



# Mount Sinai Center for Transgender Medicine and Surgery

# Annual Report 2023



**Mount  
Sinai**

*Center for Transgender  
Medicine and Surgery*

## Mission

The Center for Transgender Medicine and Surgery's mission is to provide seamless patient-centered care for transgender and gender diverse people and their families across the lifespan and to be global leaders in advancing transgender healthcare, research and education.

## Vision

Expert Care

Pioneering Research

World-Class Education

## About Us

The Mount Sinai Center for Transgender Medicine and Surgery (CTMS) delivers advanced care for transgender and gender diverse people. We provide caring, compassionate services to meet your individual needs—including medical care, gender-affirming surgeries, behavioral health services, and other support services.



**Mount  
Sinai**

*Center for Transgender  
Medicine and Surgery*



Dear Friends and Colleagues,

The 2023 Annual Report of Mount Sinai Health System's Center for Transgender Medicine and Surgery (CTMS) showcases our continued rapid growth. As you will read, we have managed another year of major accomplishments in the care of our transgender and gender diverse patients.

Our 2023 Annual Report highlights progress in continuing to meet the needs of the people we serve. Our expanding program now sits in multiple locations throughout the Mount Sinai Health System. We remain the leading comprehensive transgender medical program in the country, at the forefront of state-of-the art medicine, treatment and clinical education services, as well as research. We should reflect on the year's huge successes in transgender health care.

On behalf of the Center for Transgender Medicine and Surgery, we thank our patients, staff and supporters for taking this journey in 2023 with optimism and energy going forward into 2024.

**Joshua Safer, MD**

Executive Director

**Matt Baney**

Senior Administrative Director

# CTMS Network

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**Joshua D. Safer, MD, FACP, FACE**  
Executive Director,  
Center for Transgender Medicine  
and Surgery  
(he/him)



**Erick A. Eiting, MD, MPH, MMM**  
Vice Chair of Operations  
Emergency Medicine  
Mount Sinai Downtown  
(he/him)



**Antonio E. Urbina, MD**  
Medical Director, Mount Sinai  
Institute for Advanced Medicine/  
Comprehensive Health Program  
(he/him)



**Eric Kutscher, MD**  
Primary Care Lead at Mount Sinai  
Center for Transgender Medicine  
and Surgery  
(he/him)



**Cesar Abuchaibe, MD**  
Endocrinologist at Mount Sinai  
Doctors 23rd Street  
(he/him)



**Max Lichtenstein, MD**  
Director of Psychiatry at Mount  
Sinai Center for Transgender  
Medicine and Surgery  
(he/him)



**Kenneth Ashley, MD, FACLP,  
DFAPA**  
Inpatient Mental Health Service at  
Mount Sinai Union Square  
(he/him)



**Ralph Fader, MD**  
Psychiatrist at Mount Sinai Center  
for Transgender Medicine and  
Surgery  
(he/him)

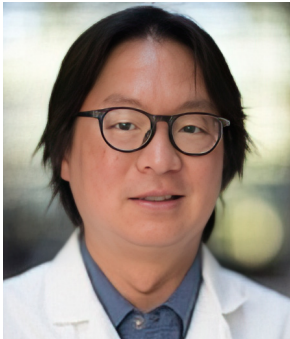


**Matthew Oransky, PhD**  
Psychologist at Mount Sinai Center  
for Transgender Medicine and  
Surgery  
(he/him)



# CTMS Network

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**Jess Ting, MD**

Plastic Surgeon at Mount Sinai  
Center for Transgender Medicine  
and Surgery  
(he/him)



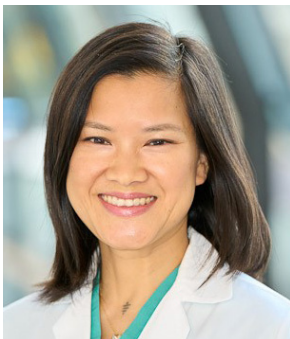
**Bella Avanesian, MD**

Plastic Surgeon at Mount Sinai  
Center for Transgender Medicine  
and Surgery  
(she/her)



**Elan Horesh, MD**

Plastic Surgeon at Mount Sinai  
Center for Transgender Medicine  
and Surgery  
(he/him)



**Ann Tran, MD**

GYN Surgeon at Mount Sinai  
Center for Transgender Medicine  
and Surgery  
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**Yasmina Zoghbi, MD**

Plastic Surgeon at Mount Sinai  
Center for Transgender Medicine  
and Surgery  
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**Peter W. Henderson, MD,  
MBA, FACS**

Plastic Surgeon at Mount Sinai  
Center for Transgender Medicine  
and Surgery  
(he/him)



**John Henry Pang, MD**

Adjunct Clinical Assistant  
Professor  
(he/him)



**Miroslav Djordjevic, MD, PhD**

Urologist at Mount Sinai Beth Israel  
(he/him)



**Rajveer Purohit, MD, MPH**

Urologist at Mount Sinai Beth Israel  
(he/him)

# CTMS Network

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**Aaron Grotas, MD**

Urologist at Mount Sinai Union Square  
(he/him)



**Marci Bowers, MD**

OBGYN Surgeon at Mount Sinai Center for Transgender Medicine and Surgery  
(she/her)



**Zoe Rodriguez, MD**

OBGYN at Mount Sinai Beth Israel  
OBGYN Faculty Practice  
(she/her)



**Mark Courey, MD**

Otolaryngologist at Mount Sinai Faculty Practice 98th Street  
(he/him)



