



Lakes District Health Board  
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28 May 2018

Gloria Fraser

E mail: [fyi-request-7908-3fbcca85@requests.fyi.org.nz](mailto:fyi-request-7908-3fbcca85@requests.fyi.org.nz)

Dear Gloria

**Subject: Official Information Act request Re: gender affirming**

Thank you for your request for information under the Official Information Act received by Lakes DHB on 23 May 2018.

*Could you please advise whether the following gender-affirming healthcare services are funded by the Lakes District Health Board for transgender patients, and whether the services are currently available:*

**Hormone therapy-** endocrinology first assessment funded. On-going prescribing of hormone therapy usually accommodated by the GP.

**Mastectomy-** not routinely. Will be assessed case by case.

**Hysterectomy** No

**Orchidectomy** No

**Facial hair removal** No

**Breast augmentation** No

**Voice training** No

***Could you please provide information about the process of accessing those services that are available?***

The pathway to hormone therapy is through a GP. A psychology first assessment occurs (funded) and an endocrinology review (funded), with the GP providing on-going prescribing and management. GPs may refer to the DHB for consideration of other services as above.

***Specifically, is an assessment by a mental health professional required in order to access gender-affirming healthcare services? If so, which services?***

As per above

***In the case of hormone therapy, can primary health providers prescribe hormones, or does this have to be initially approved by an endocrinologist?***

Not compulsory for an endocrinologist to approve. Often depends on GP confidence and or liaison/support and advice provided by endocrinologist.

***Is any period of real life experience required to access surgery?***

This is not formalised in the process but is considered best practice.

***Finally, could you please advise what the process is if transgender patients require one of the above services, but the Lakes District Health Board does not offer this service? Does the Lakes District Health Board currently fund patients to travel to other areas to access this healthcare?***

Lakes DHB has not funded patients to travel to other areas to access this health care.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Rob Dunham', with a stylized flourish at the end.

**Rob Dunham**  
**Chief Executive**

Cc: sectoroias@moh.govt.nz