

# Gender Reassignment Surgeries Linked to Improved Mental Well-Being in Transgender People

A recent study has shown that after undergoing gender reassignment surgery, transgender people were less likely to experience depression, anxiety, or suicidal thoughts than before surgery. Their improvement in mental state can still be seen, and oftentimes continues to increase several years post-op. Gender reassignment surgery is generally considered the last step for treatment of gender dysphoria. Before surgery patients take feminizing or masculinizing hormones to adjust external sexual features, but the hormones did not have the same effect on mental health as the surgery did.

Howard Lipin/The San Diego Union-Tribune

*Many transsexual, transgender, and gender-nonconforming individuals find comfort with their gender identity, role, and expression without surgery," but for others, surgery is essential and medically necessary to alleviate their gender dysphoria,*

*Sex-reassignment surgery yields long-term mental health benefits, study finds*

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Gender incongruent people within the study were six times more likely than the general population to visit doctors for mood and or anxiety disorders, three times more likely to be prescribed antidepressants, and six times as likely to be hospitalized for suicide attempts. These mental health problems diminished and continued to diminish the longer it

had been since patients underwent surgery. The likelihood of treatment of an anxiety or mood disorder reduced 8% each year post-op for up to 10 years. Transgender people are still more in need of mental health care compared to the rest of the population, the research team suggests this is partly based on stigma, economic inequality, and victimization.