

Appropriate risk assessment for all

Venous Thrombotic Risk in Transgender Women Undergoing Estrogen Therapy: A Systematic Review and Metaanalysis



Khan J, Schmidt RL, Spittal MJ, Spittal Z, Smock KJ, Greene DN. Clin Chem 2019;65:57-66.

Conclusions: Support of gender identity means both improvements in psychological health of the person as well as rendering of appropriate medical care. All physicians, primary care and specialist alike, need to understand the venous thromboembolism (VTE) risk related to clinical estrogen administration in transgender women in order to provide counsel.

Summary: This systematic review and meta-analysis was conducted to assess the VTE risk in transgender women taking estrogen supplementation. Conducted according to Ottawa Scale for Cohort Studies to determine quality, the data described the incidence rate of VTE in transgender women prescribed estrogen to be 2.3 per 1000 person-years, but the heterogeneity was too high to extrapolate to all transgender women. Furthermore, there are insufficient data in the literature to perform subgroup analysis assessing the impact of tobacco use, age, and obesity, all known contributing factors to VTE risk.

Comments: More data are needed on transgender patients receiving hormonal therapy. It is time for population-based studies looking at best medical care, specific medical needs, an aging population, and up-to-date guidelines for all practitioners taking care of transgender patients. Furthermore, the medical community needs education in LGBTQ-care competency beginning with medical school curricula, both in basic science topics related to disease but also in communication skills, understanding stigma, and access to care issues. Patients deserve to be treated as individuals and the medical education community needs to be the leader.