

Gender-Affirming Services in New Brunswick



A resource from the Canadian Queer
Medical Students Association, cqmsa.org



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FOREWORD

Gender-affirming medical services are available and accessible in New Brunswick. This guide provides information concerning various aspects of gender affirming care, including healthcare coverage, legal name changes, medication, surgery and other local resources.

DISCLAIMER: this document was created by the Canadian Queer Medical Students Association (CQMSA) with the intention of helping medical providers in New Brunswick navigate and provide gender-affirming care. This document contains a collection of services and providers which are constantly changing, especially given the nature of the work and the increased stress and demand which community organizations have experienced with COVID-19. We have done our best to provide up-to-date content but cannot promise the continued accessibility of some of these services. Please read with discretion. If you notice incorrect information, or you would like to notify us about different resources, please email: info@cqmsa.org

We thank you for your efforts in providing appropriate and informed care!
– *The Canadian Queer Medical Students Association (CQMSA)*

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For the Canadian Queer Medical Students Association

Legal deposit, Bibliothèque et Archives nationales du Québec, 2023.

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AGE OF MEDICAL CONSENT

In New Brunswick, the age of medical consent is the same as the age of majority (19 years old). However, like many Canadian provinces and territories, New Brunswick follows a common law principle in which minors who are deemed capable of making informed decisions about their health may do so without the consent of a legal guardian. These laws are not written anywhere, and different providers can have varying definitions and requirements for their younger patients to be deemed capable of making these kinds of decisions.

Additionally, the type of medical treatment being requested, and the assumed risk of treatment, might change a provider's willingness to treat a minor without a guardian's consent. For example, if a minor wants to start birth control pills without parental consent and they maturely understand the risks and proper use of the medication, a provider may be willing to prescribe these pills without involving any legal guardians. However, if the same minor decides that they would like to undergo a surgical procedure which carries more risk or long-term impact, like a hysterectomy, a provider may decide that the minor is not capable of making this decision alone. Because these decisions are at the discretion of each individual provider, it is recommended that you talk with your provider and get a clear understanding of what will be kept confidential/what treatments you can consent to as a minor before starting any medical therapy. If you are concerned about your guardian learning about information you have disclosed/would like to disclose to a provider, we recommend you specify this to your provider.

NAME AND GENDER MARKER CHANGES

Legal Change of Name

This service is available for residents of New Brunswick of at least 3 months who are 16 years or older. A parent with legal custody of children under 16 years old can have the child's registered name changed.

Information/Documents that you must complete:

- [Change of Name for Adults](#) or [Change of Name for Children](#) depending on your age
- Birth certificate if born in Canada or Canadian immigration documents
- Proof of marital status (if applicable)
- Background information:
 - Present and previous addresses
 - Occupation
 - Reason you want to change your name
- Criminal Record Check
- Any documentation to show if you have changed your name before

Note that Vital Statistics is legally required to publish all registered name changes in the New Brunswick Royal Gazette, per section 10(2) of the Change of Name Act, if an applicant is 18 years of age or older. Unless the requirements for exemption from publication are met, your legal name change will automatically be published. You will be notified if you cannot be exempted. Please note the Royal Gazette is published online (internet) and in paper format. The Registrar may dispense with this requirement if requested by the applicant in one of the following special circumstances:

1. The applicant will be unduly prejudiced by the publication of the notice (please provide supporting documentation for this)
2. If the publication of the notice serves no useful purpose (ie. alteration of spelling of given name or surname, abbreviations of names, or when an additional name is added but the given name and surname do not change)
3. If you have been commonly known under the name applied for (must provide photocopied documentation proof of this, ie. school records, other governmental ID, marriage certificates, etc.)

The fee for this service:

- Change of given name - \$115
- Change of Surname - \$130

More information can be found [here](#).

Changing Gender Designation on New Brunswick ID (Birth Certificate)

To change gender designation on a birth certificate, you must have been born in New Brunswick or resided in the Province for at least 3 months. Applicants 16 years or older will fill out the adult application. If the applicant is 15 years or younger, a parent who has custody of the child will apply for this change on their child's behalf.