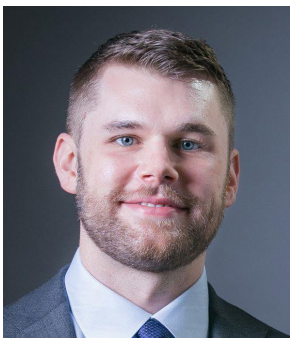
**Joshua Rosenberg, MD**

Facial Plastic Surgeon at Mount Sinai Doctors 85th Street  
(he/him)



**Mabel Yau, MD**

Pediatric Endocrinologist at The Mount Sinai Hospital  
(she/her)



**Andrew Para, MD**

Dermatologist at Mount Sinai-Union Square  
(he/him)



**Sangyoon Jason Shin, DO**

Medical Director of Inpatient Services at Mount Sinai-Union Square  
(he/him)

# Center for Transgender Medicine and Surgery

## Clinical Services

**Overall patient experience:** Our team of registrars has become a reliable and safe point of contact for our patients along with a source to navigate our patients to trans friendly care throughout the Mount Sinai Health System.

**Primary Care:** We began extending the training structure for Mount Sinai providers who want to identify themselves as champions for our patients. When our patients seek help making Mount Sinai their medical home, we have approximately 15 primary care providers who represent a range of geographic options and practice-style diversity that can be matched to patient needs. We also maintain a monthly primary care Zoom conference for providers to discuss topics and cases.

**Endocrinology:** The number of new patients who start hormone therapy each week with us remained approximately 10. Our two physicians and a nurse practitioner continued their support of our primary care providers for patients requiring help with gender affirming hormone therapy.

**Surgical Services:** With the increasing numbers of patients seeking our expert surgical services (approximately 1,000 surgeries done this year), our patients can continue to expect surgeries

approximately 11 months from reaching out to us (ranging from 6 months to just over 12 months depending on the surgeon and the surgery type). Maintaining the wait times from 2022 despite some staff changes is a significant win. Still, although our wait time is the shortest by far for a top tier program, our goal remains to achieve the 6-month experience typical for other similar surgeries.

**Inpatient care:** Our completely novel interdisciplinary approach to inpatient transgender surgical care continued to earn us top scores in the Press Ganey survey.

**Pediatrics/Adolescent Care:** We expanded our pilot pediatric/adolescent program including our Pediatric Endocrinology consultation component based in the Annenberg Building at The Mount Sinai Hospital. The services at 7th Avenue in Chelsea and at the 94th Street location in the Adolescent Health Center. In 2024, we will expand the program further with generous support from the Keith Haring Foundation.

**Spiritual Care:** We continued routine spiritual care opportunities for our inpatient surgical patients, a component of care that does not exist in any substantive form anywhere else.





# Center for Transgender Medicine and Surgery

## Education and Research



We continued collecting bio data for transgender patients including essential demographics, serum aliquots, and permission for future contact. We observed that our patients report more enthusiasm for engaging in such research than do patients elsewhere in Mount Sinai. In addition, Mount Sinai's biorepository is in the unique position of including thousands of samples for which gender identity is known.

The program disseminated more than a dozen publications on transgender health care topics in 2023.

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RIGHTS



# Center for Transgender Medicine and Surgery

## Dissemination, Quality, Training, and Media

The Mount Sinai CTMS was a major presence at the annual conference of the World Professional Association for Transgender Health (WPATH)/United States Professional Association for Transgender Health (USPATH). The international and United States meetings alternate years. In 2023, it was the U.S. meeting in Denver, Colorado. We had over 20 presentations with a large fraction likely to result in publications over the next year or two.

Four fellowship programs devoted significant portions or all of their effort working with CTMS preceptors: a. the Mount Sinai LGBTQ fellowship, b. the dedicated CTMS plastic surgery fellowship, c. the Mount Sinai CTMS psychiatry fellowship, and d. the dedicated CTMS GU fellowship.

Gender affirming surgery continued as a core rotation for the Mount Sinai Plastic Surgery Residency, as did gender affirming hormone therapy as a core rotation for Mount Sinai's newly unified Endocrinology Fellowship program.

The Mount Sinai free online course for primary care providers in transgender health care ([www.coursera.org/learn/transgender-medicine](http://www.coursera.org/learn/transgender-medicine)) rose to a site used by approximately 6,000 students worldwide.

