

As a lifelong Maryland resident, I strongly oppose HB 1380. This bill would mandate insurance coverage and allow up to 12-month dispensing of prescriptions for gender-affirming hormone therapy, potentially exposing more people—especially vulnerable young adults—to serious, irreversible health risks without adequate safeguards. Cross-sex hormones can cause significant harm to otherwise healthy bodies, including increased risks of blood clots, stroke, cardiovascular disease, bone density loss, sterility, autoimmune disorders, and cognitive changes. Recent evidence highlights these dangers, particularly for long-term use, and introducing them into healthy individuals seems reckless rather than compassionate. Maryland's policies should prioritize science-based medicine and protect residents from unnecessary medical harm. Please vote against HB 1380 to ensure insurance mandates reflect real evidence and patient safety.

Sincerely,
Glenna Downes