

Sex Affirming Surgery

In male-to-female Transgenders



Επεμβάσεις Επιβεβαίωσης (Αλλαγής) του Φύλου
σε από άνδρα-σε-γυναίκα Διαφυλικούς

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Καθηγητής Πλαστικής Χειρουργικής

Professor of Plastic Surgery





No disclosure

PROFESSOR PAPADOPOULOS



Transsexualism / Gender Dysphoria

patients,
that physically and mentally
feels to be fully assigned
to the contra gender



Law Regulation

Since the 80s in Germany transsexualism is law regulated, as well as recognized and treated as a disease.

This legislation permits transsexual patients to change their names when two independent and appropriate psychological and/or psychiatric advisory judgments are positive.

However, a change of the patients' civil status is allowed only if permanent infertility and sex-adaptation within the genital area have been established by previous hormone therapy and surgery.

Consequently, there is a legal assignment for us surgeons to develop and perform such surgical procedures in order to improve the quality of life of these patients



Epidemiology

Approximately 23,000 people in Germany have applied for sex reassignment surgery in the past 35 years (German Society of Trans and Intersex Identity). The number of cases increased for years and currently would be about 1400 per year.



Male - to - Female

- Penectomy
- Orchiectomy
- Neovagina construction
- Breast augmentation
- Vocal cord surgery



Penile Inversion after George Burou

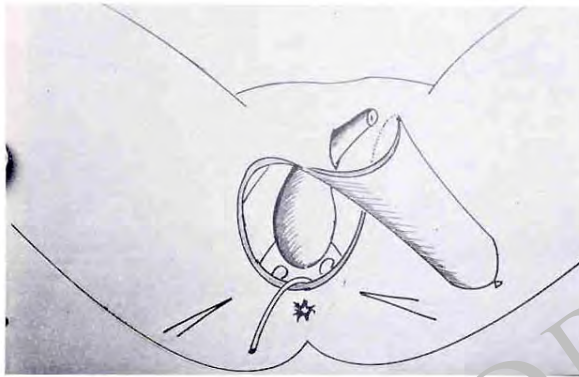


Figure 6. Penile skin invaginated.

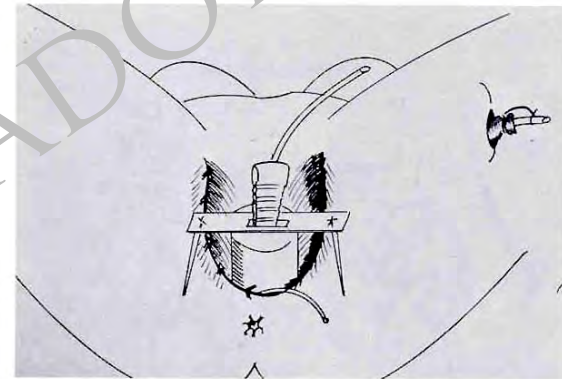


Figure 7. Stent in vagina.

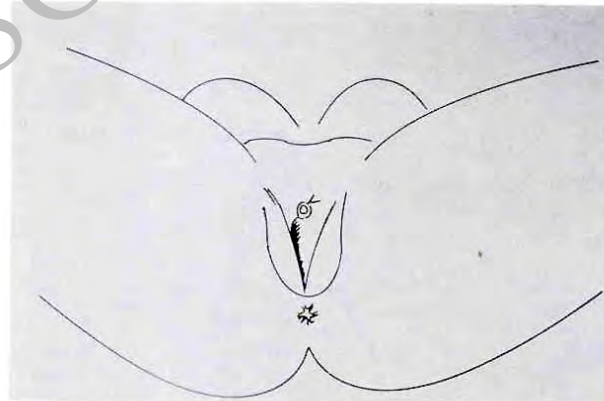
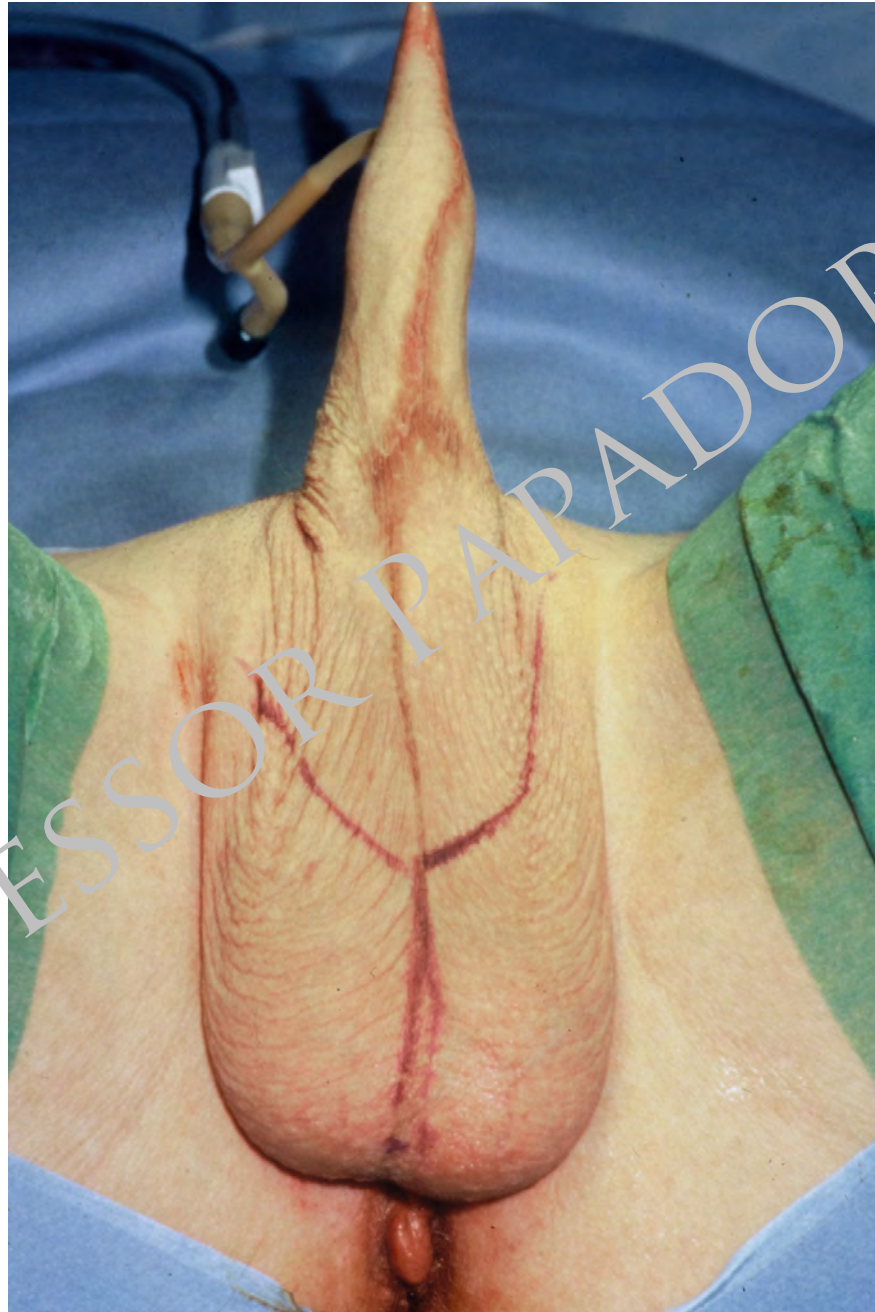
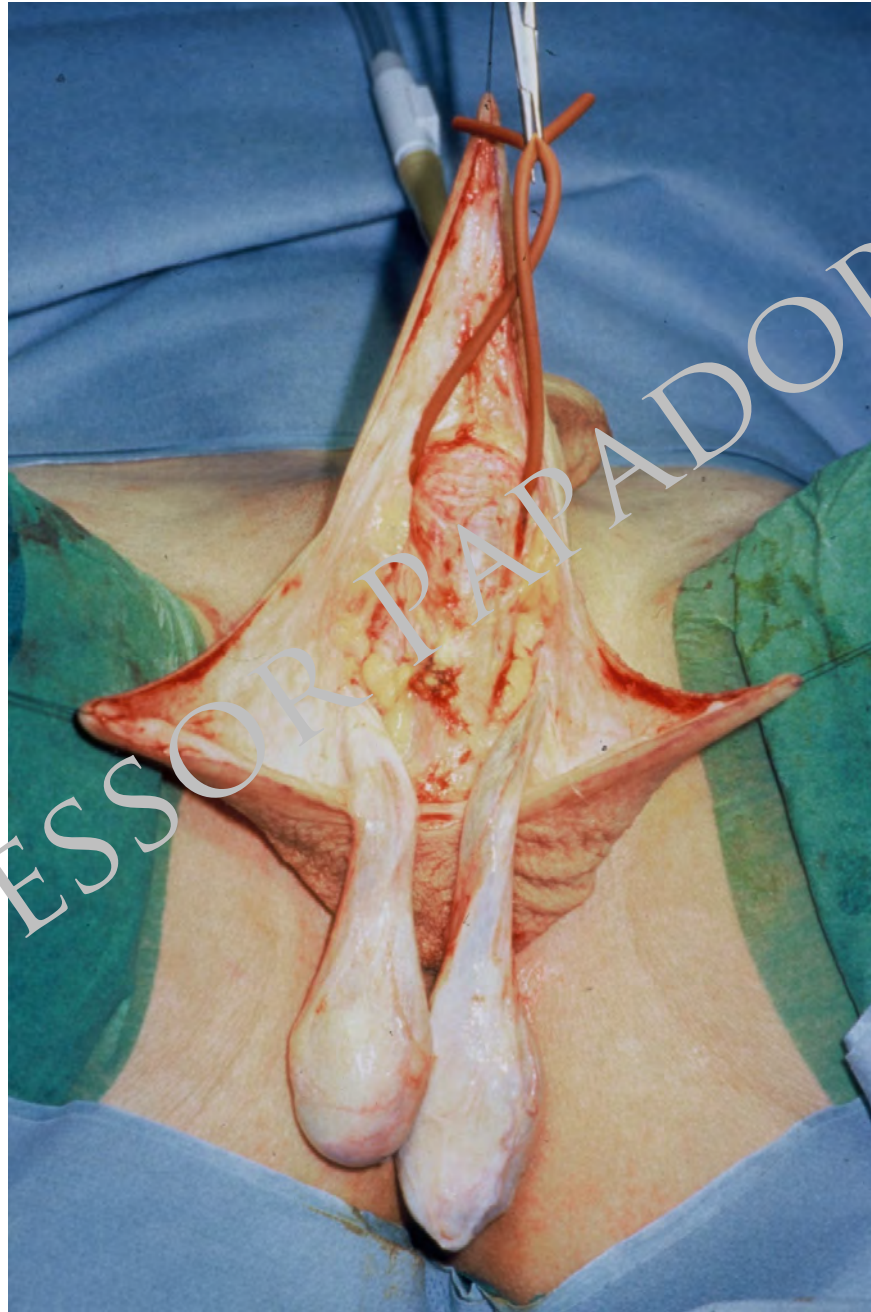


Figure 8. Postoperative view.



