

TWENTY MINUTES

SEPTEMBER 1990

THE XX (Twenty) CLUB

\$2.00

TEN STEPS TO A SUCCESSFUL TRANSITION

by S. Tradiol

1. If you're really tall, muscular, or overly male appearing, don't pick a frilly, fussy name like "Felicia" or "Betsy-Ann".
2. If you have to, or choose to wear a wig, find one in a believable color and flattering style. A voluminous mane of vividly colored hair parked on the head of a person with noticeable beard shadow and/or other masculine features stands out like a condom in a sugar caddy.
3. Do everything you can to ensure success, but be prepared to deal with rejection. Getting all bent out of shape if you get read is counterproductive.
4. Don't force yourself down people's throat. Just as you have every right to be who you are, the rest of the world has every right not to like you.
5. To paraphrase a couple of excellent observations made in reference to non-TS circumstances, "Excellence is the best deterrent to prejudice" and "Success is the best revenge".
6. Never forget that to most of the non-TS people you come in contact with, you represent and define what being a TS is all about. You can contribute to a more accurate and sympathetic public awareness of our situation, or you can screw it up for all of us. (Come in, Portsmouth ...)
7. Accept your origins and move on from there; denying or trying to camouflage the fact that you are a TS, while sometimes practical, is ultimately a big waste of time.

8. Make yourself useful! The world is in pretty sad shape these days, and so are many of us; volunteer some of your time to a needy cause and you might be amazed at how readily accepted you are, and how personally rewarding it can be.
9. Clean up your act. If you abuse drugs or alcohol, cut it out. If you engage in frequent, anonymous or unsafe sex, knock it off. Be nice to your fellow human beings.
10. Get over yourself!

TAKE A WALK ON THE STUPID SIDE



... BE THE OBNOXIOUS CRYBABY YOU ALWAYS WANTED TO BE !

FANTASIES

BY

Sue Thebastid

IN THIS ISSUE

Is There a Genetic Cause for Transsexualism?
by Sarah Seton, M.D.

TWENTY MINUTES

SUBSCRIPTION RATES:
 \$2 per single copy
 \$5 for 3 months
 \$20 for 12 months

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 Forest Park Station
 Springfield, MA 01138

THE TRANSEXUAL SUPPORT
 GROUP OF NEW ENGLAND
 AND NEW YORK

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Computer noise afflicts women

EVANSVILLE, Ind. (AP) - Women afflicted by headaches and tension at the office should not automatically blame the boss. The source of the irritation may be a high-frequency, barely audible squeal from their computers. Two researchers believe they have linked noise made by video display terminals with stress symptoms in women, who hear high-frequency sounds better than men. "The sound is present in almost all American computers," said Dr. Caroline Dow, assistant professor of communication at the University of Evansville. "We can all work through the sound, but it is tiring and distracting."

All the news that's print to fit.

This newsletter is funded entirely through subscriptions and the sales of educational materials. All written contributions welcome. A backlog of material may prevent the immediate publishing of submitted articles. The XX Club, or its members are not responsible for the opinions expressed or accuracy of information provided by the writers of unsolicited or solicited materials. Parts of this newsletter may be reproduced provided source credit is given. *Twenty Minutes* was founded by Veronica Jean Brown.

CLUB CALENDAR

MEETINGS

- Saturday, Sept. 8
- Saturday, Sept. 22
- Saturday, Oct. 13
- Saturday, Oct. 27

Regular meetings of the XX Club are held the second and fourth Saturdays of the month at 2 PM sharp to 5 PM.:

Christ Church Cathedral
 45 Church Street
 Hartford, CT

(Located at the corner of Church and Main Streets in the downtown area across from G. Fox.) If you believe you are gender dysphoric, you are welcome to visit and find out more about our group and talk about yourself and your feelings. The XX Club is a transsexual support group, not a dating service. There is **NO SMOKING** allowed during the meetings, though we do allow smoking during breaks and after the meetings. We attempt to provide peer support and practical information about making the gender transition, as well as information about the Gender Identity Clinic of New England. Parents, siblings, spouses and significant others are also welcome to attend.

