

Wolf, Sheldon

From: Lee, Judy E.
Sent: Tuesday, March 28, 2023 10:14 PM
To: -Grp-NDLA Senate Human Services; Wolf, Sheldon; Lahr, Pat; NDLA, Intern 02 - Pouliot, Lindsey
Subject: Fwd: message from Dr. Casas

FYI -
Should we discuss this before the bill is presented next week?

Senator Judy Lee

From: Casas,Luis <Luis.Casas@SanfordHealth.org>
Sent: Tuesday, March 28, 2023 9:05 PM
To: Lee, Judy E. <jlee@ndlegis.gov>
Subject: Re: [EXTERNAL] RE:

Good evening, Senator Lee

I listened in today to your committee meeting and would like to add some important information to the discussion.

Senator Roen stated that the rationale for extending the pubertal blockers and blocking the use of cross hormones was so that "the 80 plus percent of the adolescents who will not go on to be transgender will not have irreversible treatment." I think she miss understood the data that I and others have thrown around. Seventy percent of children (pre pubertal) who experience gender dysphoria will go on to not have gender dysphoria or be transgender in adolescent or adulthood - we don't treat them. However, 99% of adolescents who start puberty will continue to have gender dysphoria if not treated and go on to be transgender. There is NO data that 80+ percent of pubertal adolescents will not go on be transgender.

While I appreciate the amendment that would not criminalize physicians for using pubertal blockers, treating them until 18 years is not medically recommended. It is one thing to treat a 3-year-old for 7 years (until they are 10) for early puberty because doing so only restores their normal prepubertal state. Suppressing puberty in an adolescent for 7 years (from 11 to 18 years) is simply not advisable and risks causing poor bone quality and bone density. Treating an adolescent for 2-3 years is fine, but not for 5 or more years. Also, waiting 12 months after starting puberty for psychiatric evaluations is simply arbitrary, follows no standards of care and defeats the point of "pausing puberty" - because after 12 months, puberty is halfway complete. Senator Roen even admitted that 12 months was an arbitrary number and not based on data, science or standards of care.

I find it frustrating that the physicians who spent years training, who are entrusted to care for all children in North Dakota are going to be told what we can't do and also what we should be doing. I respect that Senator Roen has some medical background, but the amendment she proposes is dangerous, follows no standards of care, is arbitrary and does not address the underlying issue of treating the gender dysphoria.

I would gladly sit with you, the committee members or anyone else who cares to hear more and answer your questions honestly and based on medical facts and science. I would love to invite you to my clinic and visit with some of my transgender adolescents and their families so you can understand that for most, this is not a "phase". For all the kids we

evaluate, there are many who we don't treat. It seems like those who support this bill believe that we are treating every adolescent that states they have gender dysphoria - We are not! I've been treating gender dysphoria in North Dakota for 10 years. Have you heard of any young adult or adolescent who has come back and expressed regrets for their treatment? That should tell you that we are doing this right and with the interest of the patient in mind.

Thank you again for your time.

Respectfully,

Luis Casas, MD
Pediatric Endocrinologist

From: Lee, Judy E. <jlee@ndlegis.gov>
Sent: Wednesday, March 15, 2023 9:43 PM
To: Casas,Luis <Luis.Casas@SanfordHealth.org>
Subject: [EXTERNAL] RE:

We do want to get it right. I have diverse opinions in my committee, but most are very thoughtful. I'm more concerned about convincing some of the new, far-right Senators who came with personal agendas and don't pay much attention to committee recommendations.
We will do our best!

Senator Judy Lee
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From: Casas,Luis <Luis.Casas@SanfordHealth.org>
Sent: Wednesday, March 15, 2023 9:24 PM
To: Lee, Judy E. <jlee@ndlegis.gov>
Subject:

Dear Senator Lee

I want to thank you for today. I had lost all faith in our political system after the house committee meeting last month. Today, I felt heard and that you and your committee members were genuinely interested in our testimony and that you want to get this right.

Thank you again,

Luis Casas
Endocrinologist

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