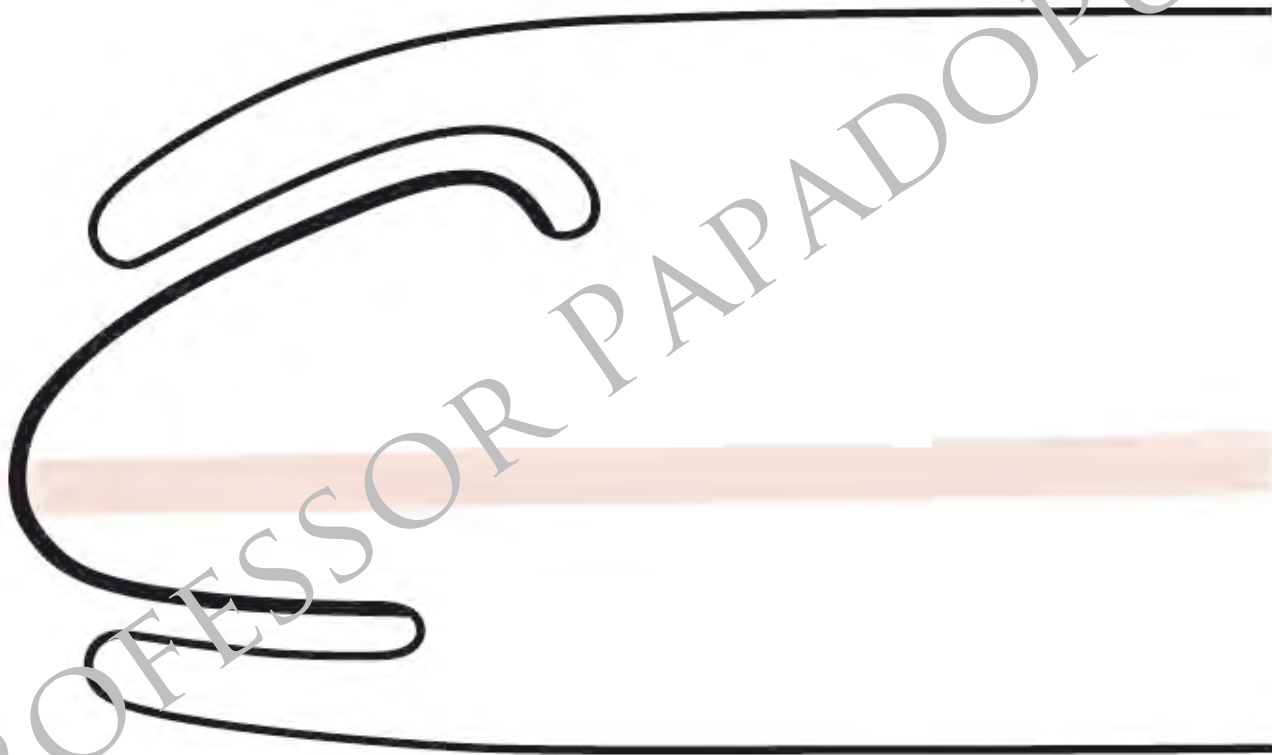


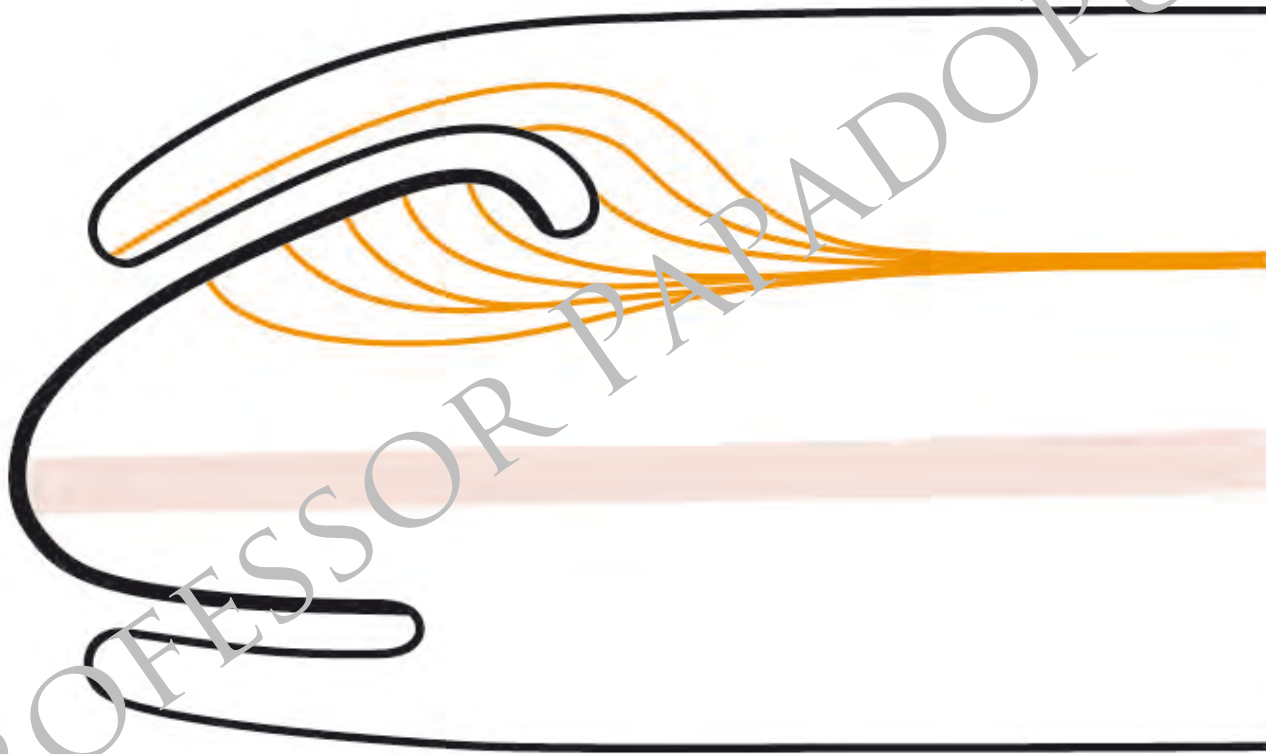


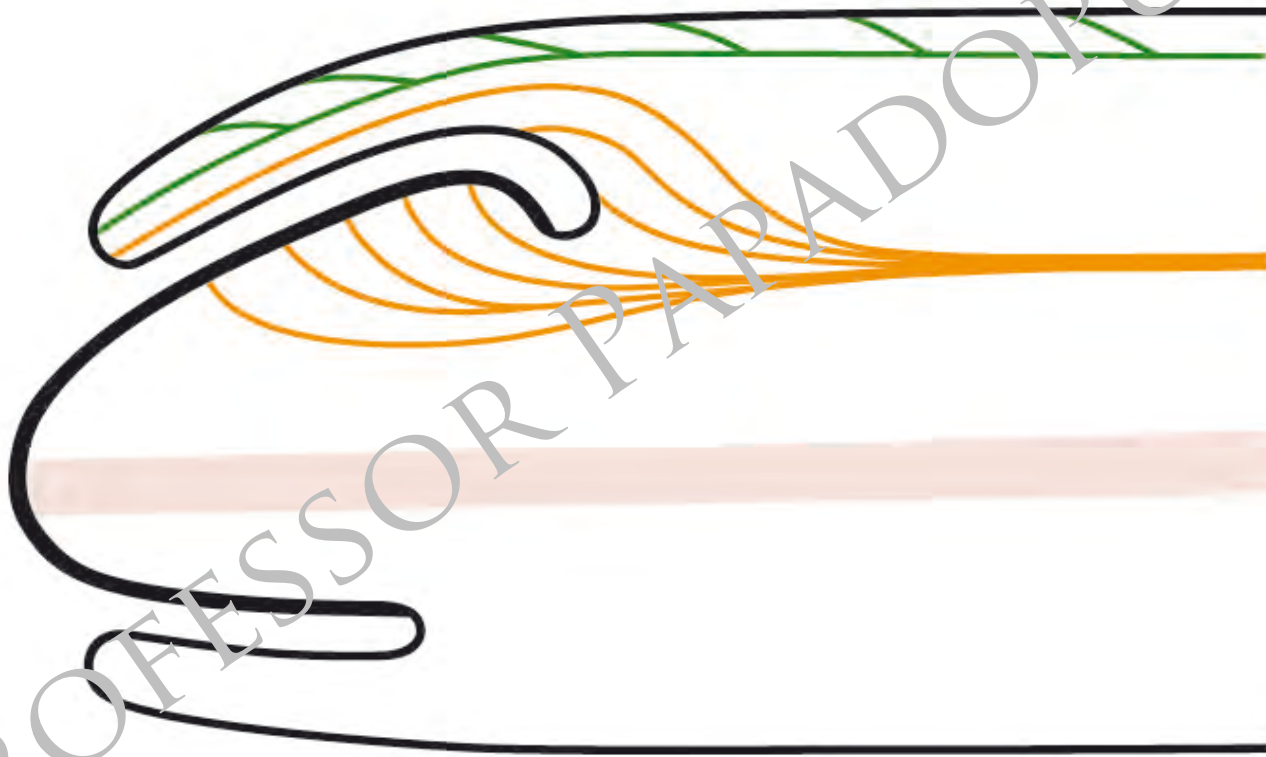


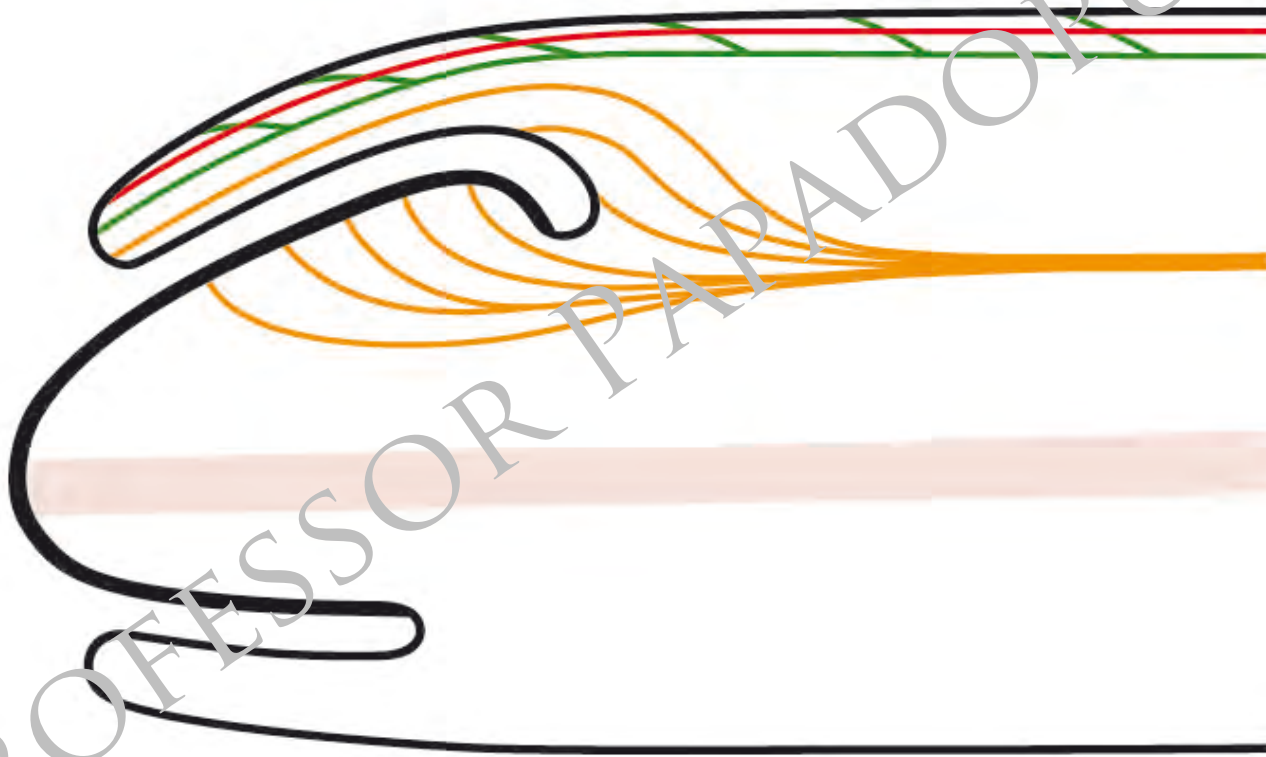
The Neo-Clitoris

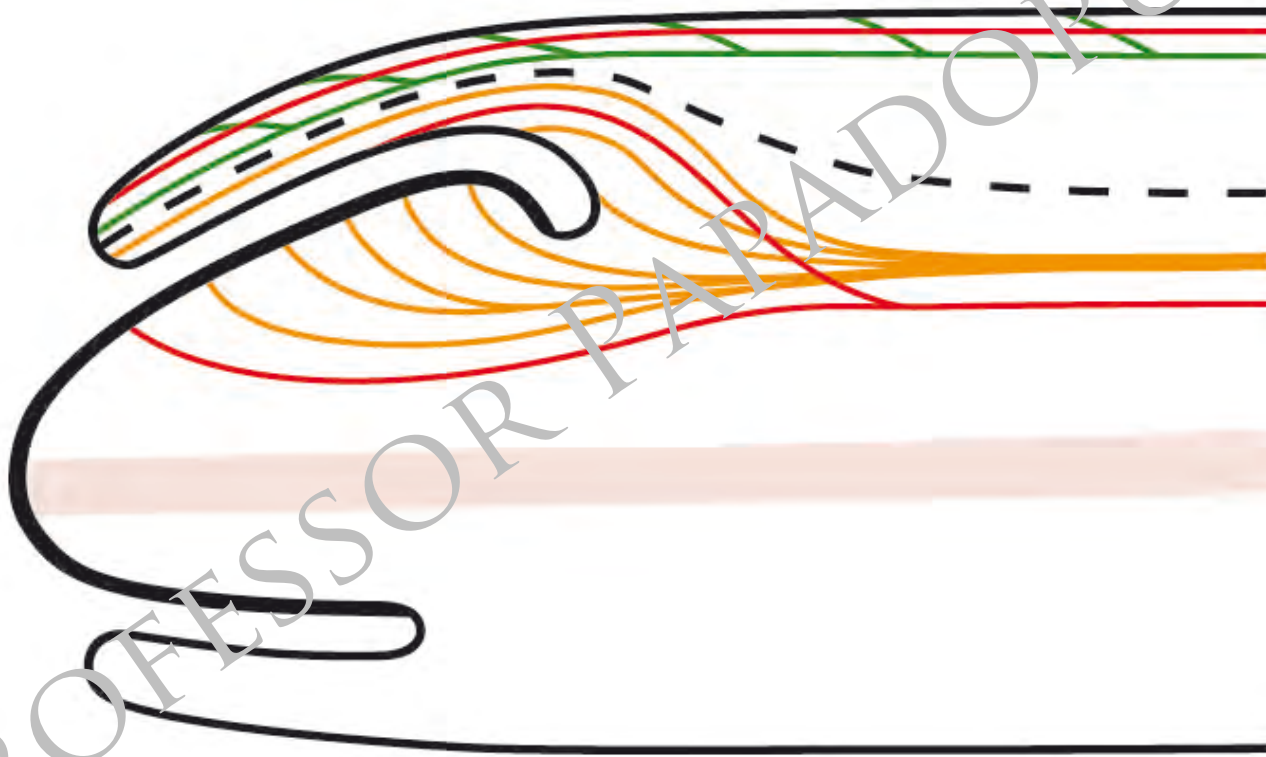
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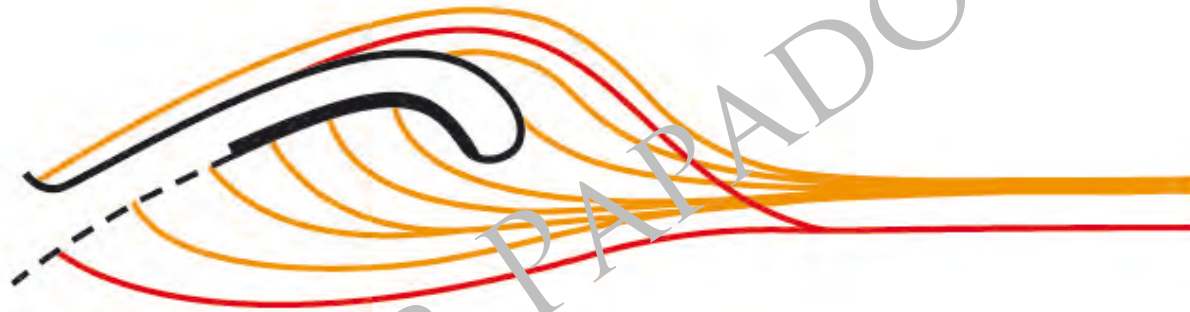