Gender Designations available are M, F and X

Documents that you must complete:

- Change of Sex Designation - Adult form or Change of Sex Designation - Child form depending on your age
- Written statement that the applicant has assumed, identified with and intend to maintain the gender identity that corresponds with the change requested (applicable for adults and applicants 12 to 15)
- A written statement from a health professional who affirms the sex shown on the applicant's birth certificate does not correspond with the applicant's gender identity
- For applicants 15 years or younger, written consent of every parent is required
 - If this is not possible, proof of notification to all other parents and their right to object of the changes must be provided

There is no fee associated with this service

For more information, please visit: https://www2.gnb.ca/content/gnb/en/services/services_renderer.201445.Change_of_Sex_Designation.html

Updating New Brunswick IDs (Health card, Driver's License, Vehicle Registration, etc.)

Birth Certificate

Once the name and/or gender designation changes are completed, a new New Brunswick birth certificate can be ordered through this [application](#) that can be mailed, or ordered [online](#).

Fee: \$45, normal processing times up to 5 business days

Drivers License, health card, vehicle registration

After the name and/or gender designation has been changed and a new birth certificate ordered, this can be taken to Service New Brunswick to have driver's license, health cards and vehicle registrations updated. Remember to check ahead with Service New Brunswick if other IDs are required for your visit.

MEDICATION

Hormonal therapy is an important part of gender-affirming care which promotes physiologic masculinization/feminization for people experiencing gender dysphoria. The decision to start hormonal therapy should be patient-centered and involves informed consent including discussion of the potential risks of starting and withholding treatment. Patients should be assessed for their physical and psychological readiness for hormonal therapy prior to starting treatment. If you are considering prescribing these medications in your clinical practice, we suggest reviewing the [WPATH Standards of Care](#) and [Rainbow Health Point-of-Care Guidelines](#) for assessing patient preparedness, safety, and clinical monitoring.

For transitioning individuals, the main bulk of hormone medications are: androgens (AFAB), estrogen (AMAB), and hormone blockers.

The Government of New Brunswick provides prescription drug coverage to eligible New Brunswick residents through the New Brunswick Prescription Drug Program, the New Brunswick Drug Plan and other drug plans (collectively known as the New Brunswick Drug Plans). The New Brunswick Drug Plans Formulary is a list of the drugs which are eligible benefits under the New Brunswick Drug Plans (see below)

For dosing guidelines and recommendations, please refer to the [BC Endocrine Therapy Guidelines for Transgender Adults \(2015\)](#).

Medication	Commercial Name	Type	Dose Strength
Androgens (AFAB)			
Danazole	Cyclomen	Capsules	50 mg
			100 mg, 100 caps
			200 mg, 100 caps
Testosterone	AndroGel	Topical gel	1% (2.5g), 30
	Taro-Testosterone Gel		
	AndroGel		1% (5.0g), 30
	Taro-Testosterone Gel		
	Testim 1%		
Testosterone cypionate	Depo-Testosterone	Injectable solution	100mg/mL, 10mL
	Taro-Testosterone Cypionate		100mg/10mL, 10mL
Testosterone enanthate	Delatestryl	Injectable solution	200mg/mL, 5mL
Testosterone undecanoate	pms-Testosterone	Capsules	40mg, 100
			40mg, 120
	Taro-Testosterone	Capsules	40mg, 60
			40mg, 120

<i>Medication</i>	<i>Commercial Name</i>	<i>Type</i>	<i>Dose Strength</i>
Gonadotrophins (“puberty blockers”)			
Nafarelin	Synarel	Nasal nebulizer	2mg/mL, 8 mL
Estrogens (AMAB)			
17β-Estradiol	Estrogel	Gel transdermal	0.06%
	Divigel	Gel transdermal	0.25mg
			0.5mg
			1mg
	Estring	Vaginal ring	2mg
	Climara	Transdermal patch	25mcg
			50mcg
			75mcg
	Estradot	Transdermal patch	25mcg
			37.5mcg
			50mcg
			75mcg
	Sandoz	Transdermal patch	100mcg
			50mcg
			75mcg
Estrace	Tablet	0.5mg, 100	
		1.0mg, 100	
		2.0mg, 100	

