

DAVID A. GILBERT, M.D., P.C.
PLASTIC SURGERY

Cosmetic and Reconstructive Surgery
Genito-Urinary Surgery and Surgery of the Hand

(804) 622-7500
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Suite 300
400 W. Brambleton Avenue
Norfolk, Virginia 23510

The Center for Gender Reassignment

400 W. Brambleton Ave., Suite 300
Norfolk, Virginia 23510

(804) 622-1000

The Center for Gender Reassignment consists of professional individuals, who possess highly specialized skills needed for reassignment surgery. In order for us to give you the highest quality of patient care, we have outlined the program for you. Please review this information carefully. This will ensure that you are not wasting your time and risking unnecessary expense in meeting with us. It is important for you to decide whether or not you are able to follow our program requirements.

Initial Evaluation:

After making contact with our coordinator, Deborah Gilbert, R.N., she will send to you a patient summary sheet. This patient summary sheet must be completed and returned with a recent photo prior to being scheduled for intake evaluation. The information will be carefully reviewed to determine whether you appear to be a suitable candidate. If additional information is requested, please forward it to Mrs. Gilbert as soon as possible. This will help to avoid any delays with your evaluation.

An initial personal evaluation is required by the members of The Center for Gender Reassignment regardless of any previous screening with other programs. Since the surgeons and the psychologists working within our program are responsible for making a decision about the appropriateness of an irreversible surgery, they must be personally involved in this initial evaluation. Therefore, they must review the patient summary and all previous therapy as well as any other additional information.

Intake Evaluation:

After your patient summary has been reviewed, you will be notified as to whether or not you can proceed with the Intake Evaluation. If you are approved to go into the second stage, you will be asked to make an appointment with Dr. Gerald Ramsey and Dr. Nancy McKeel. Both are psychologists eminently qualified by training and experience to evaluate persons who feel they are transsexuals. After meeting with Dr. Ramsey and Dr. McKeel, they will decide whether or not you are appropriate for admission into the program. This will bring you up to the third stage of the program.

Acceptance Into The Program:

If Dr. Ramsey and Dr. McKeel have decided that you are an appropriate candidate for the program, you will meet with the other physicians that are a part of the program. These meetings are arranged within 24 hours after your visit with the psychologists. Therefore, you should plan to remain in the area for at least two days. After you have met with each physician, you will be told to return home. Once the physicians have discussed your case,

which is every four weeks, you will be notified about their decision. You can expect to hear something within one week after their meeting. Acceptance at this stage means that we feel it is appropriate for you to live in the role of choice. It does not mean approval for surgery. If accepted into the program, a trial period will be determined. All patients, whether or not they have cross-lived prior to undergoing evaluation at The Center for Gender Reassignment, must be involved in our program for a minimum of *one* year prior to final consideration for surgery; however, this can be waived if criteria from other programs has been met. If you have not lived exclusively in the gender of choice on a continuous basis prior to being evaluated here, then you can expect to be given a trial period of 18 months.

Trial Period:

Prior to being considered for surgery, patients must live exclusively in their chosen gender role for at least 18 months and be on hormonal treatment six months.

Hormones:

Persons who are accepted into our program will be asked to meet with an endocrinologist to review any hormonal therapy or implement one as well as monitor the hormonal therapy through regular physical examinations. If you are currently in a hormonal therapy, a complete report from the physician will be required and verified. Once your therapy has been reviewed, a recommendation will be made to the other committee members as to future hormonal therapy. You will be notified as soon as a decision is made.

Counseling:

Each state has different laws which govern the legal status of persons with gender dysphoria. You may contact our attorney: Mr. M. Randolph Carlson, II, 125 St. Paul Boulevard, Suite 300, Norfolk, Virginia 23510, (804) 627-6568 for further information.

Reevaluation Prior To Consideration For Surgery:

A patient will be considered for reevaluation for surgery when they have completed these *minimum* requirements:

- Have been undergoing psychotherapy
- Have been judged a good candidate for gender conversion.
- Have been taking hormones for at least six months.
- Have had identification changed to chosen gender.
- Have lived exclusively in chosen gender for at least 18 months.
- Have held a job in chosen gender for at least 18 months.

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Final Approval:

It should be understood that the program does involve a screening process. Only persons who have demonstrated successful adjustment to the chosen gender role, as judged by our psychologists, social and economic criteria, are approved for surgery. Failure to demonstrate this adjustment as well as psychosis, life limiting diseases, alcohol or drug abuse are contraindications to surgery. Occasionally, patients find that they are not immediately accepted for sex reassignment surgery, but must wait longer than the original trial period until further self improvement goals are accomplished. These delays are in your best interest.

Surgery:

Our coordinator, Mrs. Gilbert, and the physicians will meet with you to discuss all aspects of your surgery. Included in this discussion will be a description of the surgery, pre-and post-operative care, and costs. Surgical costs cannot be discussed until this meeting with Mrs. Gilbert.

Pre & Post-Operative Counseling:

Before and after your surgery, the Center for Gender Reassignment program requires that you meet with Dr. Ramsey or Dr. McKeel for a minimum of two sessions; after which, they will determine if further counseling is needed.

Financial:

All fees for the intake evaluations must be paid in advance and are *not refundable*. Dr. Ramsey and Dr. McKeel's fees are \$600.00 which includes pre-operative and post-operative counseling and all psychological testing. The other physicians that you will interview with have a fee of \$100.00 each.

Please note that there are no public or private agencies which finance surgery. Some insurance companies have paid for the surgery; however, most consider the procedure cosmetic and will not pay on this basis. (If you desire a list of insurance companies that *may* pay a portion of your surgery please contact Melanie Harrison at 804-623-1090.) It is most likely that you will have to finance the surgery personally.

Questions:

If you have any questions, please contact:

Deborah M. Gilbert, R.N., Coordinator
The Center for Gender Reassignment
400 W. Brambleton Avenue
Suite 300
Norfolk, Virginia 23510
(804) 623-1090

Dear Patient,

Since taking over as the coordinator for The Center for Gender Reassignment, I have received numerous inquiries about the program. These inquiries have come from all over the world which indicates the strong degree of commitment that you feel towards transsexualism.

Our program is young but enthusiastic about addressing transsexuals' problems. We have found that our patients are also enthusiastic. Many patients are examined and approved for surgery and successfully undergo sexual conversion. However, others are not psychologically prepared for this irreversible operation and are therefore not good candidates for surgery. It is the purpose of this program to identify patients who would not respond well to the trauma of sexual conversion surgery. Furthermore, all patients who are approved for surgery must be fully aware of the risks, benefits and alternatives of the surgery.

It is only through full communication and disclosure that this program can survive and maintain hope for transsexual patients.

Sincerely,

Deborah M. Gilbert

*Deborah M. Gilbert
Coordinator*