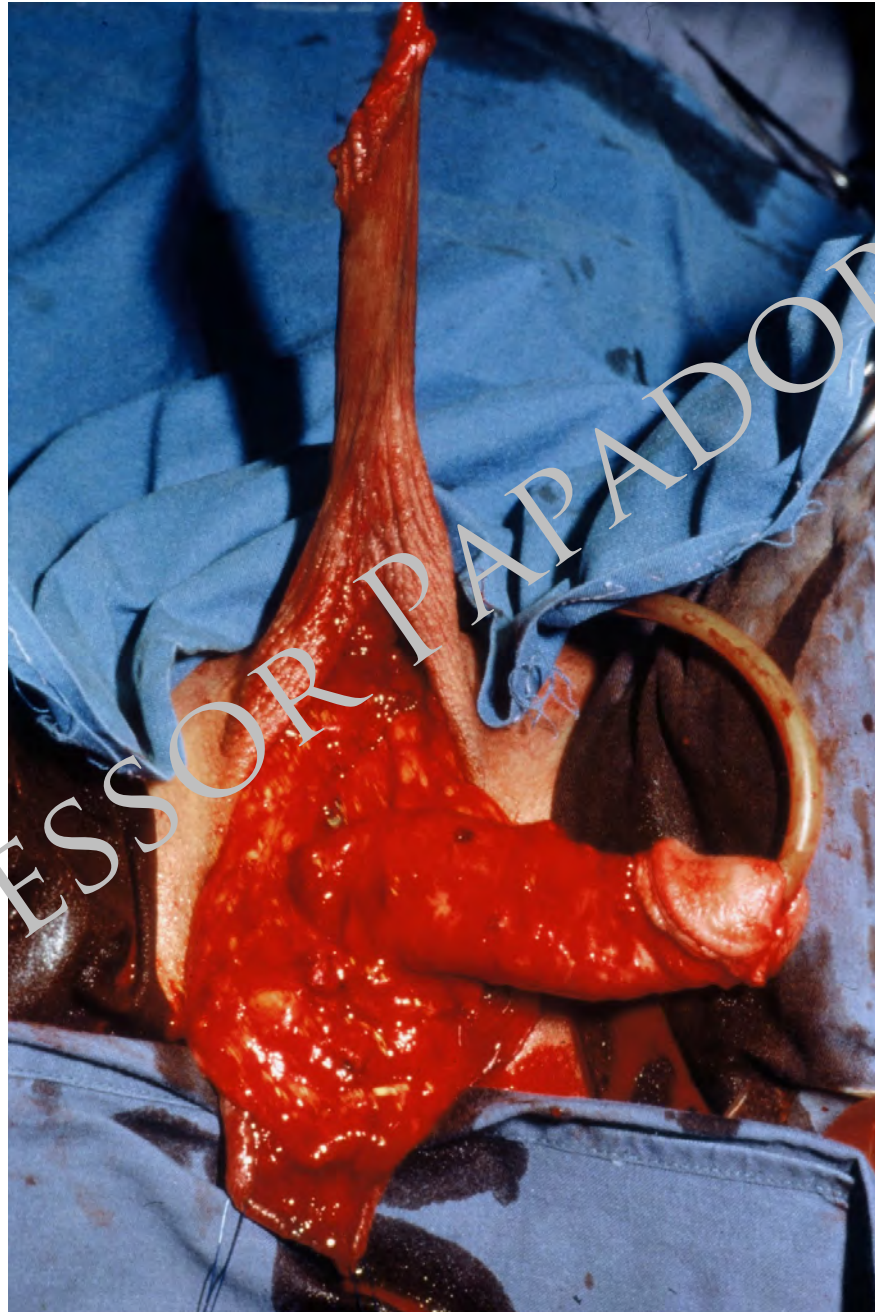




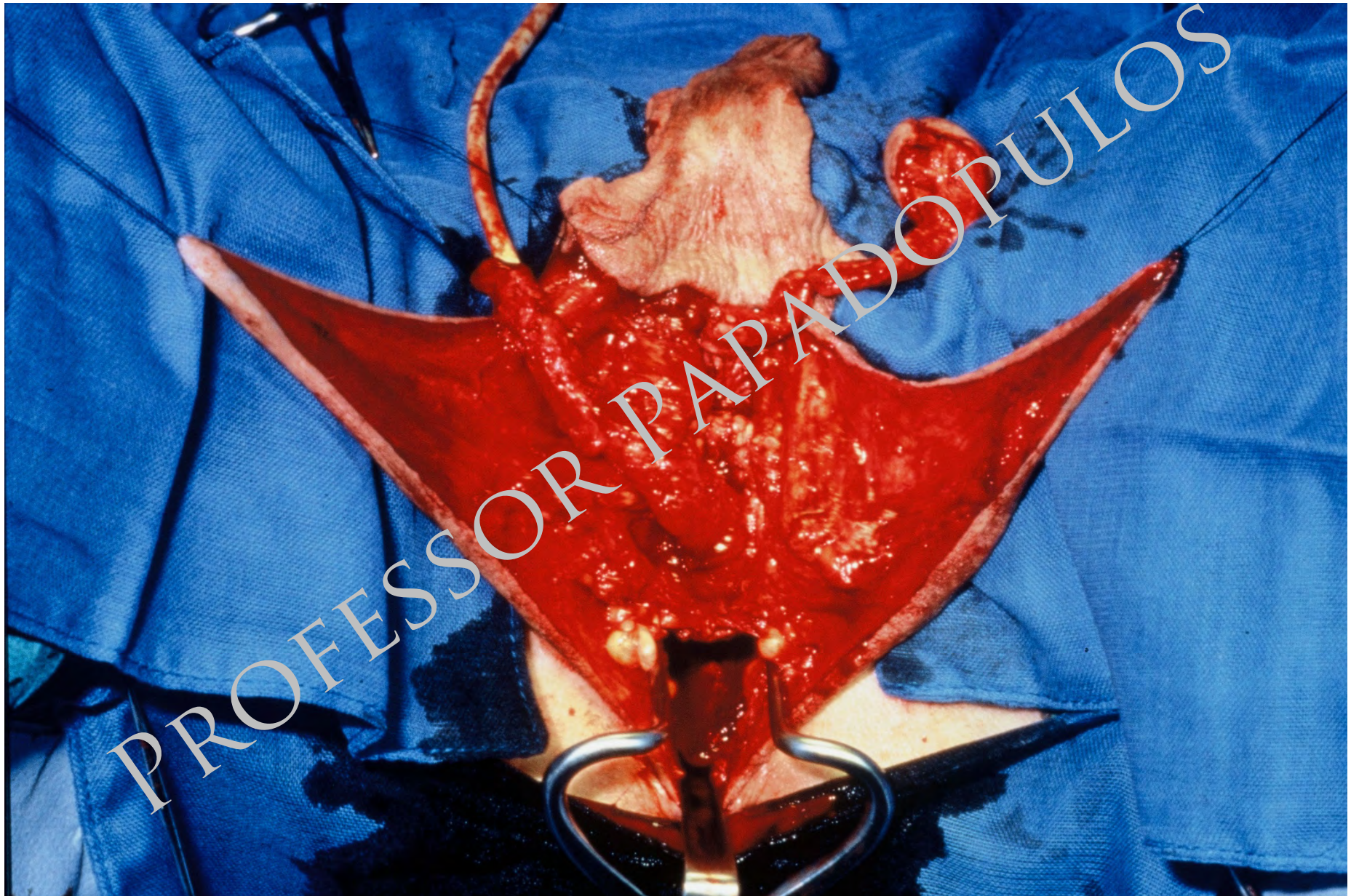


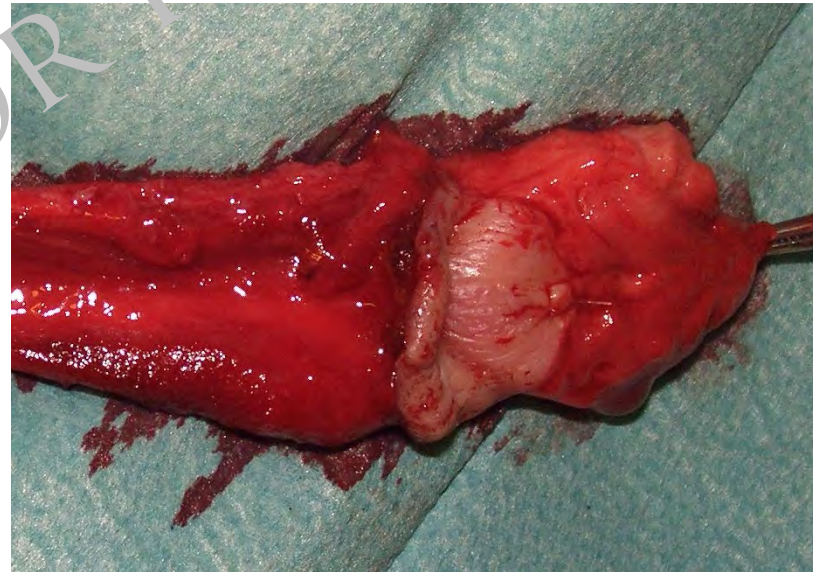








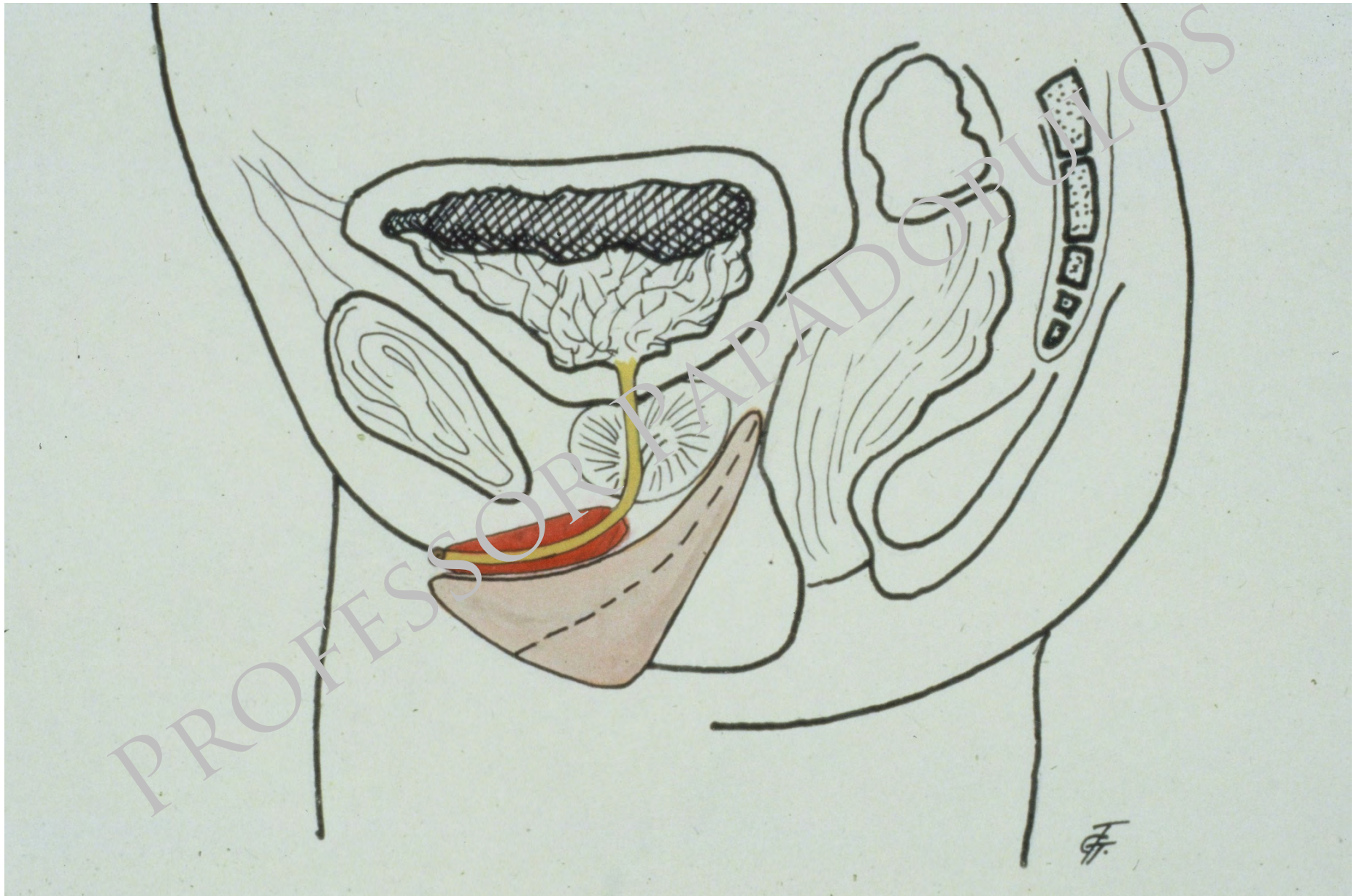


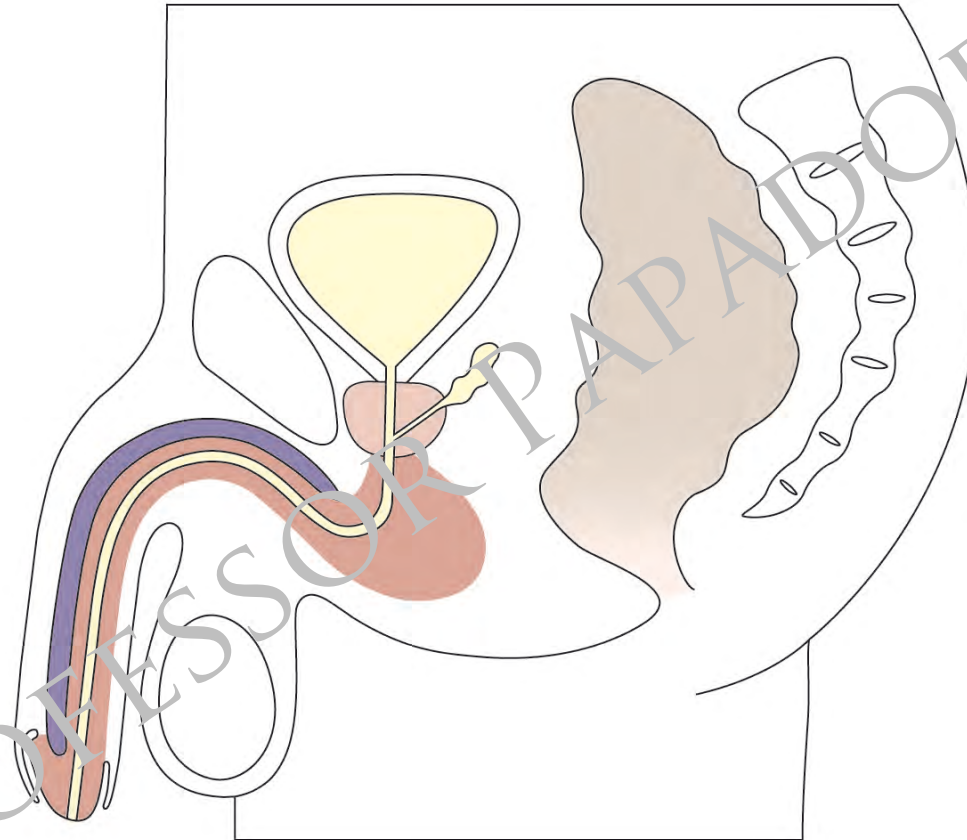
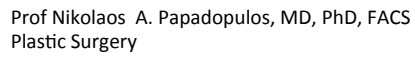


