Puberty-suppressing hormones in adolescents criteria

- The adolescent has demonstrated a long-lasting and intense pattern of gender nonconformity or gender dysphoria (whether suppressed or expressed); AND
- Gender dysphoria emerged or worsened with the onset of puberty; AND
- Any coexisting psychological, medical, or social problems that could interfere with treatment (e.g., that may compromise treatment adherence) have been addressed, such that the adolescent’s situation and functioning are stable enough to start treatment; AND
- The adolescent has been given informed consent and, particularly when the adolescent has not reached the age of medical consent, the parents or other caretakers or guardians have consented to the treatment and are involved in supporting the adolescent throughout the treatment process.
- Initiation of hormone therapy is recommended by a qualified health professional with written documentation; AND
- Laboratory testing to monitor the safety of continuous hormone therapy; AND
- Hormonal treatment can occur before the age of 18 after discontinuation of pituitary-blocking agents.