<i>Medication</i>	<i>Commercial Name</i>	<i>Type</i>	<i>Dose Strength</i>
Estrogens (AMAB) (cont.)			
17β-Estradiol (cont.)	Lupin-Estradiol	Tablet	0.5mg, 100
			1.0mg, 100
			2.0mg, 100
	Vagifem 10	Vaginal suppository	10mcg, 18
Conjugated estrogen	Premarin	Vaginal cream	0.625mg/g, 30g
		Tablet	0.3mg
	0.625mg		
	1.25mg		
Estrone	Estragyn vaginal cream	Vaginal cream	1mg/g, 45g
Anti-Androgens			
Spirolactone	Aldactone	Tablet	25mg
			100mg
	Jamp Spironolactone	Tablet	25mg
			100mg
	Teva-Spirolactone	Tablet	25mg
	Teva-Spiroton	Tablet	100mg
	Mint-Spirozine	Tablet	25mg
			100mg
Eplerenone	Inspra	Tablet	25mg
			50mg
	Mint-Eplerenone	Tablet	25mg
			50mg

<i>Medication</i>	<i>Commercial Name</i>	<i>Type</i>	<i>Dose Strength</i>
Testosterone blocker			
Dutasteride	Various	Tablet	0.5mg, 30 to 100
Finasteride	Various	Tablet	5mg, 30 to 100

Source: <https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/en/NBDrugPlan/NewBrunswickDrugPlansFormulary.pdf>

GENDER-AFFIRMING SERVICES

Gender-affirming procedures are available in New Brunswick. To initiate the process, one must consult their family physician, nurse practitioner or mental health professional in order to be evaluated for clinical eligibility using criteria established by the WPATH. Once eligibility is confirmed, and New Brunswick Medicare approves, one can work with a medical team to develop a surgical plan. Further information can be found [here](#).

Below is a table conveying information about gender-affirming services, including whether the service or procedure is covered by New Brunswick Medicare, the criteria required for approval, and names of organizations and clinics who can provide these services. The inclusion of individual providers and clinics is not meant to convey an endorsement or vetting of their trans-inclusivity by the CQMSA.

Medical Procedure	Insurance Coverage	Criteria for Approval	Providers
Gender-Affirming Products	No	N/A	See list of Other Resources below
Fertility Treatments	No	Possible avenue for some: NB Infertility Treatment - Special Assistance Fund	Services available in Moncton Conceptia Clinic https://conceptia.ca/en/
Electrolysis/Hair Removal	No	N/A	DermaEnvy Skincare https://www.dermaenvy.com/transgender-laser-hair-removal • 1 location in Saint John, 1 location in Moncton
Feminizing/Masculinizing Voice Therapy	Variable	Seeing a speech language pathologist within a hospital may be covered by New Brunswick Medicare. Otherwise this service is pay-out-of pocket if private insurance is not available	
Psychologist	Yes, if through public system	N/A	https://www.psychologytoday.com/ca/therapists/transgender/new-brunswick
Medications			
Hormone Blockers	Yes - coverage for medications found on New Brunswick Drug Plans Formulary	Valid Medicare card and application to the New Brunswick Drug Plan - see https://www2.gnb.ca/content/gnb/en/departments/health/MedicarePrescriptionDrugPlan/NBDrugPlan/Enrol.html	Please see primary care physician regarding this service
Hormone Replacement Therapy			Depending on your situation, you may be referred to a specialty clinic
Surgeries	For further information: https://www2.gnb.ca/content/gnb/en/departments/health/patientinformation/content/GenderConfirmingSurgery.html		
AFAB Top Surgeries			
Breast Reduction	No	N/A	
Chest Masculinization	Yes	NB follows WPATH Criteria: <ul style="list-style-type: none"> • Persistent, well-documented gender dysphoria • Age of majority (although mastectomy may be available to patients 16yrs or older on case-by-case basis) • Any medical conditions must be 'reasonably well-controlled' 	Robert Wood Johnson University Hospital (RWJUH) New Brunswick
Mastectomy	Yes		

