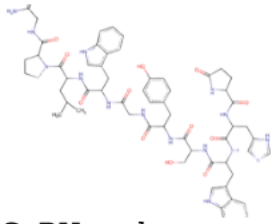


A 

Puberty Blockers



GnRH analogs pause puberty, giving youth time to explore gender.

**A****2** 

Low-dose HRT



Gentle introduction of estrogen / testosterone for nuanced effects.

**2****3** 

Injectable testosterone



Weekly or bi-weekly shots to raise T levels for masculinisation.

**3****4** 

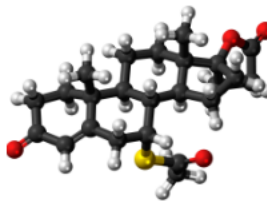
Transdermal estrogen patches



Skin patches deliver steady estrogen with lower clot risk.

**4****5** 

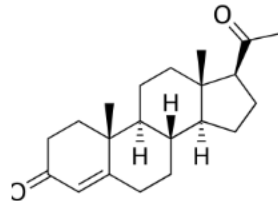
Anti-androgens



Medications like spironolactone block testosterone receptors.

**5****6** 

Progesterone synergy

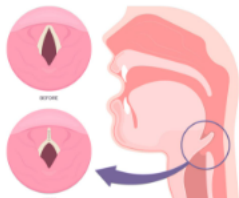


Some regimens add progestogens for additional breast development.

**6****7** 

Voice feminization surgery

VOICE FEMINIZATION SURGERY

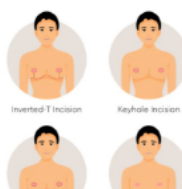


Alters vocal cords & resonance for a higher, brighter pitch.

**7****8** 

Chest masculinization surgery

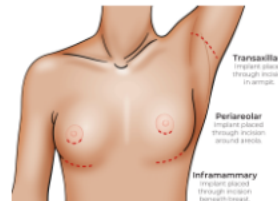
TOP SURGERY OPTIONS



'Top surgery' removes breast tissue & sculpts a masculine chest.

**8****9** 

Breast augmentation



Implants or fat grafting create desired breast volume & shape.

**9**

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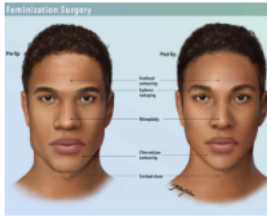
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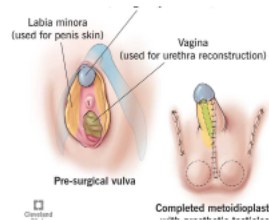
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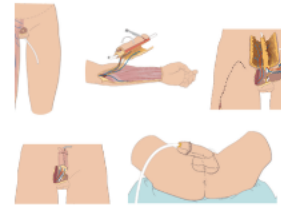
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10 **Facial feminization surgery**

Series of procedures softening facial bone & tissues.

 10J **Metoidioplasty**

Uses hormonally-enlarged clitoris to form a small phallus.

 JQ **Phalloplasty**

Constructs a full-size phallus using grafted tissue & implants.

 QK **Vaginoplasty**

Creates a vulva & vaginal canal, e.g. via penile inversion or peritoneal graft.

 KA **Telehealth HRT**

Virtual clinics prescribing hormones wherever it's legal.

 A2 **Informed-consent e-clinics**

Skip gatekeeping with online intake & rapid prescription.

 23 **Voice-training apps**

Interactive tools that track pitch & resonance in real time.

 34 **Online speech therapy**

Licensed SLPs coach gender-affirming voice over video.

 45 **Peer-support forums**

Community knowledge-sharing spaces such as r/TransDIY.

 5

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6 

Trans Discord servers



Always-on chatrooms for advice, memes & mutual aid.

**6****7** 

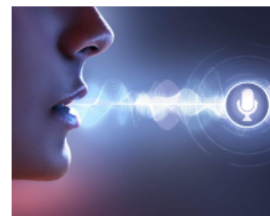
Inclusive gaming spaces



Games & servers with robust character gender options.