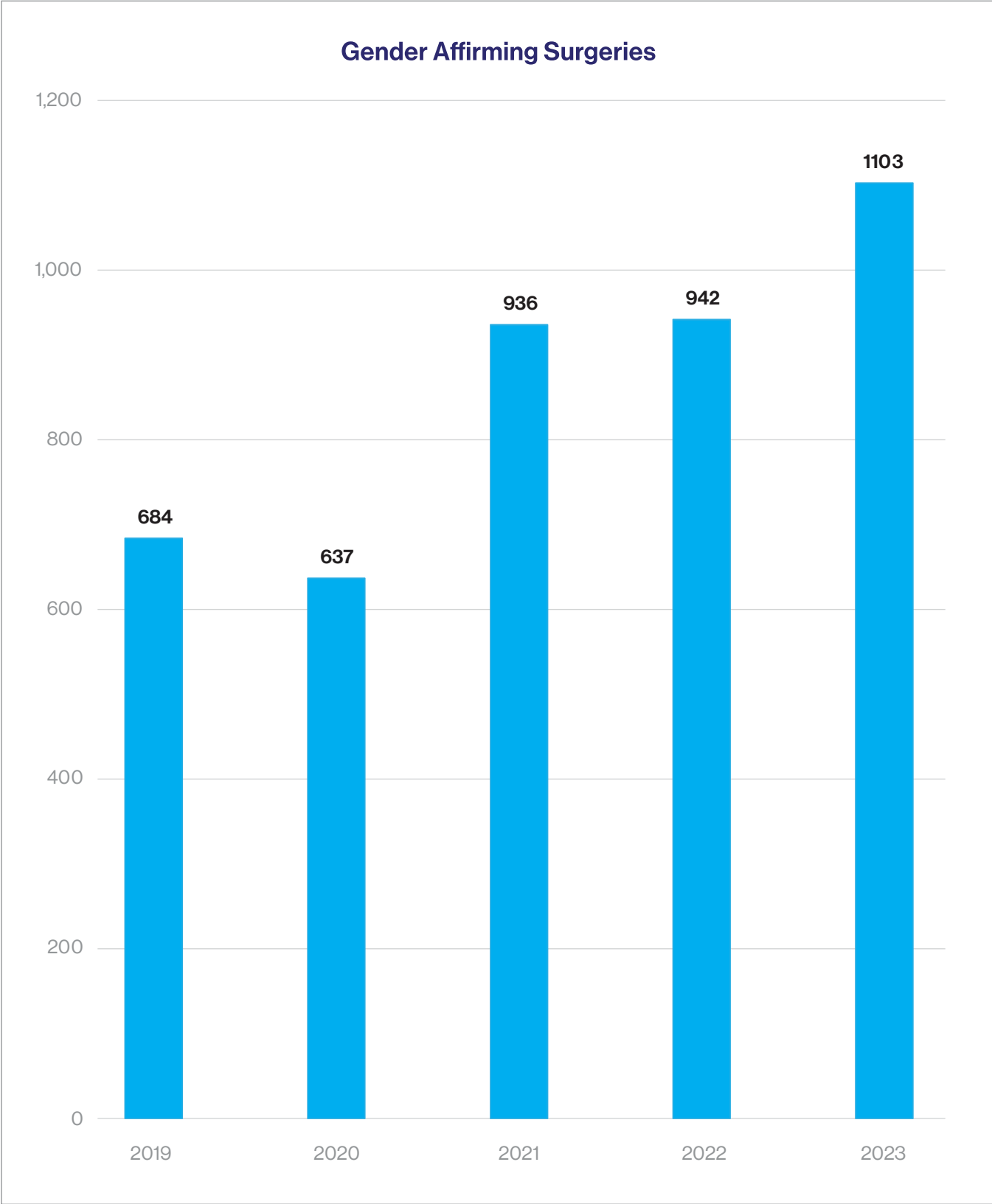
In addition to the hard work of our research team represented by publications and meeting presentations, the team received formal IRB approval to begin a prospectively collected research database. The team has observed that over 8,000 people have received some sort of gender affirming care at Mount Sinai and over 4,000 patients are receiving active gender affirming hormone prescriptions from Mount Sinai providers. More than 800 of our patients have joined our virtual research cohort so far, making themselves available for contact from Mount Sinai researchers with IRB approved protocols for potential recruitment.

The identified patients are also part of a pilot QI program to establish measurable metrics for gender affirming hormone prescribing across the Mount Sinai Health System.

