Medicine*

**DATE:** February 18, 2026

**RE:** HB0679 Health Occupations - Cross-Sex Hormone Therapy for Minors

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Thank you for this opportunity to convey my strong **opposition** to Health Occupations – Cross-Sex Hormone Therapy for Minors (HB 679).

The views expressed here are my own and do not necessarily reflect the policies or positions of Johns Hopkins University/Johns Hopkins Health System.

I am an internal medicine physician who has been practicing in the state of Maryland for over a decade. I have developed a regional reputation for clinically excellent care – in 2023 the Maryland Chapter of the American College of Physicians honored me with the Samuel Asper Award, a recognition given to “the best doctor.” I have personally cared for hundreds of transgender patients, and I have lectured regionally and nationally on the subject of transgender healthcare.

International guidelines state that medical treatment for transgender minors (aka hormonal therapy or puberty blockers) is only to be initiated after a comprehensive biopsychosocial assessment has been completed and it is deemed medically necessary. In practice, this means that transgender youths receive multiple careful, individualized assessments. A treatment plan is developed in an interdisciplinary and coordinated fashion. For transgender youths who initiate gender-affirming hormone therapy, there are significant improvements in psychological well-being, social satisfaction, and self-efficacy.<sup>1</sup> This bill would prevent that.

Perhaps more concerningly, this bill seeks to legislate the scope of medical care in the state of Maryland. In my own medical practice, I do not seek my legislator’s opinion on whether to obtain a stress test for my patient who has chest pain. I rely on relevant medical guidelines, the standard of practice, and years of clinical experience. Respectfully, I do seek my legislator’s attention and support on the many issues which affect Marylanders – roads, public safety, and affordable housing.

Please do not legislate medicine. I urge you to issue an **unfavorable** report on Health Occupations – Cross-Sex Hormone Therapy for Minors (HB 679).

Thank you for your time and consideration.



Helene F. Hedian, MD

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<sup>1</sup> Emotional Health of Transgender Youth 24 Months After Initiating Gender-Affirming Hormone Therapy. *J Adolesc Health*. 2025 Jul;77(1):41-50. Available at: <https://pubmed.ncbi.nlm.nih.gov/39818652/>