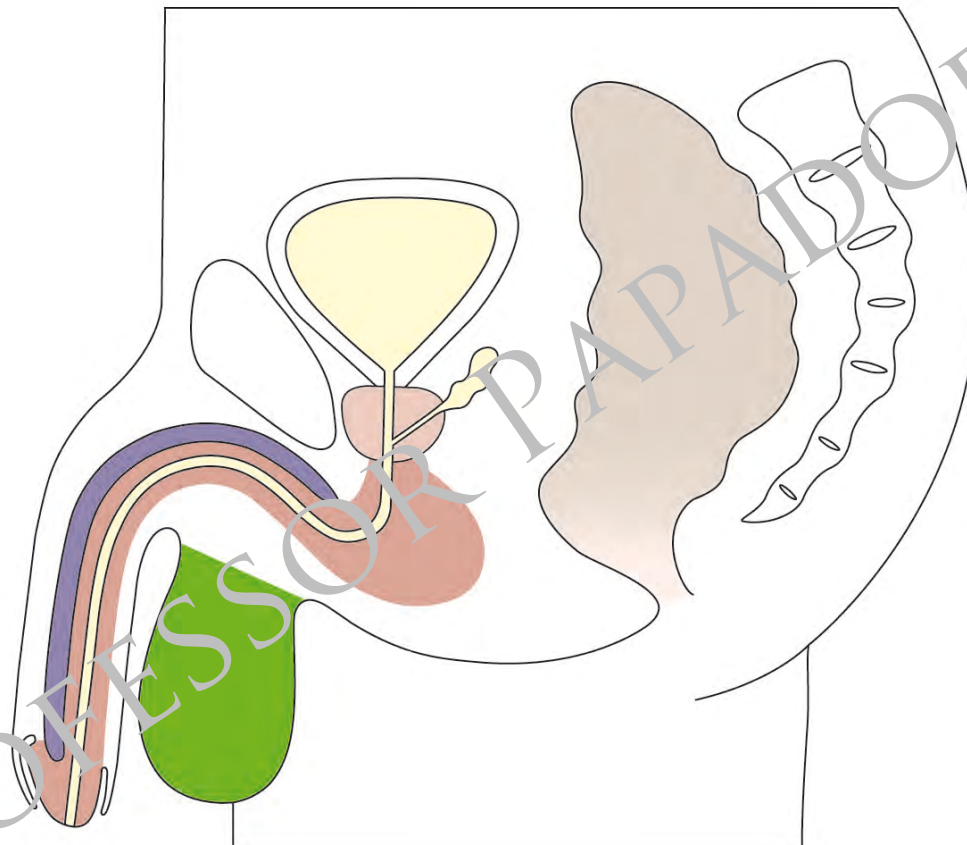


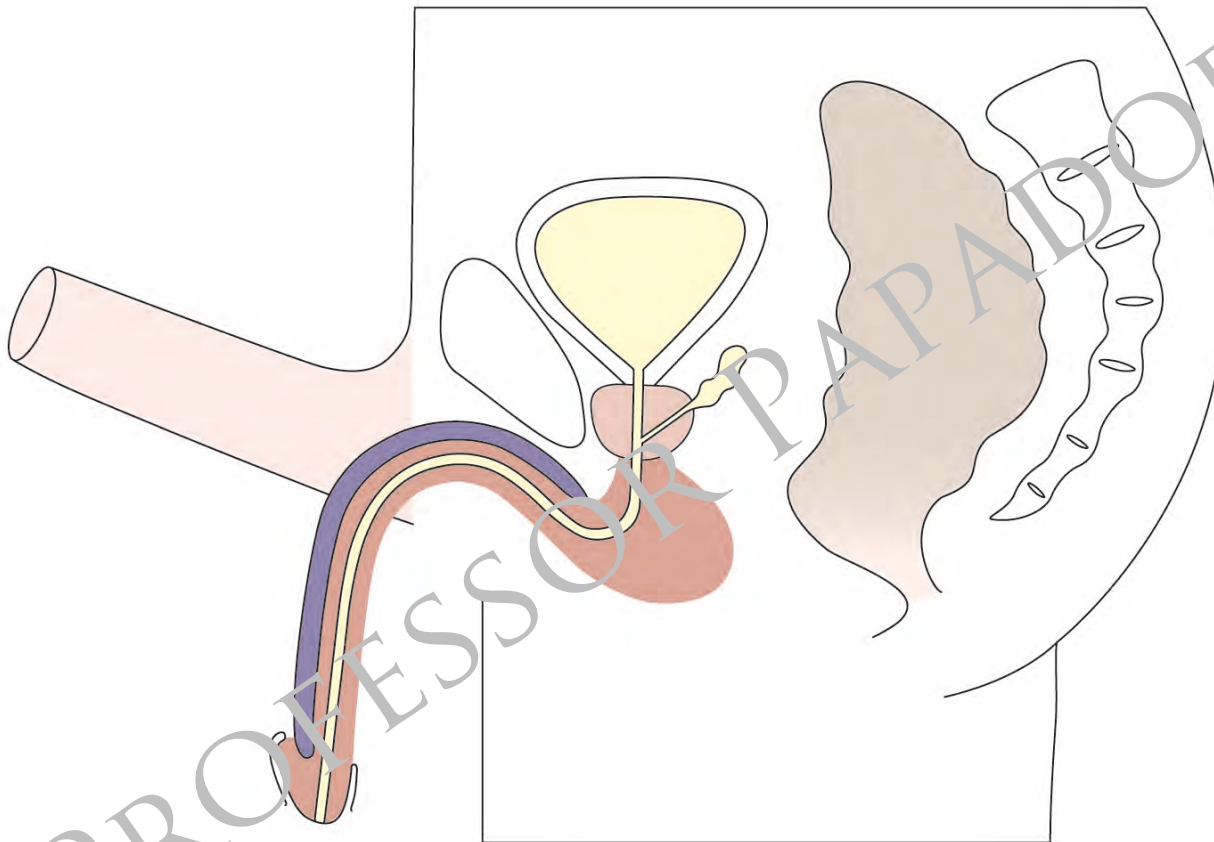
The Neo-Vagina

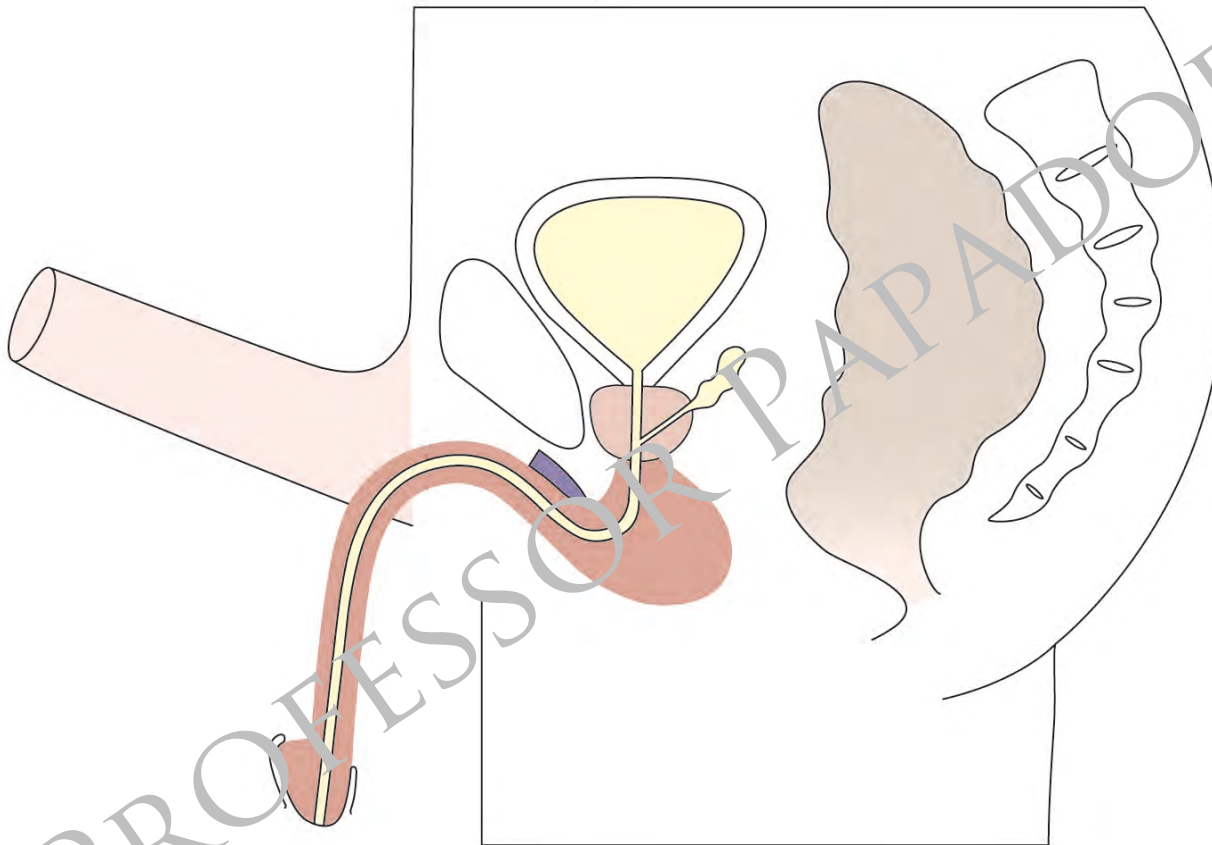
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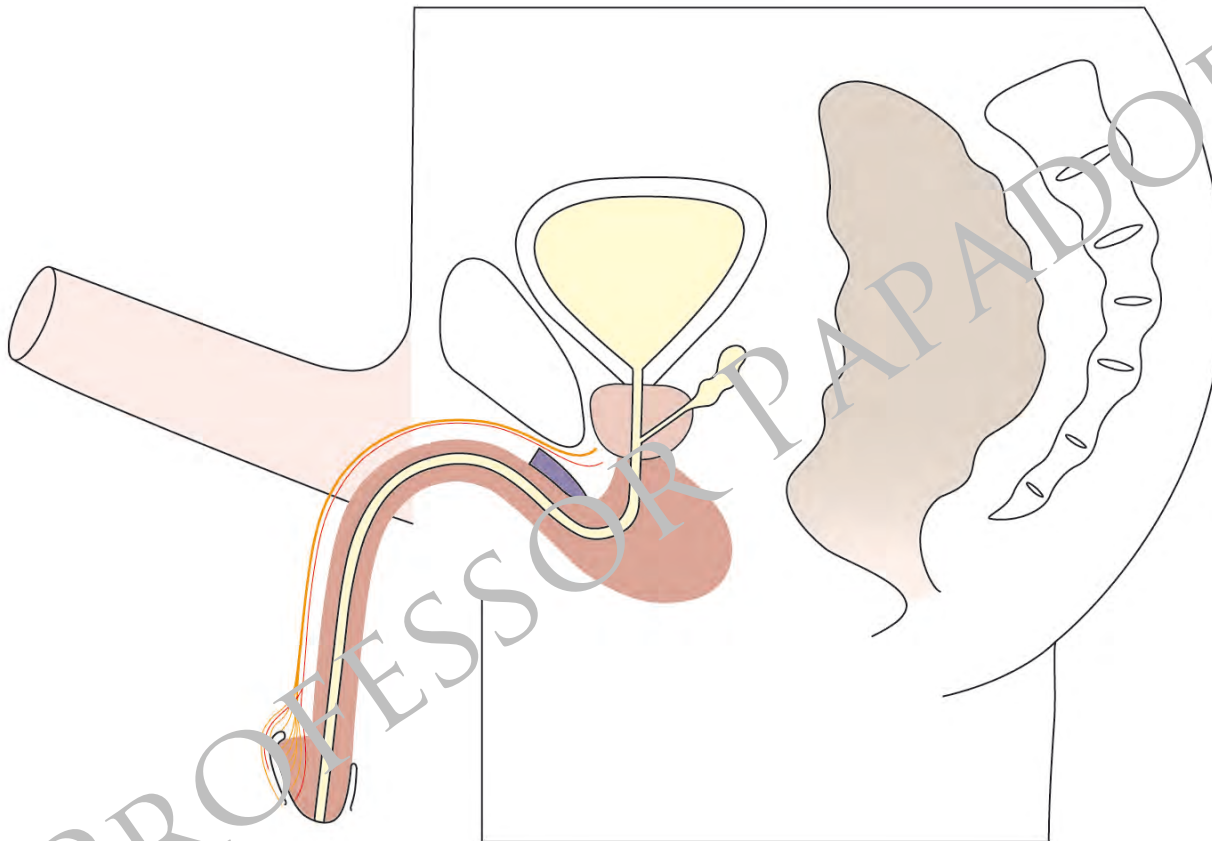


