

SUBJECT: Please continue offering gender affirming care

Dear Mt. Nittany Health,

I am writing to express my gratitude that Mt. Nittany Health continues to offer gender affirming care to your patients.

I was deeply troubled and concerned by Mt. Nittany Health's decision in February to briefly stop offering gender affirming care to patients under the age of 19, and was equally troubled and concerned with how this decision initially impacted all patients receiving gender affirming care regardless of age. However, I am grateful that Mt. Nittany reversed this decision and chose to stand on the side of well-established medical science.

As I'm sure you appreciate, gender-affirming care is lifesaving medical treatment validated and recommended by every major medical association, including the American Medical Association, the American Academy of Pediatrics, the American Association of Clinical Endocrinology, and the American Psychological Association.

A wide body of scientific literature has consistently found that gender-affirming care improves overall health outcomes and well-being for transgender and gender-expansive patients while significantly reducing depression and suicidality. This extends to transgender and nonbinary youth, who are particularly vulnerable in our present moment. A [2022 study in the Journal of the American Medical Association](#) found that receipt of gender-affirming care in transgender and nonbinary youth, including puberty blockers and hormone treatments, was associated with 60% lower odds of moderate or severe depression and 73% lower odds of suicidality.

I recognize that there are attempts to demonize trans people and the providers who care for them, and that there are attempts to restrict and eliminate gender affirming care, especially for trans youth. However, the executive order attempting to restrict access to gender affirming care for trans youth is not grounded in science, it is not grounded in medical fact, and it is not law.

The fact of that matter is that gender affirming care saves lives. Gender affirming care is safe, established medical fact. Trans patients — including trans and nonbinary youth — deserve access to the medical care that has been proven to save their lives and dramatically improve their quality of life.

I urge you to please continue this vital work. Please continue caring for trans youth. Please continue offering gender affirming care. Please continue saving trans lives.

Thank you,