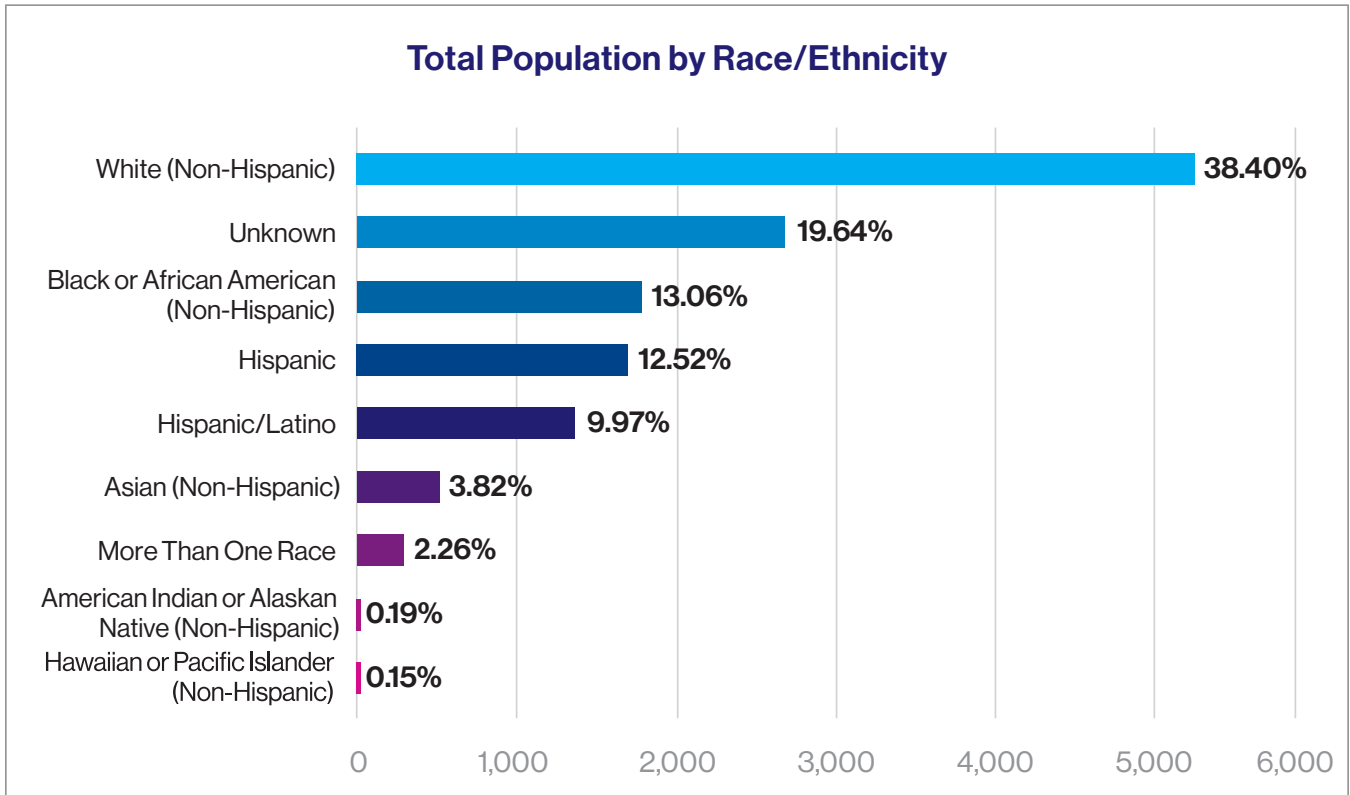
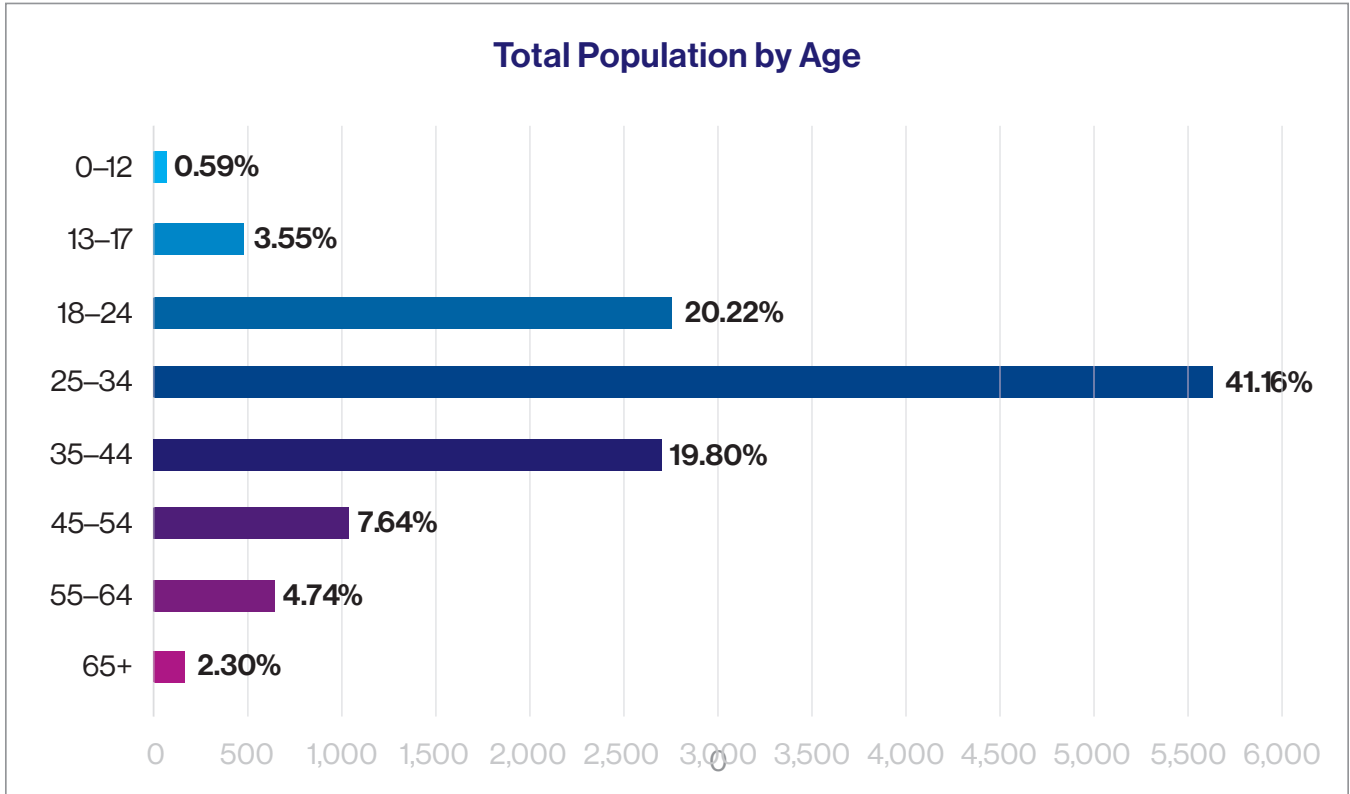
Numerous CTMS team members served as experts for media throughout the year; we are a major source for media everywhere.