Medical Procedure	Insurance Coverage	Criteria for Approval	Providers
AFAB Bottom Surgeries - Removal			
Hysterectomy	Yes	NB follows WPATH Criteria: <ul style="list-style-type: none"> • Persistent, well-documented gender dysphoria • Age of majority (although mastectomy may be available to patients 16yrs or older on case-by-case basis) • Any medical conditions must be 'reasonably well-controlled' 	In Province (RWJUH)
Oophorectomy	Yes		
AFAB Bottom Surgeries - Construction			
Metoidioplasty	Yes	NB follows WPATH Criteria: <ul style="list-style-type: none"> • Persistent, well-documented gender dysphoria • Age of majority (although mastectomy may be available to patients 16yrs or older on case-by-case basis) • Any medical conditions must be 'reasonably well-controlled' • 12 continuous months of hormone therapy • 12 continuous months of living in gender role congruent with gender identity 	GRS
Phalloplasty	Yes		
Testicular/Erectile Implants	Yes		
AMAB Facial Surgeries			
Facial Feminization Surgery	No	NB follows WPATH Criteria (See above)	In Province (RWJUH)
Tracheal Shaving	No		
AMAB Top Surgery			
Breast Augmentation	No	NB follows WPATH Criteria (See above)	In Province (RWJUH)

Medical Procedure	Insurance Coverage	Criteria for Approval	Providers
AMAB Bottom Surgeries - Removal			
Orchidectomy	Yes	NB follows WPATH Criteria: <ul style="list-style-type: none"> • Persistent, well-documented gender dysphoria • Age of majority (although mastectomy may be available to patients 16yrs or older on case-by-case basis) • Any medical conditions must be 'reasonably well-controlled' • 12 continuous months of hormone therapy 	GRS
Penectomy	Yes	NB follows WPATH Criteria: <ul style="list-style-type: none"> • Persistent, well-documented gender dysphoria • Age of majority (although mastectomy may be available to patients 16yrs or older on case-by-case basis) • Any medical conditions must be 'reasonably well-controlled' • 12 continuous months of hormone therapy • 12 continuous months of living in gender role congruent with gender identity 	
AMAB Bottom Surgeries - Construction			
Labiaplasty	Yes	NB follows WPATH Criteria: <ul style="list-style-type: none"> • Persistent, well-documented gender dysphoria • Age of majority (although mastectomy may be available to patients 16yrs or older on case-by-case basis) • Any medical conditions must be 'reasonably well-controlled' • 12 continuous months of hormone therapy • 12 continuous months of living in gender role congruent with gender identity 	GRS
Vaginoplasty	Yes		
Vulvoplasty	Yes		

GENDER-AFFIRMING SUPPORT AND SERVICES

Gender-Inclusive Clinics

A note regarding New Brunswick Trans/GNC Health Services:

- Clinic 554 used to be the touchpoint for all trans/gender non-conforming health services in NB, but it has shut down within the last few years due to finances (lack thereof from the government). Therefore things are unclear regarding access to services at the current time.
- Patient Navigator for Children & Youth: <https://www.navicarenb.ca/> or at 1-888-641-1977
- Alternative potential point of contact (community group): <https://imprintyouth.dreamhosters.com/>

Salvus Clinic

- <https://www.salvusclinic.com/#services>
- Access to primary health care for all ages and genders, will also complete referrals to specialists if needed

Transgender Health Team at the IWK (Nova Scotia)

- <https://www.iwk.nshealth.ca/mental-health/youth/facing-sexuality>
- Central referral line available for youth all over the Maritimes: 902-464-4110 or toll-free, 1-855-922-1122
- The Transgender Health Team has a social worker and psychiatrist and can be a resource for teens and families to talk about questions around gender

Community Groups, Social Networking, and Patient Navigators

PFLAG Canada has chapters in Saint John and Sackville

- <https://pflagcanada.ca/new-brunswick/>

NB Transgender Health Network

- <https://www.facebook.com/transhealthnetworknb/>
- Facebook Page dedicated to improve healthcare access and services to transgender people in New Brunswick, run by interdisciplinary group of healthcare professionals

Other Resources

Transgender Care Moncton

- <http://transcaremoncton.craigchisholm.me/>
- This website was to provide local primary care doctors within the Moncton, New Brunswick area information on caring for transgender and gender non-conforming patients and connect them with community resources. Information found on this site partially meets the requirements of Dalhousie University's Family Medicine Residency program. The information is current as of May 2018
- A list of resources for physicians and patients can be found here: <http://transcaremoncton.craigchisholm.me/index.php/physician-and-patient-resources/>