Definitions:

**Transgender:** A person whose gender identity does not align with the sex they were assigned at birth. The term is often abbreviated as trans. [1]

**Cisgender:** When a person’s gender identity aligns with the sex they were assigned at birth. [1]

**Transgender male:** A person who is assigned female at birth, but who identifies as male. [1]

**Transgender female:** A person who is assigned male at birth, but who identifies as female. [1]

**Gender Identity:** A person’s sense of being male, female, or non-binary. [1]

**Gender dysphoria:** A feeling of conflict between the sex one was assigned at birth and their perceived gender. [2]

**Transition:** The process of transitioning from one gender to another. Transitioning may include medical, surgical, and social changes; however, the process is unique to every transgender individual. [3]

**Non-binary or Genderqueer:** Identifying with neither of the binary genders (male or female). [1]

**Hormone Therapy (HT):** Medical treatment of transgender patients with hormones such as estrogen and testosterone. This treatment is used to help transgender patients transition and assume the characteristics of their desired gender. [4]

**Gender confirming surgery:** Surgical procedures that transgender individuals may choose to undergo during their transition. The procedures may include, but are not limited to: vaginoplasty, chest reconstruction, hysterectomy (may include bilateral salpingo-oophorectomy), orchiectomy, facial surgeries, and breast augmentation. [3]
Transgender Terminology

Resources:

Resources for Nutrition Professionals, Health Care Providers, and Public Health Advocates


UCSF Transgender Care, Department of Family and Community Medicine, University of California San Francisco. Guidelines for the Primary and Gender-Affirming Care of Transgender and Gender Nonbinary People; 2nd edition. Deutsch MB, ed. June 2016. Available at transcare.ucsf.edu/guidelines.


Reference List