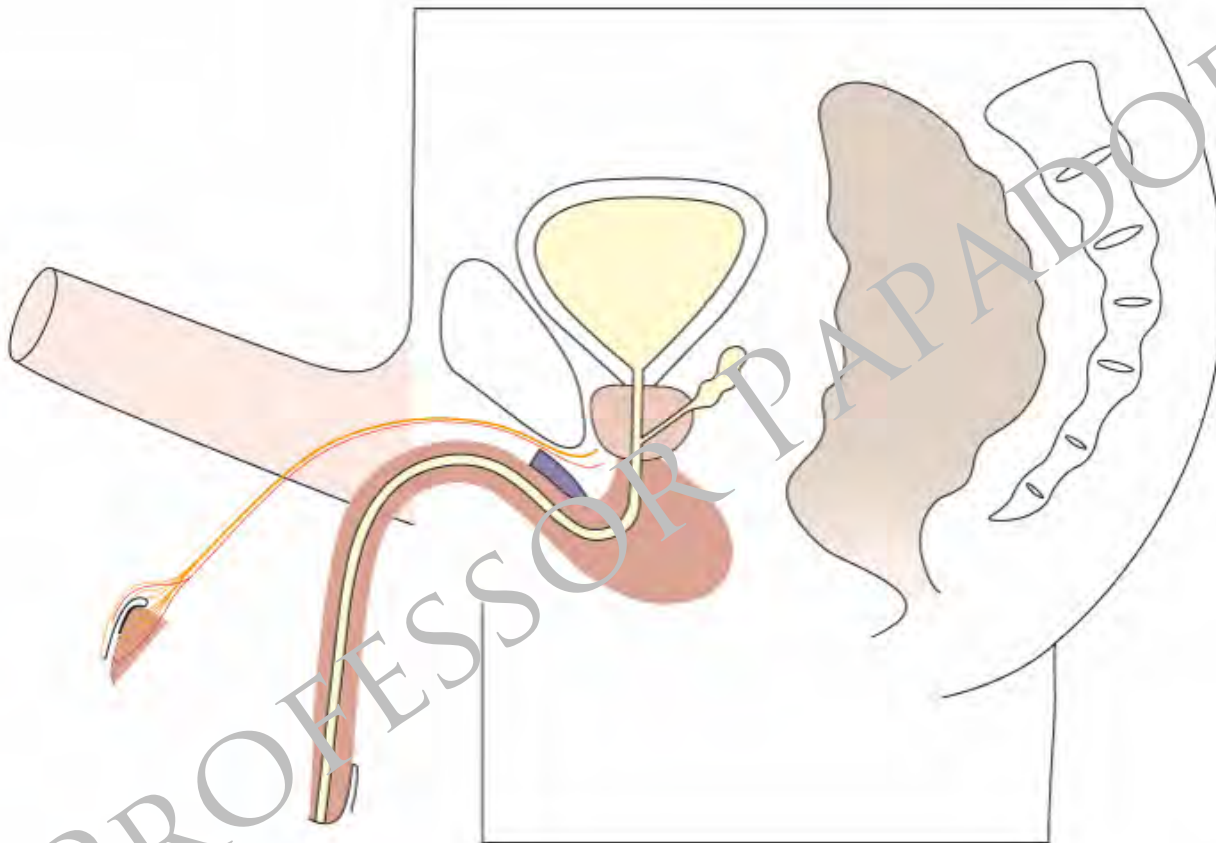


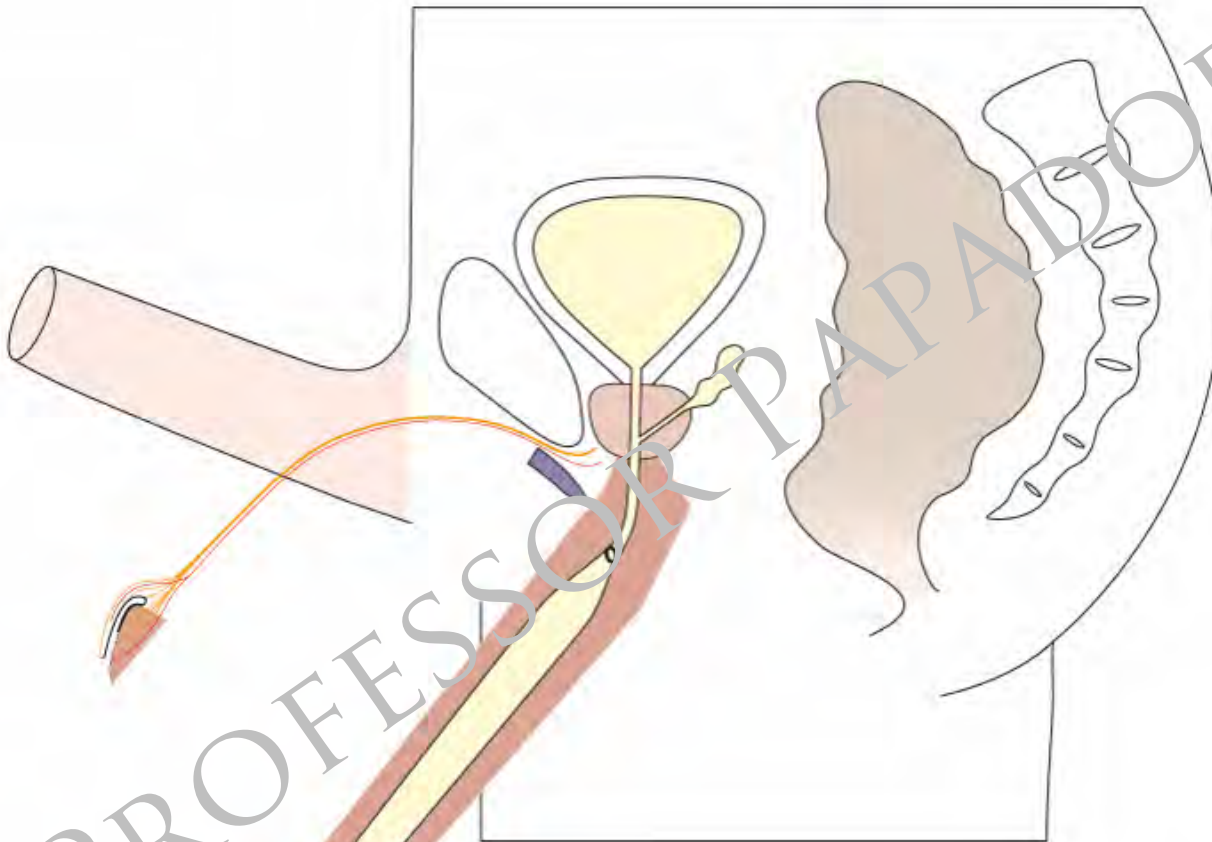
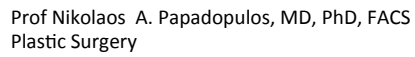