NEW OFFICERS

Elected at the August 25 meeting:

- President: *Laura*
- Vice President: *Lisa*
- Community Liaison: *Sonia*
- Treasurer/Secretary: *Becky*

TREASURER'S REPORT

Balance - from July \$1666.77

INCOME:

Collections - meetings	15.50
Newsletter subscriptions	90.00
Brochure sales	22.00
IFGE sales	10.00
GF sales	4.00
Printing Fees	1.25
Donations	.00
Savings interest	7.94
Total Income	\$150.69

EXPENSES:

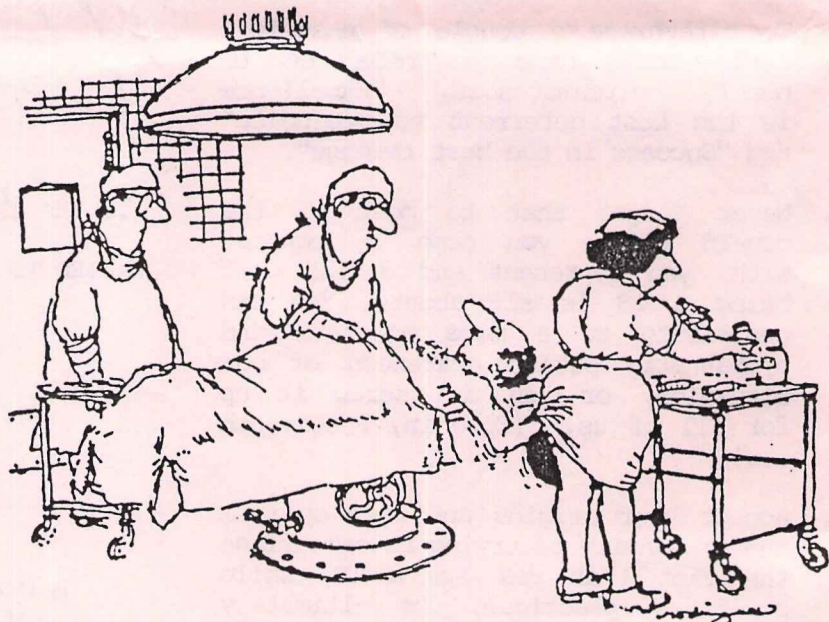
Refreshments	13.54
Newsletter & brochures	124.95
Postage	30.00
Supplies	13.57
Bank Fee	.00
Total Expenses	\$182.06

Net Loss for August \$ -31.37

Balance - end of August \$1635.40

GENDER WORKER AWARD

Rupert Raj-Gauthier is pleased to announce a 'GENDER WORKER AWARD' plaque is being presented to the following 12 resource workers for their longterm dedication and outstanding service to the TS/TV community: Louis Sullivan, Phoebe Smith, Sister Mary Elizabeth, Jude Patton, Stephen Parent, Susan Huxford, Judy Cousins, Ariadne Kane, Merissa Sherrill Lynn, JoAnn Roberts, Sheila Kirk and Roger Peo. These diligent and dedicated people have been carefully chosen from a larger number of also-deserving individuals to be presented over the course of the year. Hearty congratulations to these most well-deserving people!



"Mr. Guzman, are you quite sure that you want to go through with this sex-change operation?"

**IMPORTANT ANNOUNCEMENT
FOR ANYONE INTERESTED
IN RUNNING A
TRANSSEXUAL SUPPORT GROUP**

by Veronica Jean Brown

This article is in response to the "Important Announcement For Anyone Interested in Transsexualism" that appeared in the June 1990 issue of *Twenty Minutes*.

I think it's an excellent idea for T6IC, or any other successful CD organization to be willing to sponsor a program aimed at people interested in transsexualism. While I certainly don't have all the answers, or even claim to, I do have some experiences to share based upon objective observations of numerous transsexual groups which I have visited.