# Surgical Services



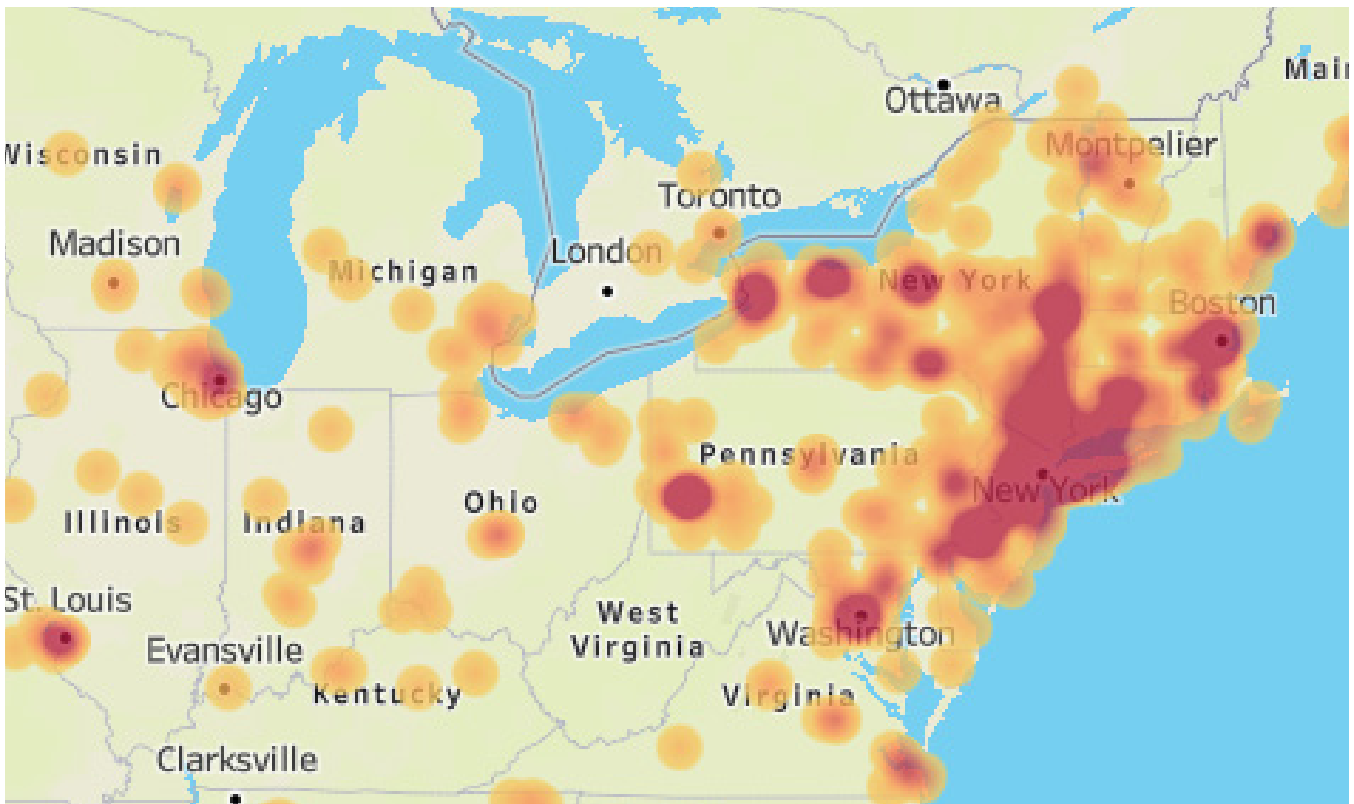
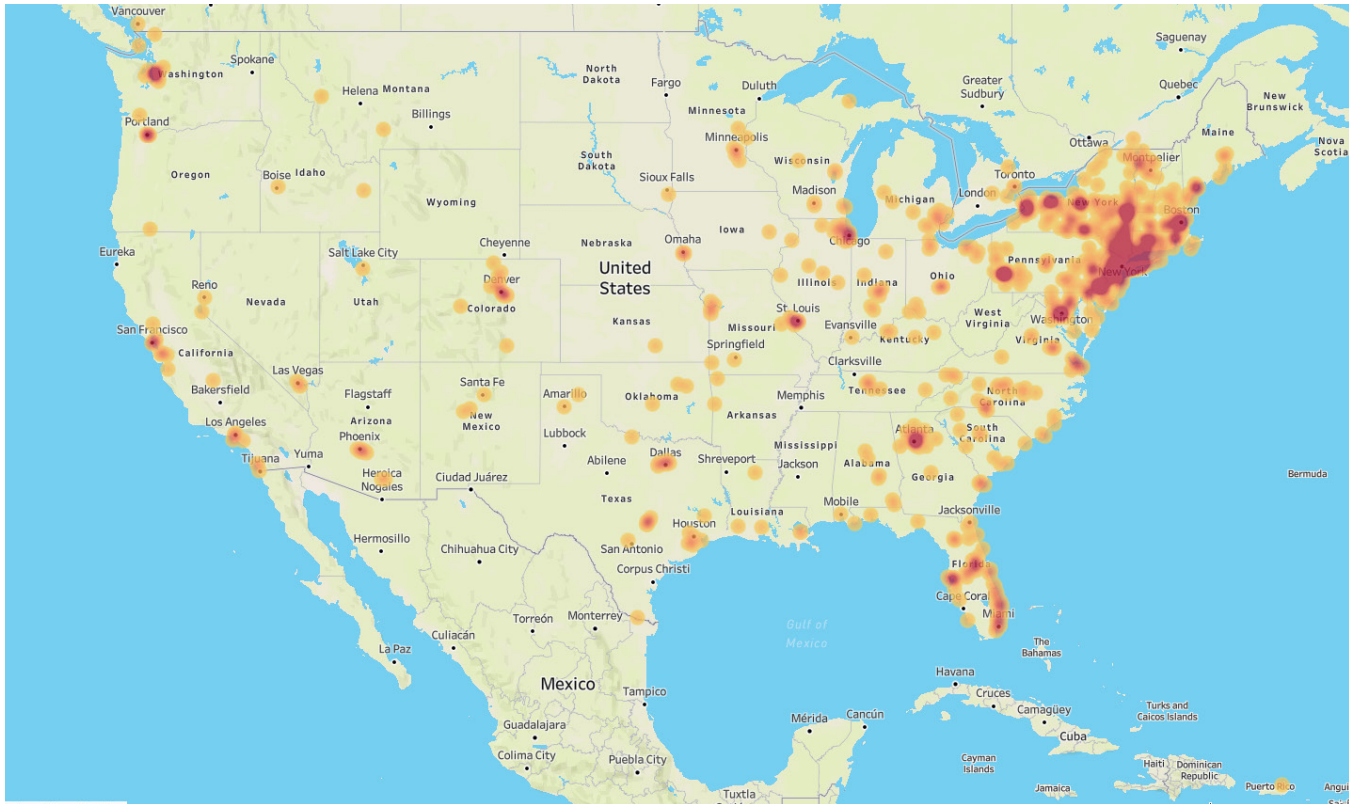
# Patient Demographics





