

## Puberty Blockers page one

### The medicine

Gn RH analogues are synthetically produced hormones which are used to temporarily stop the body from producing sex hormones.

In adults who have already gone through Puberty the medicine is used to treat endocrinological conditions like endometriosis, prostate cancer, uterine fibroids and to treat children with central precocious puberty, in order to temporarily postpone the onset of puberty.

### Are Gn RH safe

In adults, because the medicine is designed to reduce the production of sex hormones there are some side effects such as those caused by the menopause. In Children the medicine is safe because they have not yet gone through puberty.

### Long term risks

There is a risk of decreased bone density in adults. To combat that risk, adults are often prescribed low dose hormone replacement therapy (HRT) which also combats the unpleasant effects of menopause.

**When Gn RH is given to children as a puberty blocker there are no long term risks.**

### Precocious puberty

Precocious puberty is when a child shows signs of sexual development before the age of eight in girls and nine in boys. The exact cause is very often unclear.

Precocious puberty is not inherently life threatening but does pose significant physical and emotional dangers if the condition goes unmanaged.

### What are the dangers

Early onset of puberty can be very distressing due to physical and emotional changes and there is a danger that bones will harden prematurely and stunt growth preventing the child from reaching the adult height they otherwise would have attained.

Emotional strain, social mismatch and feelings of being excluded from social groups of peers can lead to low self esteem, anxiety and increased risk of depression.

Children may be treated by adults and peers as though they are older than they are, leading to the child failing to live up to the perceived expectations of them thus reinforcing feelings of exclusion and low self esteem.

## When are puberty blockers prescribed ?

If precocious puberty is diagnosed by a paediatric endocrinologist, after tests to determine the underlying cause, puberty blockers can be prescribed.

Puberty blockers are known to be a safe way to delay puberty, allowing the child's bone development and maturity to catch up, at such time the treatment can be discontinued allowing puberty to go ahead as normal. There are no irreversible effects.

Why were puberty blockers prescribed to transgender children?

The very same reason puberty blockers were prescribed for precocious puberty.

Delaying puberty had a profound **positive** effect on the child's physical and mental well being

Puberty blockers were prescribed to transgender children to temporarily pause the development of irreversible physical changes which occur during puberty. By pausing puberty, adolescents were given extra time to mature before making decisions about permanent, irreversible treatments.

## **Puberty blockers are safe and prevent the irreversible effects of puberty**

Denying transgender children access to puberty blockers can be life threatening and harms the child and the whole family.

Why did the UK government deny children the right to gender affirming care ?

This is a work in progress. I am going to ask this question when I next meet my MP.

I want to know why Dr. Hillary Cass was specifically chosen to write a report which could be used to attack and remove transgender rights. She is not an expert in transgender child care.

I want to know what risk assessments, if any, were done prior to the UK government deciding to prevent children accessing puberty blockers?

Dr. Hilary Cass is now a Dame. She **was made a Dame in the King's Birthday Honours for services to child health**, and also received a life peerage to sit in the House of Lords as Baroness Cass