

RESOURCES WE LIKE IN PGH!

The Auto(nomous) Body Shop: a mobile mutual aid resource

supporting bodily autonomy, repro rights, and harm reduction. Stock up on supplies and get connected with abortion care! 412-212-8678

Prevention Point Pittsburgh: a harm reduction non-profit offering free supplies and health services at various locations in the city to people who use drugs. 412-247-3404

Transitional Characters: a decolonial, liberation-oriented therapy practice located at 5880 Ellsworth Ave, 15232. 412-444-8340

Allies for Health+Wellbeing: offers HIV care and support as well as free testing services at various locations. 412-345-7456

Ginkgo Collective

HOW TO Trans Your Gender in PGH

HOW TO (NOT) TALK TO YOUR DOCTOR

It can be intimidating and confusing to discreetly ask for care within a medical facility. Here are some tips to help!

- **BE ASSERTIVE and know your needs!** Do your research and be confident. In many (most) cases, you know more than your provider about the care you need. Many doctors blindly follow WPATH standards which often lead to substandard, conservative care.

ginkgocollective.noblogs.org

accessing medical

resources

talking to your

doctor

navigating legal

landscape

LEGAL RESOURCES

PROVIDERS WE RECOMMEND!

Dr. Sheila Ramgopal, (they/them) is a trans-affirming OB/GYN located at Allegheny Reproductive Health Center (412-661-8811). They practice the full spectrum of repro health care. "They were open-minded, respectful, and asked about preferred terms for all related body parts based on hysterectomy experience."
-personal testimonial

Angela Cmar, CRNP (she/her) provides HRT/PCP/GYN care at Metro Community Health Center (412-247-2310). "She is receptive to my wants/needs and doesn't pry. She's respectful and to the point; she understands that there are a variety of trans medical journeys. Very nonjudgemental and super chill."
-personal testimonial

BARRIERS TO TRANS HEALTHCARE DUE TO RECENT POLICY CHANGES

Joseph DeFazio, DO (he/him) is a doctor at University Family Medicine-UPMC (412-315-0407).

"He is a big believer in a collaborative care discussion with his trans patients. If you go in with knowledge about what you need or want out of your medical transition journey, he is open to helping you get there!"
-personal testimonial

Dr. Vu Nguyen, MD (he/him) is a surgeon who is experienced in gender-affirming top surgery at UPMC Magee-Womens Hospital (412-641-6308). "He had excellent bedside manner and was very communicative throughout the process. One of the things I liked about him was that he didn't gender the procedure."
-personal testimonial

- **Executive Order 14187** : has compelled Central Outreach, Allies, UPMC, etc. to discontinue HRT services for minors & 18yos.
- **HB 1033** is a proposed PA bill which would prohibit all gender affirming care for minors.
- **SB 213** is a proposed PA bill which would invalidate all state issued documents that don't align with sex assigned at birth.

Feel free to reach out to us at theginkgocollective@proton.me for help with the complaint. All hearings are public.

Discrimination on the Basis of being A TRANSEXUAL!!!!
The Allegheny County Human Relations Commission (412-255-2600) provides a mechanism to file a complaint if you've been discriminated against in employment, housing, public accommodations, or healthcare!