# Heat Map of Current Residence of Patients

More intense coloring represents larger numbers of patients in that location.



# Patient Experience

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CTMS receives input and feedback from our patients in both formal and informal ways. These include patient satisfaction surveys and patient feedback surveys. This ensures continued valuable input and provides optimal patient and family involvement in assessing patient needs; designing, delivering, and evaluating services; and sustaining program improvements. Feedback comes from a cross representation of CTMS's patients.

## Patient Testimonials

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NP Joan Villacasio was very kind, listened intently and gave great guidance to me regarding my health in regards to preparation for surgery. **She made me feel safe and prepared** for surgery while also letting me know what I could do and look into ahead of time to ensure my well-being.

— Patient of NP Villacasio

Dr. Max A Lichtenstein is an excellent doctor and very aware of his patients. **He has helped me a lot in my life, and my emotional growth** - like confidence in me - Thanks.

— Patient of Dr. Lichtenstein

I really like Dr. Safer! He was very easy to communicate with, and has genuine concern for his patients. **I am sure I will be well taken care of under his care :)**

— Patient of Dr. Safer

Was my first time seeing this Dr. I liked her before I even got to her office. I'd love to continue seeing her. For me, she's excellent at her profession and I'd definitively recommend her. **She's a 10/10.**

— Patient of Dr. Schmidt-Beuchat

# Goals for 2024

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## Clinical Services

- **Primary Care:** Expand the Mount Sinai CTMS primary care network especially to include more sites outside Manhattan for greater patient convenience.
- **Surgery:** Shrink the time to surgery from the current 11 month mark by increasing the size of our surgical team and expand the number of patients with access to our care by partnering with payers from states with fewer care options.
- **Pediatrics/Adolescent Care:** Expand our operations across the Mount Sinai Health System and begin to determine the resources required to address regional community need.

## Research, Education, and Dissemination

- Further characterize the patients seeking gender affirming health care at Mount Sinai for future dissemination.
- Publish the many papers in progress that began as presentation abstracts at our national and international conferences.
- Present at WPATH in fall, 2024 in Lisbon, Portugal.