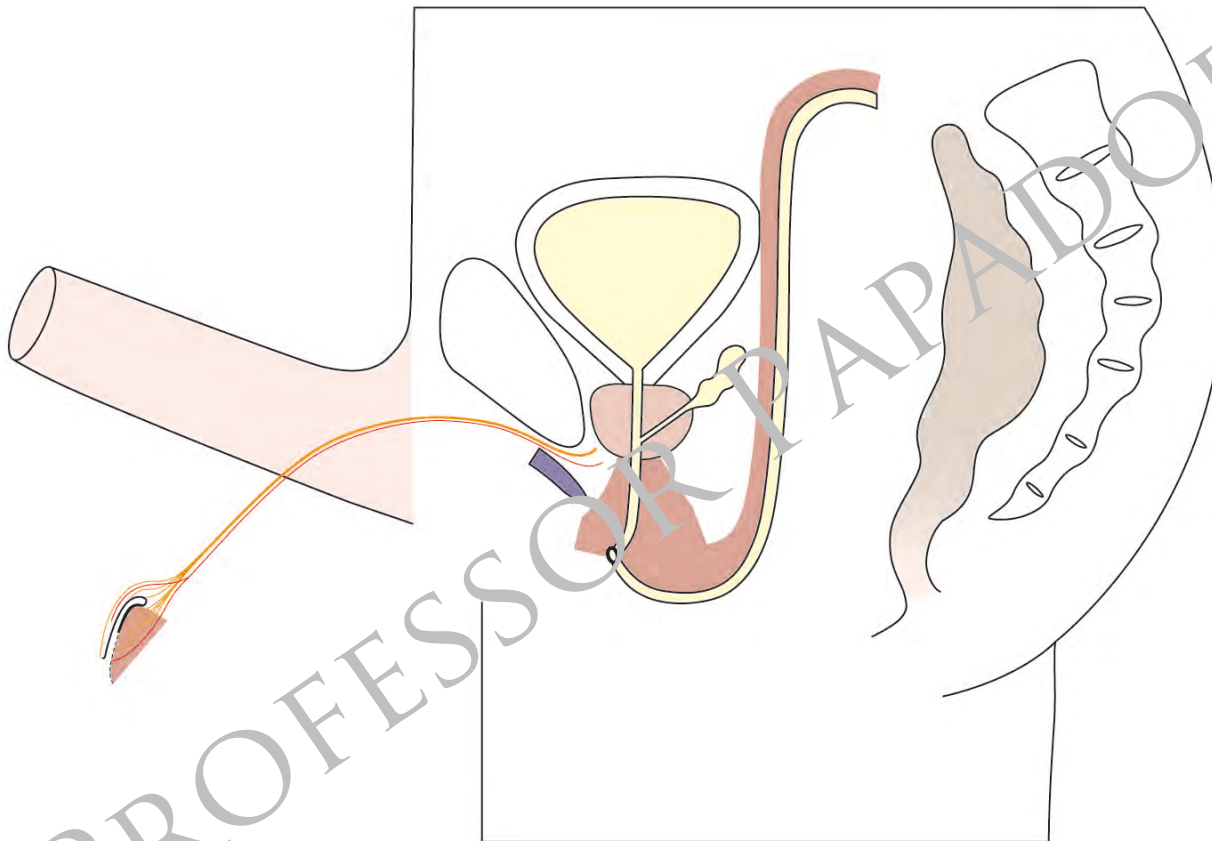


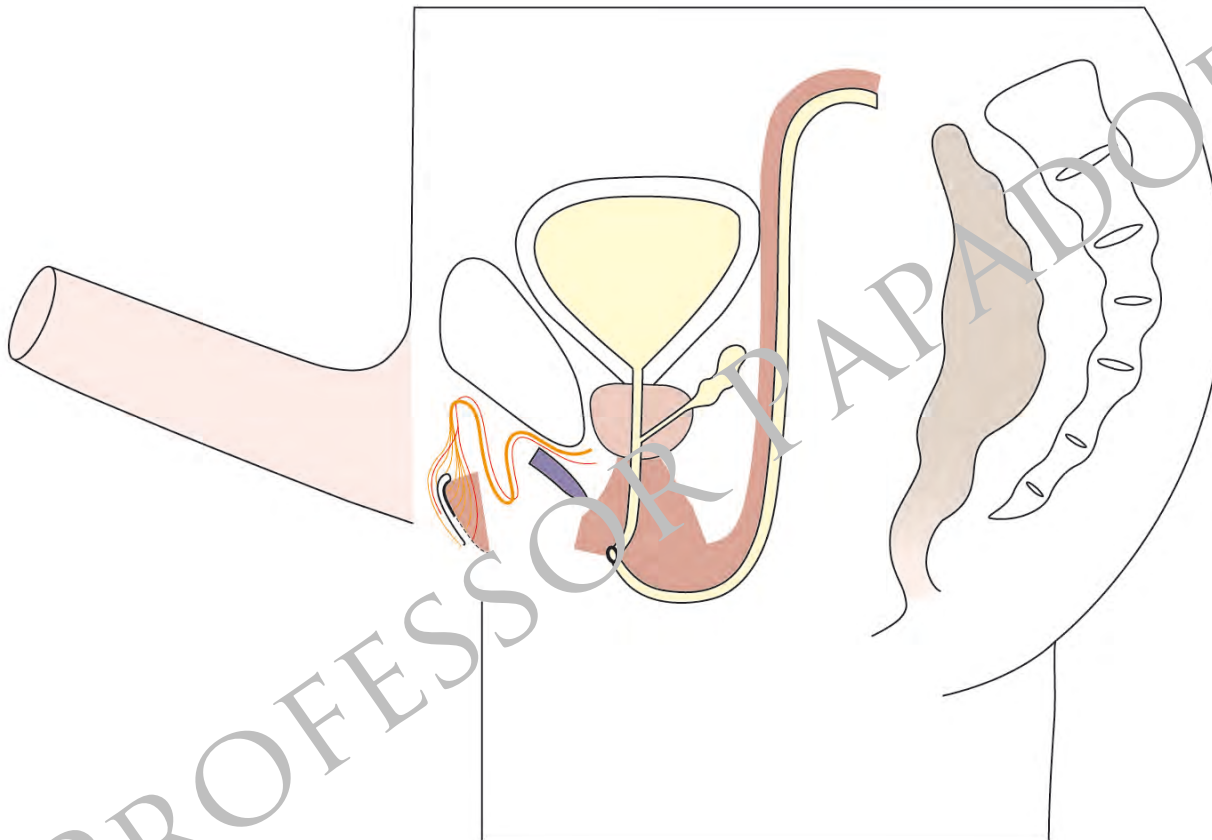


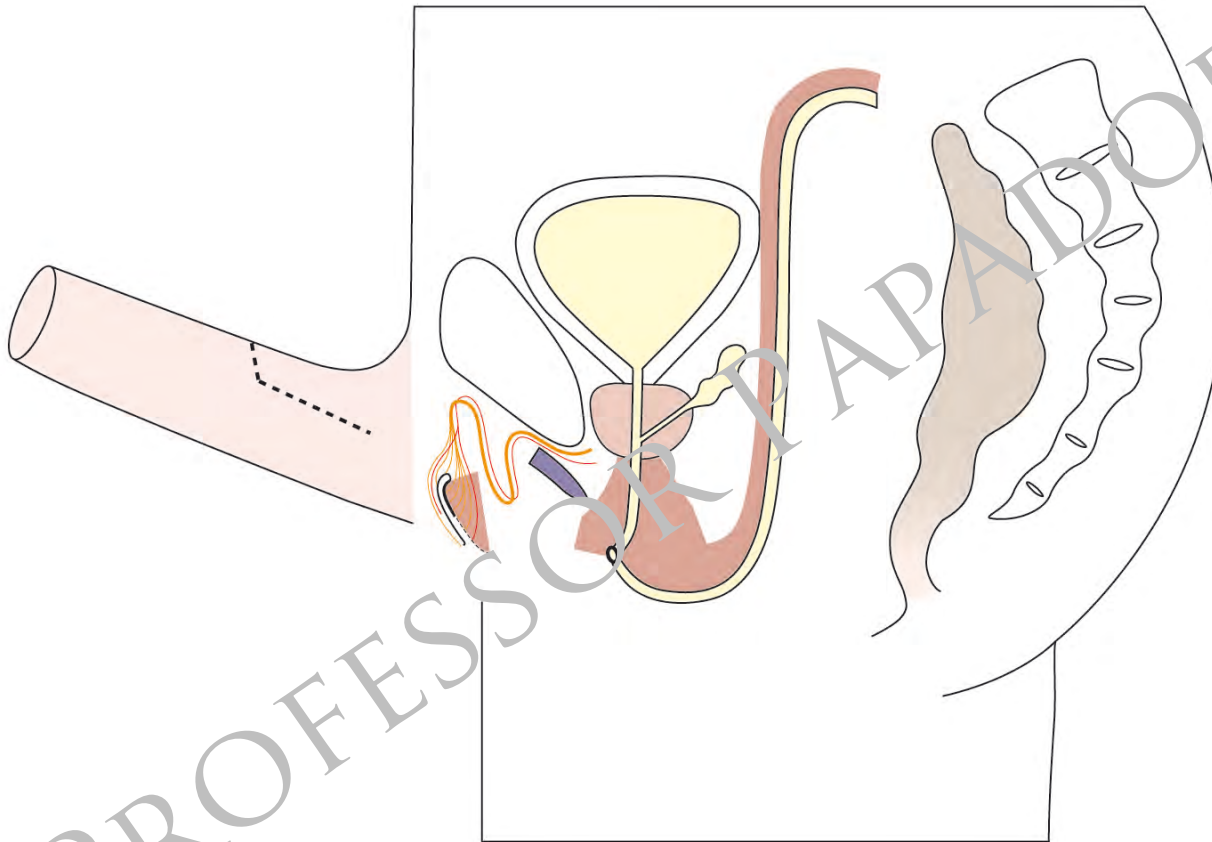


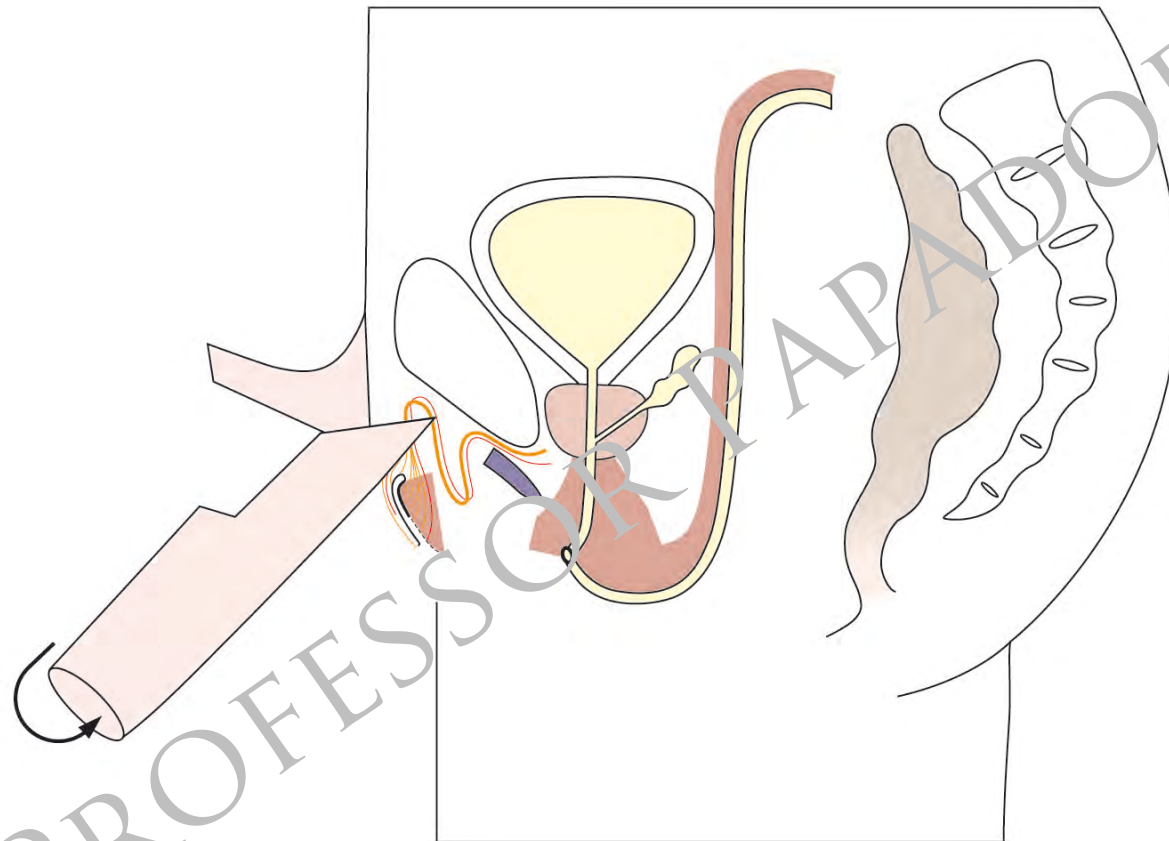


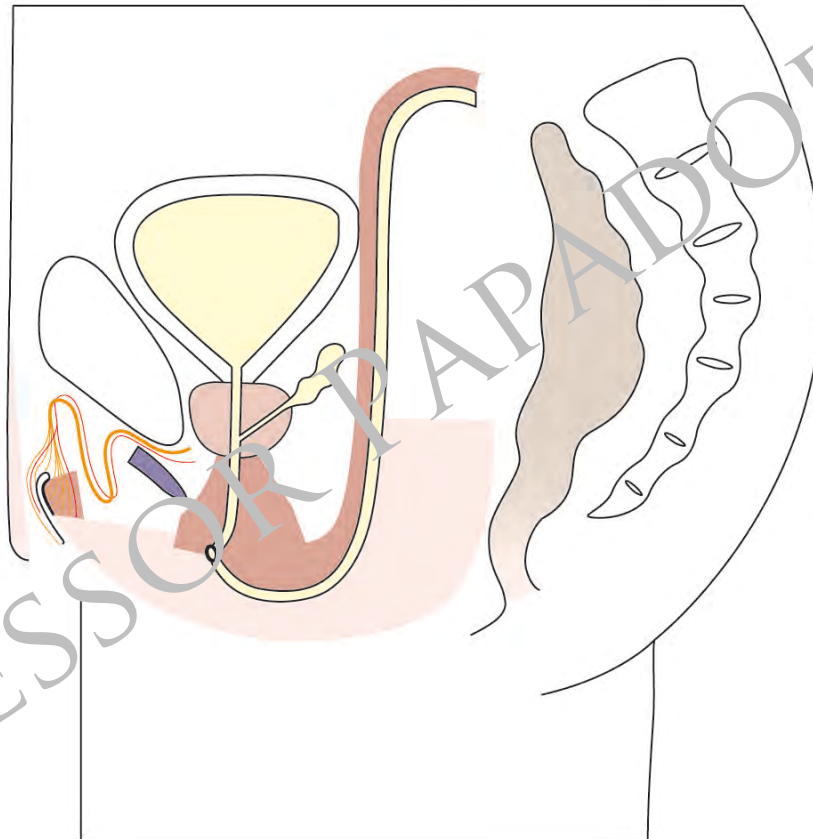


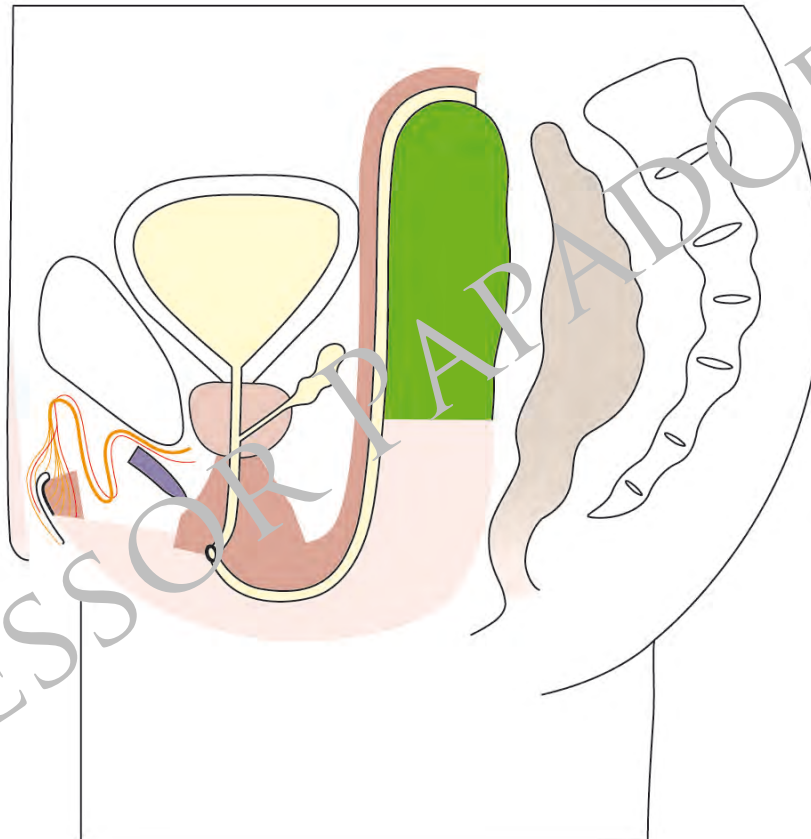




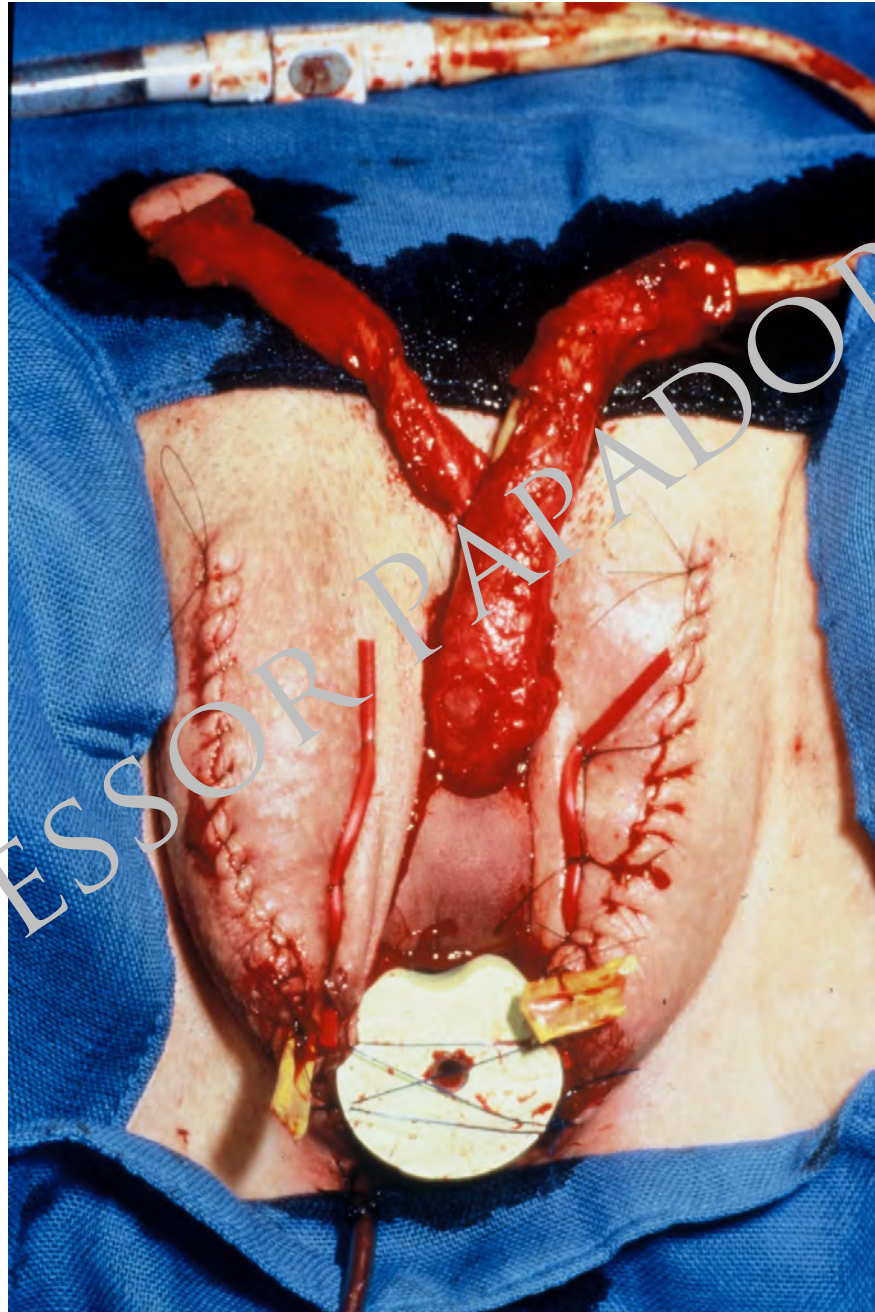


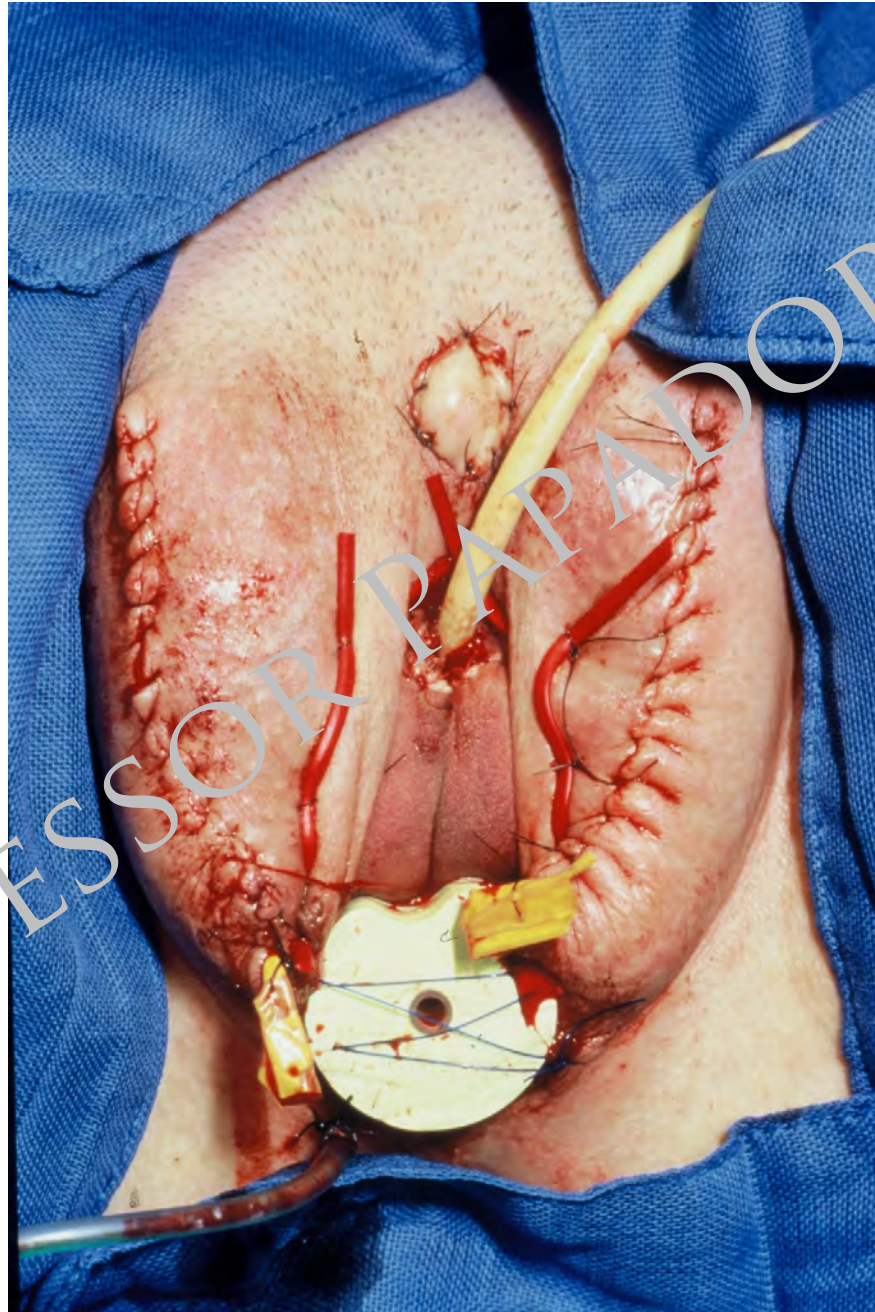














D. Zavlin, ...N. A. Papadopoulos. Male-to-Female Sex Reassignment Surgery using the Combined Vaginoplasty Technique: Satisfaction of Transgender Patients with Aesthetic, Functional, and Sexual Outcomes. *Aesth Plast Surg*, 2018; 42:178-87





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Courtesy University of Tuebingen







ΕΙΡΗΝΟΔΙΚΕΙΟ ΑΘΗΝΩΝ



Αριθμός Απόφασης

ΤΟ ΕΙΡΗΝΟΔΙΚΕΙΟ ΑΘΗΝΩΝ

Συγκροτήθηκε από την Ειρηνοδίκη [redacted]
[redacted] την οποία όρισε η Πρόεδρος του Τριμελούς Συμβουλίου
Διοικήσεως του Ειρηνοδικείου Αθηνών και από τη Γραμματέα [redacted]
[redacted]

Συνεδρίασε δημόσια στο ακροατήριό του στην Αθήνα στις [redacted]
για να δικάσει την παρακάτω υπόθεση μεταξύ:

Του απούντος [redacted]
κατοίκου Αθηνών, οδός [redacted] που παρυστάθηκε μετά της
πληρεξουσίας δικηγόρου του [redacted]

Ο απών ζητεί να γίνει δεκτή η από [redacted] αίτησή του εκούσιας
διαδικασίας, που υπετίθη, στη Γραμματεία αυτού του Δικαστηρίου με
αριθμό κατάθεσης [redacted] και προσδιορίστηκε για την ανωτέρω
δικασία.

