

## Gender Dysphoria, Eating- and Weight-Related Behaviours, and Clinical Support Options

| Area of gender dysphoria | What may be causing distress    | Eating- or weight-related response                                                                  | Possible clinician support                                                                                                                                                                                                                                                                                                                                 |
|--------------------------|---------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Menstruation</i>      | Ongoing periods                 | Restricting food intake in an attempt to reduce or stop menstruation                                | Review and optimise gender-affirming hormone therapy (GAHT), including discussing when menstrual changes may occur. Discuss options for menstrual suppression, such as continuous hormonal contraception or a progesterone-releasing intrauterine device. If desired, discuss referral for hysterectomy, including implications for ongoing hormone needs. |
| <i>Chest or breasts</i>  | Chest or breasts feel too large | Restricting food intake in an attempt to reduce chest size                                          | Review and optimise GAHT and discuss likely timelines for physical changes. If desired, discuss referral for gender-affirming chest surgery. Where binding contributes to pain or physical difficulties, consider referral to physiotherapy or other appropriate support.                                                                                  |
|                          | Chest or breasts feel too small | Trying to gain weight or repeatedly gaining and losing weight in an attempt to increase breast size | Review and optimise GAHT and discuss likely timelines for physical changes. If desired, discuss breast augmentation or clothing, padding, or other options that create a fuller chest appearance.                                                                                                                                                          |

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| <b><i>Hips</i></b>             | Hips feel too large                   | Restricting food intake in an attempt to reduce hip size                                               | Review and optimise GAHT and discuss likely timelines for changes in body composition. If desired, discuss surgical options such as body contouring or liposuction. Explain that bone structure cannot be changed through weight loss. Where appropriate, strength-based movement may be used to develop the shoulders, chest, or back to create a preferred silhouette, ideally with appropriate professional guidance. |
|                                | Hips feel too small                   | Trying to gain weight or repeatedly gaining and losing weight in an attempt to increase hip size       | Review and optimise GAHT and discuss likely timelines for changes in body composition. If desired, discuss plastic surgery options or clothing and padding that create a fuller hip shape.                                                                                                                                                                                                                               |
| <b><i>Face</i></b>             | Face feels too round or soft          | Restricting food intake in an attempt to change facial appearance                                      | Review and optimise GAHT and discuss likely timelines for facial changes. If desired, discuss appearance-based options such as make-up or contouring techniques, or referral for facial masculinisation procedures.                                                                                                                                                                                                      |
|                                | Face feels too sharp or angular       | Trying to gain weight or repeatedly gaining and losing weight in an attempt to soften facial features  | Review and optimise GAHT and discuss likely timelines for facial changes. If desired, discuss make-up or contouring techniques, or referral for facial feminisation procedures.                                                                                                                                                                                                                                          |
| <b><i>Torso or stomach</i></b> | Body shape feels too hourglass-shaped | Trying to gain weight or repeatedly gaining and losing weight in an attempt to change body proportions | Consider the same options relevant to chest and hip concerns, including GAHT, clothing or shaping options, movement where appropriate, and gender-affirming surgical options.                                                                                                                                                                                                                                            |

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|                        | Body shape does not feel hourglass-shaped enough                   | Restricting food intake in an attempt to change body proportions      | Consider the same options relevant to chest and hip concerns, including GAHT, clothing or shaping options, movement where appropriate, and gender-affirming surgical options. |
| <b><i>Genitals</i></b> | Genitals feel incongruent with gender or are a source of dysphoria | Trying to gain abdominal weight so that the genitals are less visible | Explore the specific source of distress and, if desired, discuss referral for gender-affirming genital surgery or other gender-affirming options.                             |