# Publications and Presentations

## Publications

1. De Rosa, P., & Purohit, R. S. (2023). Abdominal phalloplasty. In *Atlas of Operative Techniques in Gender Affirmation Surgery* (pp. 305-325). Elsevier.
2. Little, C.C., Russell, S., Hwang, C., Goldberg, L., Brown, S., Kirke, D. and Courey, M. (2023), Applications of Telemedicine in Speech-Language Pathology: Evaluation of Patient Satisfaction. *The Laryngoscope*, 133: 895-900.
3. Reisman, T., & Safer, J. D. (2023). Are Adrenal Androgens Altered by Gender-Affirming Hormone Therapy? *Journal of Clinical Endocrinology and Metabolism*, 108(5), E191-E192.
4. Purohit, R. S., & Djordjevic, M. L. (2023). *Atlas of Operative Techniques in Gender Affirmation Surgery*. Elsevier.
5. Leone, A. G., Trapani, D., Schabath, M. B., Safer, J. D., Scout, N. F. N., Lambertini, M., Berardi, R., Marsoni, S., Perrone, F., Cinieri, S., Miceli, R., Morano, F., & Pietrantonio, F. (2023). Cancer in Transgender and Gender-Diverse Persons: A Review. *JAMA Oncology*, 9(4), 556-563.
6. Kent, M., & Purohit, R. S. (2023). Complications after vaginoplasty. In *Atlas of Operative Techniques in Gender Affirmation Surgery* (pp. 167-181).
7. Ahmed, S. B., Beach, L. B., Safer, J. D., Veale, J. F., & Whitley, C. T. (2023). Considerations in the care of transgender persons. *Nature Reviews Nephrology*, 19(6), 360-365.
8. Kumar, A., & Safer, J. D. (2023). Developing a transgender health center of excellence: The Mount Sinai model. In *Atlas of Operative Techniques in Gender Affirmation Surgery* (pp. 1-11).
9. Diaz-Thomas, A. M., Golden, S. H., Dabelea, D. M., Grimberg, A., Magge, S. N., Safer, J. D., Shumer, D. E., & Stanford, F. C. (2023). Endocrine Health and Health Care Disparities in the Pediatric and Sexual and Gender Minority Populations: An Endocrine Society Scientific Statement. *Journal of Clinical Endocrinology and Metabolism*, 108(7), 1533-1584.
10. Grotas, A., & Siegal, A. R. (2023). Orchiectomy for transgender women. In *Atlas of Operative Techniques in Gender Affirmation Surgery* (pp. 39-48).
11. Kinberg, E. C., Taree, A., Gray, M., Filip, P., & Courey, M. (2023). Patient reported outcome measures: The impact of environment on VHI-10 responses. *Laryngoscope investigative otolaryngology*, 8(1), 150-155.
12. Zisman, A., Stojanovic, B., Purohit, R. S., & Djordjevic, M. L. (2023). Penile prosthesis after phalloplasty. In *Atlas of Operative Techniques in Gender Affirmation Surgery* (pp. 355-364).
13. Rapoport, S. K., Basharat, U., Kirke, D. N., & Courey, M. S. (2023). Positive Predictive Value of Endoscopic Findings to Diagnose Vocal Fold Paresis. *Laryngoscope*, 133(7), 1712-1716.
14. Crowley, F., Mihalopoulos, M., Gaglani, S., Tewari, A. K., Tsao, C. K., Djordjevic, M., Kyprianou, N., Purohit, R. S., & London, D. J. (2023). Prostate cancer in transgender women: considerations for screening, diagnosis and management. *British Journal of Cancer*, 128(2), 177-189.
15. Dickstein, D. R., Edwards, C. R., Lehrer, E. J., Tarras, E. S., Gallitto, M., Sfakianos, J., Galsky, M. D., Stock, R., Safer, J. D., Rosser, B. R. S., & Marshall, D. C. (2023). Sexual health and treatment-related sexual dysfunction in sexual and gender minorities with prostate cancer. *Nature Reviews Urology*, 20(6), 332-355.
16. Yau, M., & Safer, J. D. (2023). The return of spermatogenesis in transgender women ceasing gender-affirming hormone therapy. *Cell Reports Medicine*, 4(1), Article 100835.
17. Rose, A. J., Hughto, J. M. W., Dunbar, M. S., Quinn, E. K., Deutsch, M., Feldman, J., Radix, A., Safer, J. D., Shipherd, J. C., Thompson, J., & Jasuja, G. K. (2023). Trends in Feminizing Hormone Therapy for Transgender Patients, 2006-2017. *Transgender Health*, 8(2), 188-194.
18. Ramsay, A., & Safer, J. D. (2023). Update in Adult Transgender Medicine. *Annual Review of Medicine*, 74, 117-124.
19. Djordjevic, M. L., & Purohit, R. S. (2023). Urethroplasty: current techniques and management of complications. *Plastic and Aesthetic Research*, 10(1).
20. Bowers, M. L. (2023). Vaginoplasty: Bowers' version. In *Atlas of Operative Techniques in Gender Affirmation Surgery* (pp. 83-106).
21. Coleman-Belin JC, Reisman T. SAT407 Hematospermia In Transgender Woman Revealing Occult Endometriosis. *J Endocr Soc*. 2023 Oct 5. 7(Suppl 1)
22. Daniel Slack, Nithya Krishnamurthy, Felix Contreras-Castro, Joshua David Safer, SAT404 Achieving Both Target Testosterone And Target Estradiol Levels May Not Be Practical In All Trans Feminine Users Of Estradiol - Which To Prioritize?, *Journal of the Endocrine Society*, Volume 7, Issue Supplement\_1, October-November 2023, bvad114.2075
23. Nithya Krishnamurthy, Daniel J. Slack, Moira Kyweluk, Olivia Cullen, Jerrica Kirkley, Joshua D. Safer, Erythrocytosis is rare with exogenous testosterone in gender-affirming hormone therapy, Under Review, *Journal of Clinical Endocrinology and Metabolism*

