SCIENCE

UCSF working on transgender research

By Helen Santoro

STANFORD — Sixteen years ago, a middle-aged clinical psychologist and his wife arrived at the hospital, asking the doctor for hormones to begin transitioning from woman to man. After 20 years, the patient now works with transgender patients at the UC San Francisco Children's Hospital, where he is also a clinical psychologist.

The patient was John Warnock, a former San Jose Mayor who was instrumental in the creation of the San Jose Museum of Art. Warnock is no longer in private practice — he is now a professor at Stanford University — but he still works with transgender patients, particularly when they are young children.

“I love working with young children,” Warnock said. “It’s so important to get them off on the right foot.”

The patient was not the only one who was helped by Warnock. He also worked with Yvette de Prado, a former San Francisco mayor, and Frank Quattrone, a former San Francisco city attorney.

“Their work has been invaluable,” Warnock said. “They have helped so many people.”

Today, Warnock and his colleagues are working on a study that will involve nearly 300 patients ages 8 to 18 and determine the long-term effects of transgender treatments. These include puberty-blocking hormones, which give patients more time to explore their gender identity, and transgender and estragon.

With the help of Children’s Hospital of Los Angeles, Boston Children’s Hospital and Johns Hopkins University, the study will be conducted across the country and will include patients who are between the ages of 13 and 17. Patients will be monitored extensively during the first two years of their treatment.

The study is a follow-up to a previous study that was conducted in 2015, which found that young people who received gender-affirming care were less likely to have mental health problems than those who did not.

“Parents will say to us, ‘What do you think about this,’” Warnock said. “We really want to know what the long-term effects of puberty blockers are.”

The study will be completed in 2020, and the results will be published in a scientific journal.

“We’ve learned a lot about the long-term effects of puberty blockers,” Warnock said. “We’re really interested in understanding what the long-term effects are.”

The study is supported by the National Institutes of Health and the UCSF clinic’s mental health director.

“We’re excited to be able to offer this service to young people,” Warnock said. “We’re really looking forward to the results.”
patients’ mental health. In 2014, the lab published a study showing significant long-term outcomes of transgender care. Dr. Amanda Pescosolido, the mother of 16-year-old Jacob, a transgender youth from Ukiah, who had been undergoing hormone therapy from ages 8 to 10, said, “I have a fundamental difference of opinion with the research community that is ignoring the patient’s desire to transition.”

“THERE IS AN EPIDEMIC, partially brought on by the $300,000 OFF
$60,000 OFF
$300,000 OFF
$60,000 OFF
$300,000 OFF
$60,000 OFF
$300,000 OFF
$60,000 OFF