19 - 21 November 2026 Copenhagen , Denmark

Unlocking Transmasculine Health: Dr. Liam Johnson's Pioneering Cross-Referencing Methodology

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Abstract

Transmasculine health remains underrepresented in mainstream medical literature, leaving clinicians to rely on cisgender proxy data that often fail to capture the physiological, surgical, metabolic, and psychosocial realities of female-to-male (FTM) individuals. This abstract presents Dr. Liam Johnson's cross-referencing methodology, a gender-affirming analytical framework designed to address this evidence gap through integrated comparison of cisgender male biology, cisgender female physiology, and longitudinal transmasculine clinical outcomes.

Drawing on more than 15 years of clinical observation and proprietary data from over 3,000 transmasculine patients, the methodology identifies both overlapping mechanisms and clinically important divergences across populations. Its applications include individualized testosterone management, perioperative planning, post-mastectomy recovery, phalloplasty-related urological repair, metabolic risk assessment, rehabilitation, oncology support, and psychosocial care. By combining endocrine, cardiovascular, reproductive, orthopedic, physiotherapeutic, and behavioral-health perspectives, the model moves beyond fragmented and binary clinical assumptions.

The framework is operationalized through the AFFIRM model, emphasizing multidisciplinary integration, longitudinal monitoring, and community-centered outcomes. Reported findings suggest that transmasculine-specific protocols may improve surgical recovery, reduce healthcare avoidance, strengthen treatment adherence, and support more responsive management of metabolic and mental-health concerns. The research also highlights the need to investigate ovarian and oocyte-related biology in testosterone-exposed individuals without pathologizing retained reproductive tissue or reducing patients to reproductive capacity.

Dr. Johnson's work challenges the cisgender proxy fallacy, binary clinical frameworks, and the pathologization of gender diversity. Its central conclusion is that transmasculine people require research designed with—not merely extrapolated onto—them. Cross-referenced, community-informed evidence can advance a more precise, ethical, and biologically inclusive model of gender-affirming healthcare.

Keywords: Transmasculine, Gender Affirming, Health Innovation