



## Sexual health is part of being human.

Like anyone else, as a transgender woman you want to feel great about your body. You want to have sex that is safe, feels good, and is rewarding.

## Each transwoman is unique.

- You may or may not have had surgery.
- You may or may not take hormones.
- What you like to do when you have sex is unique to you.

## Take care of your body. It's important to being a healthy woman.



## Have more questions?

Every transwoman has her own set of concerns and questions. Here are a few resources that can help:

**Center of Excellence for Transgender Health**  
[transhealth.ucsf.edu](http://transhealth.ucsf.edu)

**National Center for Transgender Equality**  
[www.transequality.org](http://www.transequality.org)

**Transgender Law Center**  
[www.transgenderlawcenter.org](http://www.transgenderlawcenter.org)

**National Center for Lesbian Rights**  
[www.nclrights.org](http://www.nclrights.org)

To find a family planning clinic near you, go to:  
[www.hhs.gov/opa](http://www.hhs.gov/opa)



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*All photos courtesy of Center of Excellence for Transgender Health except baby photo by Andrew Vargas.*

# TRANS HEALTH



## sexual health FOR transwomen



## What if I haven't had surgery?

It's healthy and normal to use your penis for sex. You should know that to keep an erection, you need some testosterone (T) in your body. If you are taking female hormones, it may be harder to keep an

erection. Ask your health care provider what hormone doses are right for you.

Keep in mind when you take a lower dose of female hormones, the changes you may want to see may take longer.



## What about STDs?

Like anyone else who has sex, transwomen are at risk of getting a sexually transmitted disease (STD).

People get STDs from having oral, anal, and vaginal sex. But you can protect yourself:

- **Use a condom or a dental dam every time you have sex.**
- **Get tested for STDs and HIV. Ask your provider how often to get tested.**
- **If you have an STD, get treated right way.**

## What about my fertility?

Transwomen who take hormones may still have enough sperm to cause pregnancy. Use a birth control method if you don't want to have a baby.

If you want to have your own child in the future, it's good to plan ahead. You may have to go off hormones to make enough sperm. You could also put your sperm in a sperm bank before you start taking hormones. That way you may be able to use them with your partner when you want to have children.

## What about my breast health?

If you take hormones, your breasts will start to grow. Talk to your provider about what to expect.

Anyone can get breast cancer. Tell your provider about any family history of breast cancer. Let your provider know if you have breast pain, lumps, or any other changes that worry you.



## What about pumping?

Some transwomen have silicone injected, or “pumped”, to get the “curvy” body they want—large round breasts, hips, and thighs.

Pumping can cause serious health problems. The injected products may harden, cause pain, and travel to other parts of the body. This can lead to infection and make permanent and unwanted body changes. Many women have died from pumping.

Talk to a trained health care provider about safe ways to get the body you want. Do not do it on your own. Do not go to a non-medical person.

## What about tucking?

Tucking is a way some transwomen use to hide their genitals beneath their clothing.

The idea is to gently push the testicles up inside the body and then to pull the penis back between the legs. It is all held in place with tight-fitting underwear or surgical tape.

Here are some things you can do:

- **Only use surgical tape. Other types of tape could peel off skin when removed.**
- **Cut the hair very short in the groin area.**
- **This makes it easier to remove the tape.**
- **Spend some time daily without tucking.**

Tucking for too long can cause health problems. It can cause chafing and sores. It can also lower sperm count. Keep this in mind if you are trying to have a child.