

08 - 10 August 2025
Berlin, Germany

Reproductive Health Needs of Transmasculine Patients: A Review of Barriers, Best Practices, and Future Directions

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Abstract

Transmasculine individuals face distinct reproductive health challenges that are often overlooked within traditional OB/GYN care models. Despite increasing visibility, clinical practices and healthcare environments remain largely gendered, contributing to significant disparities in access to contraception, fertility preservation, pregnancy, and postpartum services. This review synthesizes the existing literature to highlight key structural, interpersonal, and informational barriers that transmasculine patients encounter. Common gaps include inadequate provider training, assumptions around testosterone as a contraceptive, limited access to affirming fertility services, and negative experiences within clinical settings. Many patients delay or avoid care due to stigma, misgendering, or lack of provider awareness. In contrast, emerging best practices—such as offering inclusive contraceptive counseling, tailoring fertility preservation discussions, and redesigning care environments—demonstrate promise in promoting equity. The review also identifies priority areas for research and system-level reform, including integration of trans-specific guidelines into OB/GYN training, expanding access to gender-affirming reproductive technologies, and promoting community-informed models of care. A patient-centered, affirming approach is essential to addressing these disparities and improving outcomes across the reproductive lifespan for transmasculine individuals.

Keywords: contraception; fertility preservation; gender-affirming care; reproductive health; transmasculine