Κατά τη συζήτηση της υπόθεσης η πληρεξούσια δικηγόρος του
απούντος ανέπτυξε τους ισχυρισμούς της και ζήτησε να γίνουν δεκτά όσα
αναφέρονται στα πρακτικά και στις προτάσεις της.

ΜΕΛΕΤΗΣΕ ΤΗ ΔΙΚΟΓΡΑΦΙΑ

"θήλω" αντί του αναγραφέντος στη ληξιαρχική πράξη "άρρεν", το δε κύριο
όνομα αυτού [redacted] αντί του αναγραφέντος στη ληξιαρχική πράξη
[redacted] και το επώνυμο [redacted] αντί του αναγραφέντος στη ληξιαρχική
πράξη [redacted]

Κρίθηκε, αποφασίστηκε και δημοσιεύτηκε σε έκτακτη, δημόσια
συνεδρίαση στο ακροατήριό του.

Αθήνα, [redacted].....

Ο/Η ΕΙΡΗΝΟΔΙΚΗΣ

Ο/Η ΓΡΑΜΜΑΤΕΑΣ

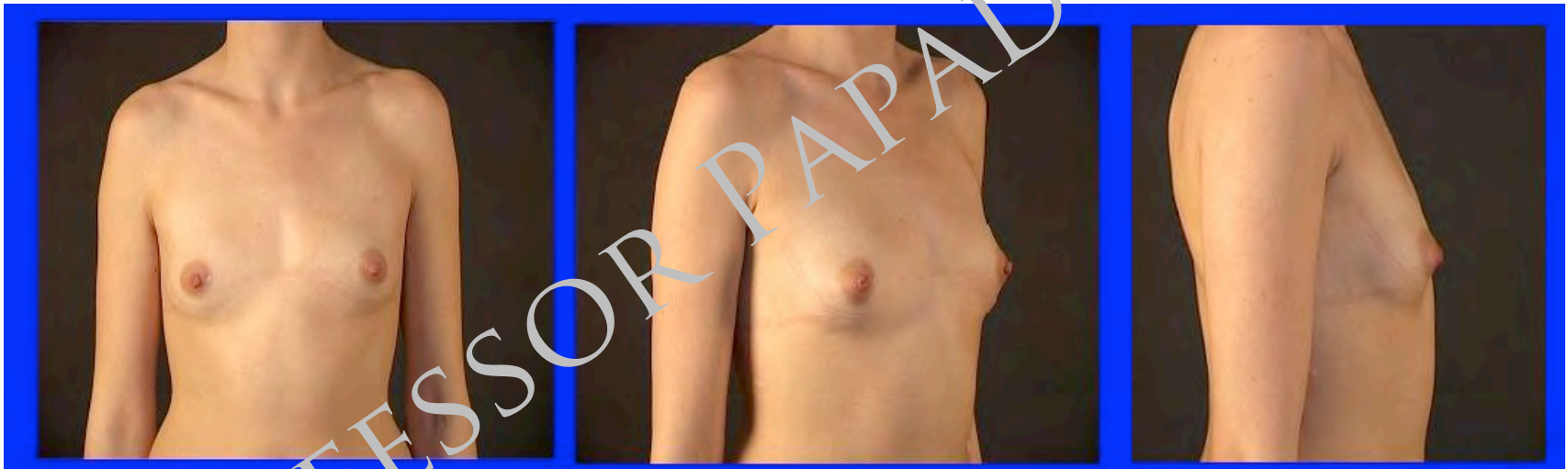
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Breast augmentation

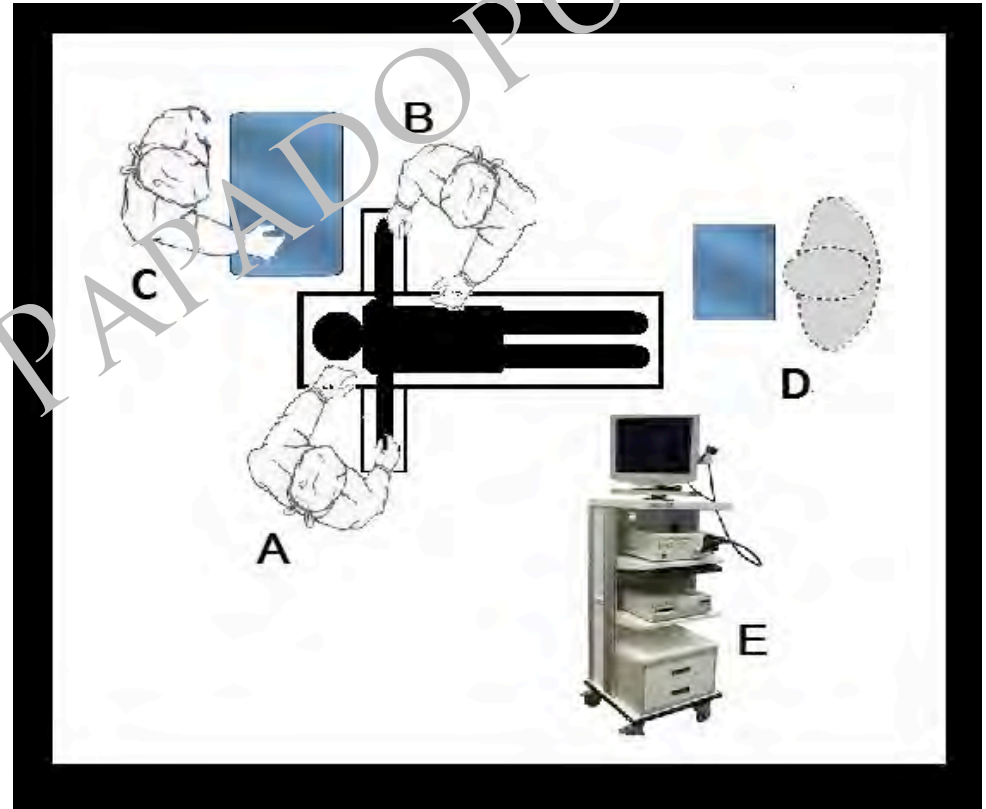
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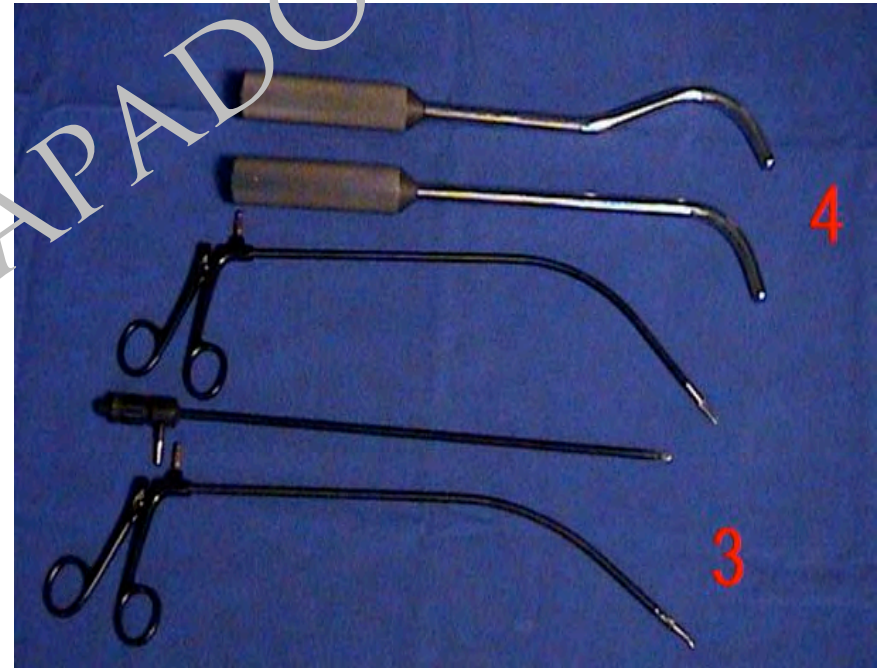
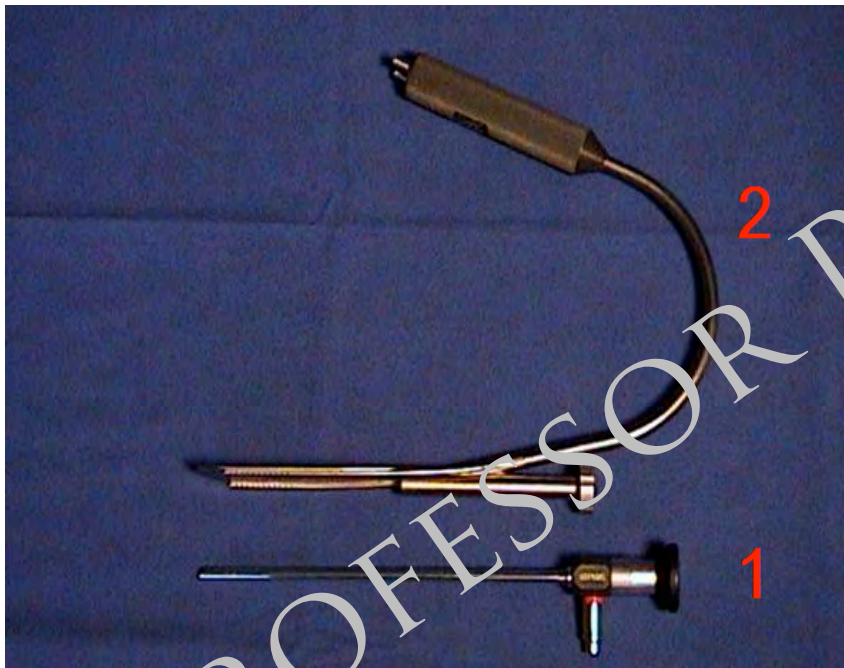


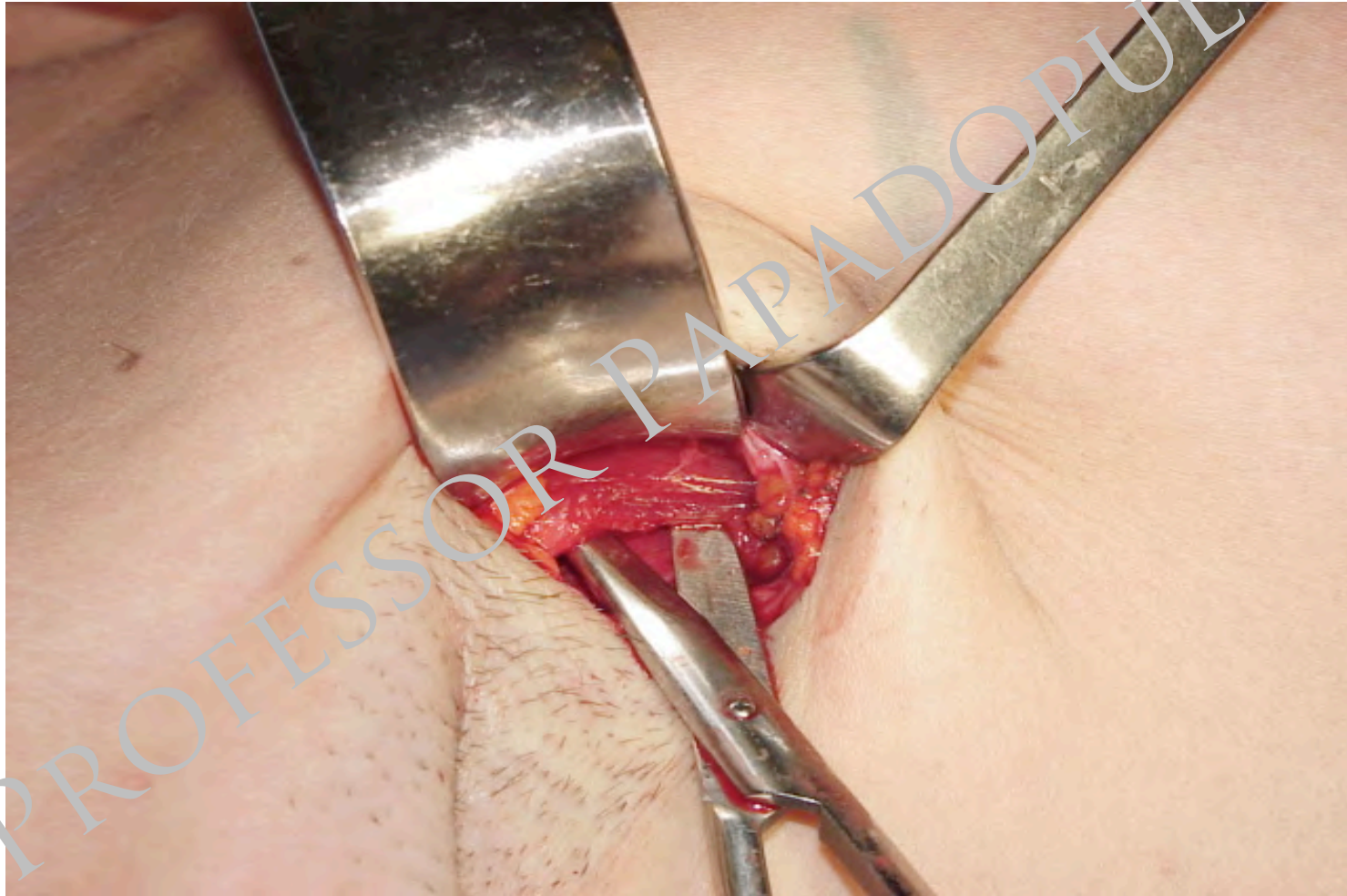
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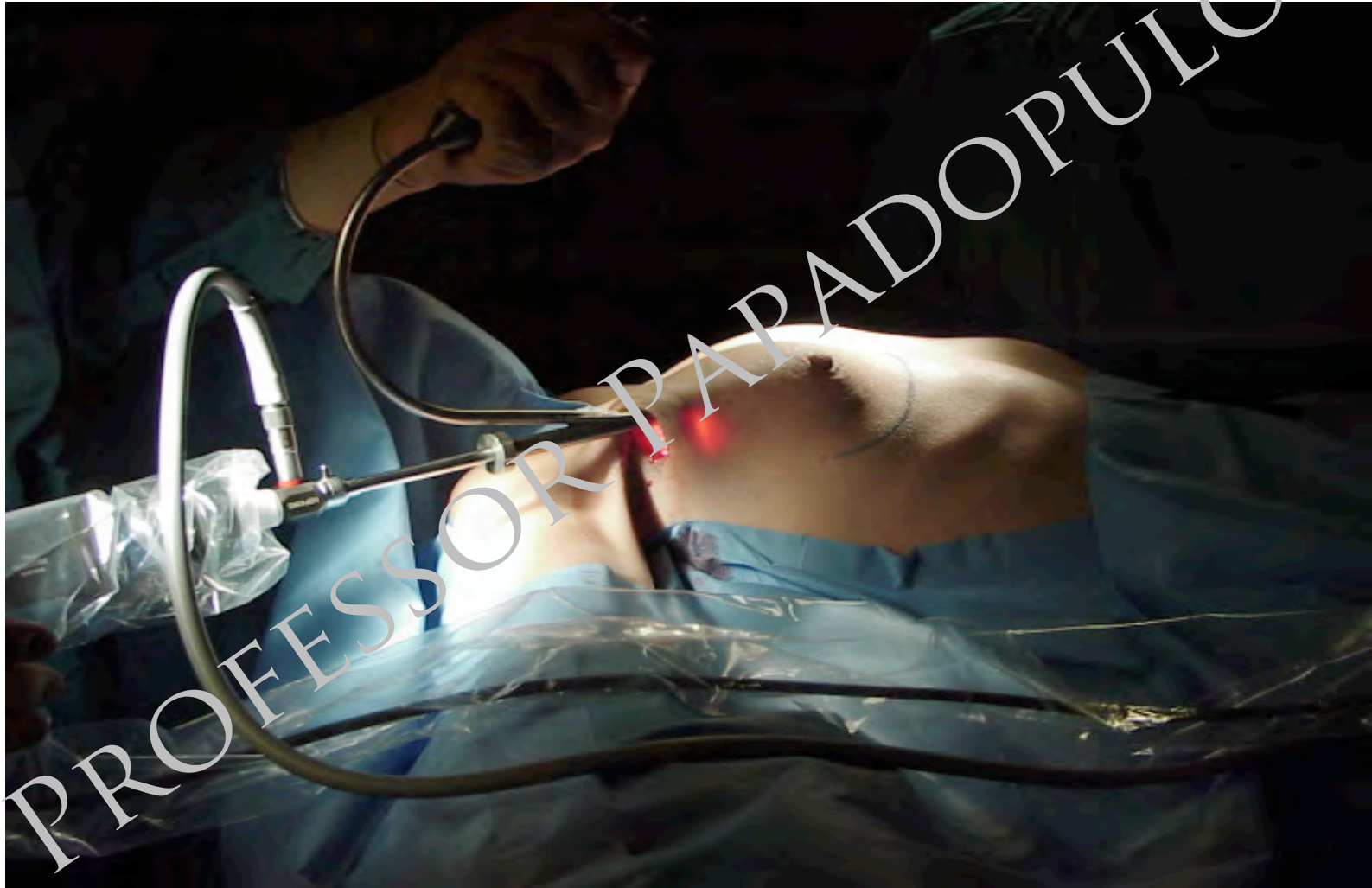


