



2026 Family Medicine POP: Questions & Answers

Beyond the Binary: Primary Care of Non-Binary, Two Spirit and Intersex Patients

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Language

- 2 Spirit is not on our SOGI survey, but we do always ask about pronouns. Are there pronouns that help affirm 2 spirit (e.g. Xi or Siya from other cultures)?

I found a couple examples on inclusion, and which fields to consider adding 2S.

Hughes et al. is geared to researchers, but could be a good starting point.

Hughes, Jennifer L., et al. **Guidance for Researchers When Using Inclusive Demographic Questions for Surveys: Improved and Updated Questions.** Psi Chi Journal of Psychological Research, 27:4.

<https://research.usu.edu/irb/files/InclusiveDemographics.pdf>

- All survey questions from this article are available in Qualtrics format at <https://osf.io/qytnx/>.

Another example is from Canada. I've found a lot of great information from the Indigenous Health Authority in Canada, especially in British Columbia.

"What and who is Two-Spirit?" in Health Research. Meet the Methods series, Issue 2, October 2020. <https://cihr-irsc.gc.ca/e/52214.html>

Another potential community resource to ask input on your updated questions:

Two-Spirit & Native LGBTQ Center for Equity. <https://twospiritcenter.org>

- They have an option to email them and I would be remiss to not recommend community input on the updates as well as resources for folks who are 2S.

Two excellent toolkits are from Trans Care BC And National LGBTQIA+ Health Education/Fenway Health:

Trans Care BC. **Gender-affirming Care for Trans, Two-Spirit, and Gender Diverse Patients in BC: A Primary Care Toolkit.** June 2026.

<https://www.transcarebc.ca/sites/default/files/2024-03/Primary-Care-Toolkit.pdf>

The Fenway Institute. **Health Care Considerations for Two Spirit and LBGTQIA+ Indigenous Communities.**

<https://www.lgbtqiahealtheducation.org/publication/health-care-considerations-for-two-spirit-and-lgbtqia-indigenous-communities/download/>

- Is the terminology two spirit used only by indigenous folx?

2S should only be used to describe someone who is indigenous/First Nation.

Canadian Museum for Human Rights. **What Is Two-Spirit?**

<https://humanrights.ca/story/what-two-spirit-part-one-origins>

Thurston, Isabella. **The History of Two-Spirit Folks**

Health Records

- Is there a replacement diagnosis code for gender dysphoria disorder?

Diagnosis ICD Code 10 (DSM) from WPATH

- Gender Dysphoria in Adolescents and Adults (Transsexualism) F64.0 (302.85)
- Gender Dysphoria in Children F64.2 (302.6)
- Other Specified Gender Dysphoria F64.8 (302.6)
- Unspecified Gender Dysphoria F64.9 (302.6)

In ICD 11 it has been updated to Gender Incongruence (HA60) of adulthood or adolescence

- Gender Incongruence of Childhood (HA61)
- Gender Incongruence unspecified (HA6Z)

- Trans Pt fearful of seeking mental health care in a conservative state where he's going to college- doesn't want to risk having a health record. Thoughts?

He may want to consider trying virtual or tele health but if he plans to see a physician there will be some charting/record.

Guidelines/Best Practices

- Can you speak more on shifted guidelines re: DSD management

Endocrine Society has some great information on this including questions for families. It discusses delaying non medically necessary surgeries until assent can be obtained from the patient:

Endocrine Society. **Differences in Sexual Development.** January 24, 2022.

<https://www.endocrine.org/patient-engagement/endocrine-library/differences-in-sexual-development>

- Do we order mammogram on a birthed male now with breasts on HRT

Starting at age 40 if patient has been on estrogen for at least 5 years (if average risk). If has known increased risk can start earlier.

The major guidelines for breast cancer screening for transgender people come from the [American College of Radiology \(ACR\)](#), the [United States Preventive Services Task Force \(USPSTF\)](#), the [World Professional Association for Transgender Health \(WPATH\)](#), the [Endocrine Society](#), and the UCSF Center of Excellence for Transgender Health (which has recommendations for both [trans men](#) and [trans women](#)). But these guidelines are, in several cases, just a few sentences in a much larger document about transgender healthcare. The ACR provides the most comprehensive and detailed guidelines.

For assigned male at birth (AMAB) non-binary and trans women, the ACR recommends the following:

- If less than 5 years of hormone use and average risk, no testing
- If less than 5 years of hormone use, 25 to 30 years or older, and higher-than-average risk, annual digital breast tomosynthesis (DBT, also called a 3D mammogram) or mammogram "may be appropriate"
- If 5 or more years of hormone use, 25 to 30 years or older, and higher-than-average risk, annual DBT or mammogram is "usually appropriate"

- If 5 or more years of hormone use, 40 years or older, and average risk, annual DBT or mammogram “may be appropriate”

Though not asked :

For Assigned Female at Birth (AFAB) non-binary people and trans men, the ACR recommends the following:

- If you have had top surgery with complete removal of the breast tissue, no testing
- If you have not had top surgery or you've had only a reduction, are 40 years or older, and have average risk, DBT or mammogram is “usually appropriate”
- If you have not had top surgery or you've had only a reduction, are 30 years or older, and have intermediate risk, DBT or mammogram is “usually appropriate,” and breast MRI with and without intravenous contrast “may be appropriate”
- If you have not had top surgery or you've had only a reduction, are 25 to 30 years or older, and have high risk, DBT, mammogram, and breast MRI with and without intravenous contrast “is usually appropriate”

Santora, Tyler. **The Confusing World of Breast Cancer Screening for Transgender People**. BreastCancer.org, July 7, 2025.

<https://www.breastcancer.org/news/screening-transgender-non-binary>

- What is your opinion on genital exams for sports physicals? They feel invasive and I do not like recording tanner staging for school records

My opinion is that genital exams are not useful for athletes as they are unlikely to change medical recommendations for participation in sports and invasive.

From the PPE monograph. The goals of the PPE are:

1. Promote optimal and safe physical activity.
2. Provide a framework to assess, promote, and discuss physical and psychological health related to physical activity in conjunction with the annual health supervision visit.
3. Encourage use and/or establishment of a medical home for continuity-based health care.
4. Identify conditions that may be life-threatening or disabling, or those that may predispose to injury or illness related to physical activity.
5. Provide an opportunity for discussion of health and lifestyle issues.

American Academy of Pediatrics. **Preparticipation Evaluation (PPE)**.

<https://www.aap.org/en/patient-care/preparticipation-evaluation/>

For folks that are completing a physical exam UCSF has some good recommendations:

Wesp, Linda. **Transgender Patients and the Physician Examination**. Gender Affirming Health Program, UCSF. June 17, 2016.

<https://transcare.ucsf.edu/guidelines/physical-examination>

Medications or treatment methods suggested should not be used without evaluation of patient's condition(s) and possible contraindication(s) or danger(s) of use.