**7****8** 

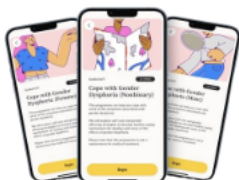
AI voice-cloning tools



Generate target-voice examples for practice & euphoria.

**8****9** 

Mental-health apps



Apps that let you log dysphoria & track coping strategies.

**9****10** 

Online name-change services



Step-by-step filing guides & auto-filled court paperwork.

**10****J** 

Surgery crowdfunding



Platforms purpose-built for medical transition fundraisers.

**J****Q** 

Chosen-name EHR



Electronic health records that surface your real name & pronouns.

**Q****K** 

VR gender exploration



Immersive avatars to try new looks & mannerisms safely.

**K****A** 

Chest binders



Compression garments flatten the chest; safety guidelines vital.

**A**

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2 **Packing devices**

Silicone or fabric bulges create a realistic front profile.

**2****3** **Prosthetic breasts**

Adhesive or pocket-insert forms for shape & weight.

**3****4** **Tucking underwear**

Specially-cut panties hold & smooth genital tissue.

**4****5** **Stand-to-pee devices**

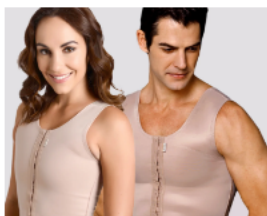
Funnels & prosthetics enabling urination while standing.

**5****6** **Gaffs**

Elastic garments creating a flat silhouette under clothes.

**6****7** **Padded hip shorts**

Foam panels give hourglass curves under outfits.

**7****8** **Compression tops**

Lightweight alternatives to full binders for safer day-to-day wear.

**8****9** **Silicone breast forms**

High-fidelity skin-safe options for realistic appearance.

**9****10** **Swim binders**

Water-safe designs so everyone can hit the beach.

**10**

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J 

Adaptive sportswear



Gym gear cut for post-op & binder-wearing bodies.

**J****Q** 

Inclusive lingerie



Brands offering sizing & cuts for a range of anatomies.

**Q****K** 

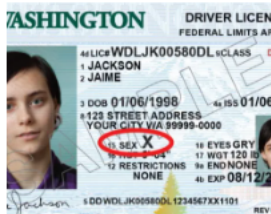
Smart binder fabrics



Concept garments that monitor compression, temp & time.

**K****A** 

Digital ID wallets



Mobile driver's licenses that display your chosen name.

**A****2** 

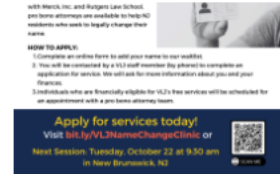
Gender-X passport renewal



Online application accepting non-binary markers.

**2****3** 

E-filing name change



State portals that let you submit paperwork electronically.

**3****4** 

Marker-change toolkits



Step-by-step guides for IDs, social security & more.

**4****5** 

Trans-friendly banking



Banks that print chosen names on cards without legal change.

**5****6** 

Inclusive insurance enrollment



Marketplaces recognising gender diversity in plan selection.

**6**

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Patient-portal pronouns



EHR portals that let you set pronouns & preferred name.

 7

8 

Voter reg with gender-X

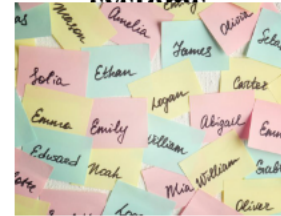


States adding a non-binary option to voter rolls.

 8

9 

Campus chosen-name systems

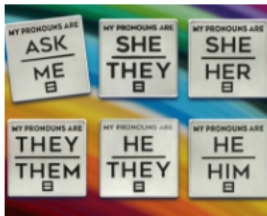


Universities syncing preferred names across rosters & IDs.

 9

10 

HR software pronouns



Workplace systems displaying pronouns in org charts & email.

 10

J 

Scholarship databases



Search tools surfacing grants for trans & non-binary students.

 J

Q 

Legal-aid chatbots



AI assistants guiding users through paperwork & deadlines.

 Q

K 

Anti-discrimination reporting



Apps that log incidents & connect users to advocacy resources.

 K

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