

Re: [HB0679: Health Occupations - Cross-Sex Hormone Therapy for Minors](#)

Honorable members of the Maryland General Assembly Health Committee,

My name is [Rhys Frazier](#) and I am a resident of [Sabillasville](#), Maryland. I am a transgender adult who didn't have the opportunity to access gender-affirming care as a minor, and I am writing in opposition of [HB0679: Health Occupations - Cross-Sex Hormone Therapy for Minors](#).

As you know, [HB0679](#) would prohibit a licensed health care practitioner from prescribing, dispensing, or administering a cross-sex hormone or otherwise providing cross-sex hormone therapy for the treatment of a mental health diagnoses associated with gender nonconformity, including gender dysphoria, to an individual who is a minor. The proposed bill would stand in the way of licensed medical professionals doing their jobs and caring for their patients, regardless of diagnosis or mental health impact.

"Cross-sex hormone therapy," commonly known as hormone replacement therapy ("[HRT](#)") is a proven safe and effective treatment for gender dysphoria, which has been shown to reduce [suicidality](#) in transgender adolescents (see "[Changes in Suicidality among Transgender Adolescents Following Hormone Therapy: An Extended Study](#)," Luke R. Allen PhD , et. al.). [HRT](#) is only prescribed after rigorous mental health evaluation has determined that it is the only viable treatment for an individual's gender dysphoria, and puberty blockers can be used to give adolescents and their care networks the time needed to determine whether [HRT](#) is necessary. But all of these decisions are based on the individual's needs, as informed by licensed, educated medical professionals.

It is nothing short of cruel and unnecessary to force adolescents to go through a puberty that doesn't align with their sense of self. The mental health impact of being forced to live as someone you aren't is devastating, and it prevents adolescents from connecting with their peers, participating in [extra-curriculars](#), performing well in school, or even imagining a future for themselves. Furthermore, it forces transgender adults who couldn't access [HRT](#) as adolescents to go through additional, more costly medical procedures to reverse the effects of a forced "sex-affirming" puberty.

Preventing transgender minors from accessing hormone replacement therapy doesn't prevent transgender minors from existing. It doesn't protect children; it actively harms transgender children by exposing them to increased bullying and harassment, higher rates of mental illness and [suicidality](#), and increased cost of affirming medical care in the future.

I implore the committee to vote against HB0679: Health Occupations - Cross-Sex Hormone Therapy for Minors. Leave healthcare to the healthcare professionals.

Sincerely,

Rhys R. Frazier

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