# Publications and Presentations

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## Presentations

1. Coleman-Belin, J., Karim, S., Wang, A., Gurrapu, S., Kahan, D., Cohen, K., Avanesian, B., Horesh, E., Tran, A., Pang, J., Taub, P.J., and Ting, J. Improved post-surgical satisfaction following primary vaginoplasty: associations with neovaginal canal width and introitus depth. Presented as a podium presentation at the Northeastern Society of Plastic Surgeons (NESPS) 40th Annual Meeting, Washington D.C., September 8 – 10 2023. Accepted as a podium presentation at Plastic Surgery The Meeting, The American Society of Plastic Surgeons (ASPS) Annual Meeting 2023, Austin, TX, October 26 - 29 2023.
2. Coleman-Belin, J., Amakiri, U.O., Wang, A., Karim, S., Lu, J., Kozato, A., Cohen, K., Tran, A., Pang, J., Avanesian, B., Horesh, E., and Ting, J. Neovaginal Stenosis and Patient-Reported Outcomes in Revisional Vaginoplasty: A Retrospective Study. Accepted as an ePoster at the American Society for Reconstructive Microsurgery (ASRM) Annual Meeting, Nassau, Bahamas, January 12 - 16, 2024.
3. Wang, A., Coleman-Belin, J., Karim, S., Gurrapu, S., Kahan, D., Cohen, K., Avanesian, B., Horesh, E., Tran, A., Pang, J., Taub, P.J., and Ting, J. Does neovaginal canal depth and width affect post-surgical satisfaction following primary vaginoplasty? Presented as a lightning talk at the Mount Sinai Out in Science, Technology, Engineering, and Mathematics (oSTEM) Pride in Science Symposium 2023, New York, NY, June 15 2023.
4. Coleman-Belin, J., Karim, S., Wang, A., Gurrapu, S., Kahan, D., Cohen, K., Avanesian, B., Horesh, E., Tran, A., Pang, J., Taub, P.J., and Ting, J. Improved post-surgical satisfaction following primary vaginoplasty: associations with neovaginal canal width and introitus depth. Presented as a podium presentation at the Northeastern Society of Plastic Surgeons (NESPS) 40th Annual Meeting, Washington D.C., September 8 – 10 2023. Accepted as a podium presentation at Plastic Surgery The Meeting, The American Society of Plastic Surgeons (ASPS) Annual Meeting 2023, Austin, TX, October 26 - 29 2023.
5. Coleman-Belin, J. and Reisman, T. Hematospermia in a transgender woman revealing occult endometriosis. Presented at The Endocrine Society Annual Meeting ENDO 2023, Chicago, IL, June 15 – 18 2023.
6. Coleman-Belin, J. and Reisman, T. 'HEMATOSPERMIA MAY INDICATE ENDOMETRIOSIS IN TRANSGENDER WOMEN ON GENDER-AFFIRMING HORMONE THERAPY'. Accepted to be presented at the United States Professional Association for Transgender Health (USPATH) 2023 Scientific Symposium, Westminster, CO, November 1 - 5 2023.
7. Krishnamurthy, N., Slack, D., Kyweluk, M., Kirkley, J., Trakhtenberg, E., Contreras-Castro, F., Safer, J. Not all transfeminine individuals on estradiol can reach both target testosterone and target estradiol levels— time to revisit treatment guidelines?. USPATH 2023 Scientific Symposium, Westminster, CO, November 1 - 5 2023.
8. Slack, D., Krishnamurthy, N., Contreras-Castro, F., Safer, J. Characterizing the risk of venous thromboembolism in trans feminine and trans masculine individuals – it is not all about the hormone therapy. USPATH 2023 Scientific Symposium, Westminster, CO, November 1 - 5 2023.
9. Laarakker, A. SENTIMENT TOWARDS GENDER AFFIRMING SURGICAL CARE AMONG PLASTIC SURGERY, UROLOGY, AND OBSTETRICS AND GYNECOLOGY POSTGRADUATE TRAINEES. USPATH 2023 Scientific Symposium, Westminster, CO, November 1 - 5 2023.
10. Karim, S., Liu, H., Amakiri, U., Safer, J., Pang, J., Ting, J., Correlation Between Significant Postoperative Bleeding and Revision Surgery in Vaginoplasty: A Retrospective Analysis. USPATH 2023 Scientific Symposium, Westminster, CO, November 1 - 5 2023.
11. Yao, M., Trends in Gender Affirming Treatment and baseline pubertal status of transgender and gender diverse youth. USPATH 2023 Scientific Symposium, Westminster, CO, November 1 - 5 2023.
12. Nithya Krishnamurthy, Ethan Ravetch, Christina Weltz, "Breast cancer among transgender and non-binary patients on gender affirming hormone therapy: a single institution experience" [Poster Presentation] San Antonio Breast Cancer Symposium, San Antonio, Texas, December 5-9, 2023,

# Overview of Services

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## Medical/Surgical Services

Adult Primary Care

Pediatric/Adolescent Care

**Endocrinology** including

Gender Affirming Masculinizing Hormone Therapy

Gender Affirming Feminizing Hormone Therapy

**Gender Affirming Surgeries** including

Facial Feminization Surgeries

Chest Reconstruction Surgeries

Genital Reconstruction Surgeries

Gynecological Procedures/Surgeries

Other Urological Procedures

Otolaryngologic Surgeries and Vocal Training

## Support Services

Social Work

Trauma Care

Pharmacy Services

Telehealth Visits

After-Hours Coverage

MyChart

## Behavioral Health

Individual Counseling

Psychiatric Evaluations

Pre- and Post-Surgical Psychotherapeutic Support

Ongoing Medication Management

Pre-Surgical Evaluations

Education for Individuals and Their Families

Trauma-Informed Therapy

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# Our Locations

- 1. Mount Sinai Morningside**  
212-523-4000
- 2. The Mount Sinai Hospital**  
212-241-6500  
**Grabscheid Voice and Swallowing Center;**  
**Transgender Voice Care**  
212-262-4444  
**Otolaryngology office**  
212-241-9410  
**Pediatric Endocrinology office**  
212-241-6936
- 3. Adolescent Health Center**  
212-423-3000
- 4. Mount Sinai Urology – 77th Street**  
212-241-4812
- 5. Mount Sinai West**  
212-523-4000
- 6. Center for Transgender Medicine and Surgery, Administration Headquarters**  
212-604-1730  
**The Mount Sinai Hospital, Comprehensive Health Program**  
212-604-1701
- 7. Mount Sinai Beth Israel, Peter Kruger Clinic**  
212-240-2620
- 8. Mount Sinai Doctors – West 23rd Street**  
212-352-2600
- 9. The Blavatnik Family – Chelsea Medical Center at Mount Sinai**  
212-604-6000
- 10. Mount Sinai-Union Square**  
212-240-2000
- 11. Second Avenue Surgery Clinic**  
212-870-8270
- 12. Mount Sinai Beth Israel**  
212-420-2000
- 13. New York Eye and Ear Infirmary of Mount Sinai**  
212-979-4000

