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Notes:

A small minority of individuals who socially or medically transition will have regrets or wish to detransition. Clinicians may be particularly concerned about these risks, especially if offering medical transition options for a young person since some effects can be irreversible and have long-term impacts on fertility. Several studies found that the rate of regret or wish to de-transition is low, even for adolescents and young people, who are most likely to be perceived by clinicians as likely to develop regrets.

The Endocrine Society clinical practice guidelines on the treatment of transgender and gender-diverse people recommend the use of gender affirming hormone therapy in children and adolescents who request this treatment, who have undergone psychiatric assessment and who have maintained a persistent gender identity. As with all medical interventions, medical transition options require a benefit and risk discussion with the patient.