



Significance

- Transgender individuals face barriers to preventive healthcare, such as cancer screenings, due to data limitations and provider unfamiliarity with the needs of this underserved population
- Providers are unaware of professional guidelines or feel uncertain about appropriate screenings based on patients' gender affirmation

Objectives of Narrative Review

- Examine how gender-affirming care affects cancer risks and outcomes.
- Identify disparities in cancer screenings among transgender individuals compared to cisgender populations
- Emphasize the need for culturally intentional care and provider education

Methods

- **Data Collection:** 26 original studies across 6 countries on transgender cancer risks and care disparities
- **Evaluation Tools:** NIH Quality Assessment and Cochrane Collaboration Bias Tool were applied to assess study quality

Results

Transfeminine Populations:

- Feminizing hormones can increase breast density, raising false-negative mammogram risk
- Androgen deprivation therapy combined with bilateral orchiectomy improves prostate cancer prevention in trans women compared to cisgender men
- Biennial mammograms are advised for those 50+ with 5+ years of hormone therapy

Transmasculine Populations:

- Total hysterectomy eliminates the need for cervical cancer screening in trans men
- Self-administered vaginal swabs for cervical cancer screenings reduce dysphoria and improve retention compared to provider-collected samples
- Trans men have lower lifetime Pap screening rates than cisgender women

Table 1. Gender Identity Terminology

Term	Definition
Cisgender	Person whose gender identity aligns with their assigned sex at birth
Gender-Affirming Care	Social, medical, and/or legal patient-centered treatment for trans/gender diverse individuals to live freely as their preferred gender identity
Trans Woman	Person who was assigned male at birth but aligns with and identifies as a female
Trans Man	Person who was assigned female at birth but aligns with and identifies as a male
Gender Dysphoria	Psychological distress from assigned sex at birth not aligning with preferred gender identity
Gender Euphoria	Joy/satisfaction from gender identity experience aligning with preferred gender identity

Discussion

- Gender-affirming care influences cancer risk in distinct ways, particularly due to hormonal treatments and surgical interventions
- Educating providers in a culturally-intentional and inclusive manners is essential to improving cancer screening rates and addressing disparities in care for transgender patients
- Self-paced educational modules have been shown to boost healthcare providers' confidence and understanding of transgender health needs
- Further research is needed to develop evidence-based screening and risk assessment protocols for transgender populations.

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References