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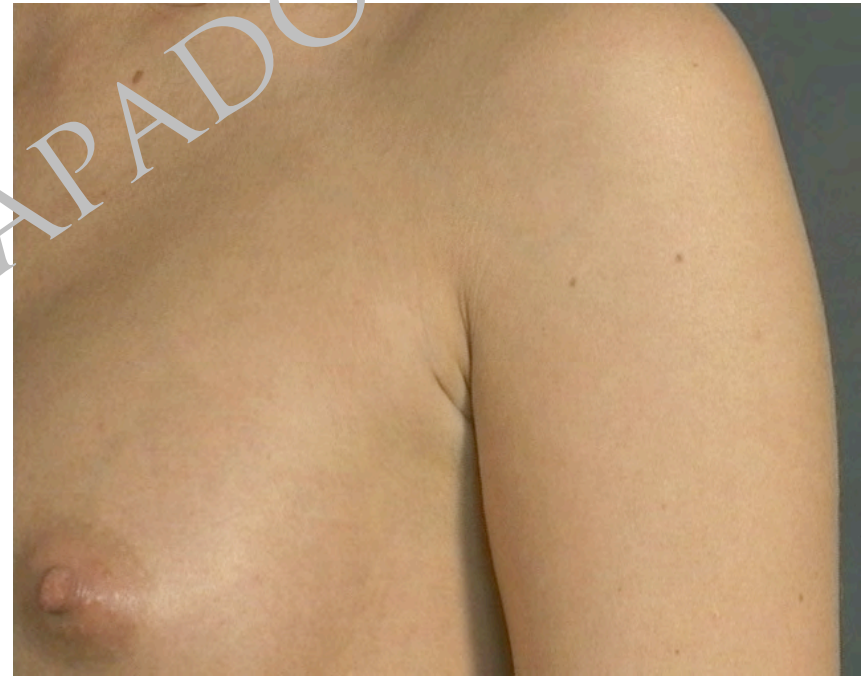




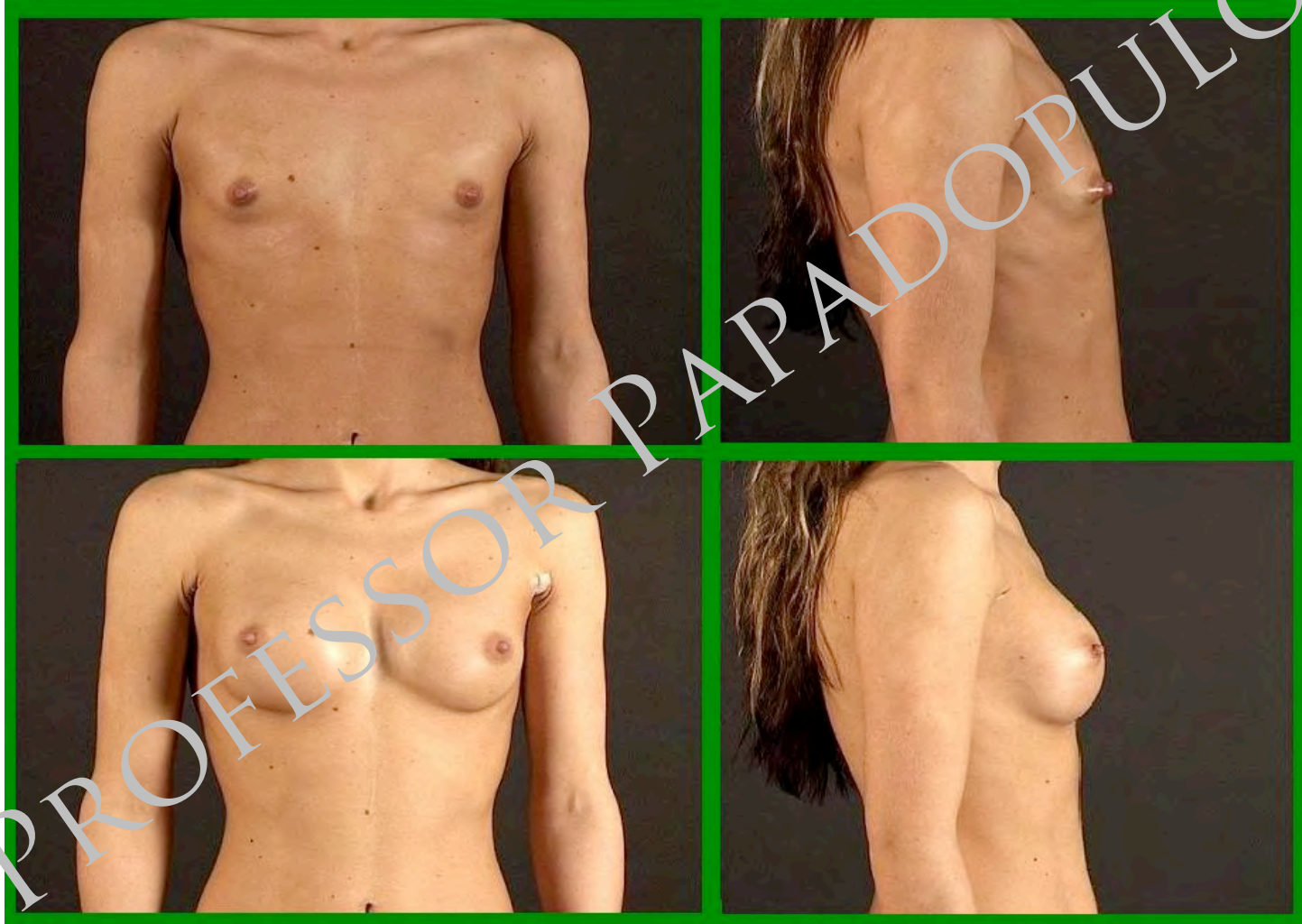




NA Papadopoulos, A Totis, D Kiriakidis, M Mavroudis, G Henrich, O Papadopoulos, P Herschbach, H-G Machens, E Biemer.
Quality of life, personality changes, self esteem, and emotional stability after breast augmentation. *Eur J Plast Surg*, 2014;37:479-88



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Vocal Cord Surgery - ENT



Lebenszufriedenheit transsexueller Patienten nach geschlechtsangleichenden Operationen - (*Quality of Life by Transsexual Patients after Sex Reassignment Surgery*)

A. Zimmermann, R. Zimmer, L. Kovacs, S. Einödshofer,
P. Herschbach, G. Henrich, W. Tunner, E. Biemer,
N.A. Papadopoulos

Der Chirurg, 2006;77:432-38



Results

very high identification with the new sex
and satisfaction with their bodies

further improvement
through the optimization of surgical techniques and
**the improvement of postoperative professional
and social integration can be achieved**



Conclusion

Because of these reasons
in the future
these insightful findings should be tried to be verified
as part of follow-up studies,
Including however a non-operated control group



Quality of Life after Male-to-Female Sex Reassignment Surgery: a Prospective Study

N. A. Papadopoulos, D. Zavlin, J.-D. Lelle,
P. Herschbach, L. Kovacs, J. Schaff



Methods

49 patients contacted from Oct 2012 to Jan 2014

47 patients participated in the study

37 patients (79%) have currently filled out T0 and T1

Patients received packages of questionnaires on two different occasions.

T0: pre-operatively

T1: roughly 6 months after the last surgery

Inclusion criteria:

- All MTF transsexuals as in-patients for their first sex reassignment surgery

Exclusion criteria:

- Previously operated genitals
- Missing consent to enter study



Results:

Self-developed indication-specific questionnaire

Time between questionings: 11.2 months

Age: 38.9y [19 – 66]

Weight: 78.0kg

Size: 1.79m

Regular **intercourse**:

- pre-op 6 (16.2%)
- post-op 20 (54.1%)

Total **satisfaction** post-op:

- aesthetically 8.4 (out of 10)
- functionally 8.3 (out of 10)

Patients felt post-operatively significantly much **more feminine** ($p = 0.000$)

32 patients (86.5%) with two surgeries or more, including

16 patients (43.2%) with breast augmentations

36 patients (97.3%) did not regret the surgery/ies at any given moment



Results: FLZ-M, General

Item	pre-op	post-op	t-test (p =)
Friends / Acquaintances	8.97	10.11	0.296
Spare Time / Hobbies	4.16	7.24	0.012
Health	8.70	11.54	0.017
Income / Financial Safety	2.97	3.46	0.662
Occupation / Work	4.41	5.43	0.496
Living situation	8.16	8.70	0.691
Family / Children	4.84	7.54	0.065
Partner / Sexuality	-1.78	5.83	0.000

Min -12, Max 20



Results: FLZ-M, Health

Item	pre-op	post-op	t-test (p =)
Physical Performance	5.27	6.95	0.106
Ability to Relax	4.70	9.32	0.000
Energy / Joy of Life	5.81	10.46	0.001
Mobility	11.00	13.57	0.025
Vision / Hearing	10.16	10.84	0.495
Free of Fear	4.22	7.78	0.006
Free of Pain	7.97	9.59	0.231
Independent of Help / Nursing	12.92	12.86	0.966

Min -12, Max 20



Results: FLZ-M, Appearance (body image)

Min 12, Max 20

Item	pre-op	post-op	t-test (p =)
Hair	5.46	9.68	0.001
Ears	6.92	9.32	0.016
Eyes	9.57	10.81	0.300
Nose	5.57	7.16	0.082
Mouth	7.03	9.14	0.044
Teeth	6.38	7.32	0.348
Facial Hair	0.68	3.49	0.014
Chin/Neck	4.76	6.62	0.063
Shoulders	3.62	5.43	0.045
Breast/Bosom	-0.46	9.08	0.000
Abdomen	0.05	3.22	0.012
Waist	3.65	4.59	0.514
Hips	5.16	6.22	0.416
Penis/Vagina	-10.08	14.81	0.000
Bottom	5.81	7.11	0.283
Thighs	4.76	6.54	0.149
Feet	5.00	5.89	0.373
Hands	5.30	6.95	0.074
Skin	5.78	8.38	0.076
Body Hair	1.59	4.08	0.130
Size	5.78	6.35	0.622
Weight	4.05	3.92	0.919



Results: FPI-R

- pre-op **6.49** → **4.81** ↓ post-op
highly significant improvement ($p = 0.003$)
- 6.20 mean of German norm population surveying 2035 participants*
significant difference to norm only post-op ($p = 0.020$)

Min 0, Max 14

The post-operative value is a sign of high emotional stability and self-assessment (4 - 6)



Results: RES

- pre-op **32.9** → **35.0** ↑ post-op
highly significant improvement ($p = 0.004$)
- 33.5 mean of German norm population surveying 4988 participants*
no significant differences of our patients to norm

Min 10, Max 40

Both values sign for high self-esteem (>30).



Results: PHQ-4

- pre-op **3.86** → **1.73** ↓ post-op
highly significant improvement ($p = 0.000$)
- 1.76 mean of German norm population surveying
n = 5003 participants (*Loewe et al. 2010*)
- Post-op no difference to norm, only pre-op ($p = 0.003$)

Min 0, Max 12

0 to 2 normal,
3 to 5 mild,
6 to 8 medium,
9 to 12 severe depression



Conclusion

Correlation between the high scores in our self-developed indication-specific questionnaire and the results in the four standardized and validated questionnaires.

The male-to-female sex reassignment surgery using the combined method leads to significantly:

- higher quality of life
- higher emotional stability
- higher self-esteem
- Lower depressiveness



Literature

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