TS Tea? Many transsexual people are not looking for a place to socialize, indeed, some after a time, do not even wish to be seen with other transsexuals. Most are desperately hungry for specific answers to their own questions or problems and for some reassurance that what they are doing is the right thing.

The idea of not providing any kind of structure or agenda is not a good one. In any group of a social nature, you don't need much structure or agenda. For a bonafide support group to be successful and to provide valuable information and resources to those attending, you do need to provide leadership in the form of strong personality types, a simple but flexible structure and some kind of general or specific agenda.

Without a strong leader, or authority figure, the transsexual support meeting can easily deteriorate into a hodgepodge of everyone trying to talk at the same time, or worse, no one willing to talk at all. I've seen it happen at other groups.

As peer moderator of the Twenty Club for the past couple of years, I was faced with many a meeting where the people, both newcomers and old-timers, sat in the circle of chairs and didn't have anything to say. I sometimes presided at each meeting without a specific agenda in mind but in the opening moments of each meeting, I was able to ascertain the immediate needs of those present and went on from there. In other words, you need to sense the way the wind is blowing. At other times I opened the meetings with a specific or pre-arranged program, or a show and tell session to run.

You can't make people talk if they feel shy or feel uncomfortable about talking about a problem that to them, is embarrassing or unique. But once they discover they're not alone, they usually soften a bit. I've visited other transsexual support groups where the moderator in charge did not have a strong personality, was not capable of running the meeting and keeping the riff raff (Yes, there is even riff raff among transsexuals) in line. As a result, the stronger opinionated personality types took over the meeting and by speaking in cutting, personal tones, managed to insult and seriously hurt some of the vulnerable people present. They presented opinions and comments designed to increase their status and to put down those they perceived as a threat to their imagined self importance.

The most dastardly comment I ever heard at a transsexual support group meeting was this past January and (the club shall remain nameless) it was spoken by a "supposed" post-op who sat back in 'her' chair and said, "Well, I got my surgery and I don't care if any of you ever get it". This comment occurred in the middle of a free for all name calling session and the moderator could not regain control. I asked for and was given the floor as an impromptu guest speaker and for the second hour, I was able to turn the

meeting back into a constructive support session. Unfortunately for me, only three of the thirty people present had heard of my name so I wasn't able to draw upon my reputation for strength. I was forced to use my charm and wits to gather the attention and interest of those present. I was able to spot certain people who had informative and constructive information to share and I made sure they were able to convey the information to the group.

I have observed non-transsexual people successfully moderate transsexual forums, but in those instances, there were 'real' transsexuals present to add credibility and first hand experiences to the meeting. There is nothing like the 'having been there' to carry weight. This situation is similar to a white person attempting to address the needs of blacks at a NAACP meeting. Think about it.

Crossdressers have specific problems and needs. Transsexuals on the other hand have a much different set of problems unique only to them that the crossdresser doesn't have. Both sets of needs are equally important to the individuals in either category. Successfully operating a support group is a serious undertaking that requires knowledge, experience and understanding. It isn't enough to merely throw everyone together and hope things work out. There has to be a plan and there has to be someone to implement that plan in an objective, compassionate manner. Most transsexuals don't need a casual social atmosphere, they need a lot more, because so much is taken from them when they begin their arduous journey towards gender congruity. And there is more to reaching out to them than mere practical issues like hormones or ID changes. Transsexuals need compassion and a little love. They need to be told that I'm okay and you're okay.

How often have you ever seen crossdressed men hug each other at a meeting? I mean, really exchange a warm, meaningful embrace? Unthinkable? Does it smack of suppressed homosexuality? Well, that's too bad if you have that mindset. Let me tell you, if you've ever been to a lesbian, gay or women's meeting, you will see plenty of that going on and it's all non-sexual. You will see people standing arm in arm in a circle exchanging thoughts, ideas, reflecting about the meeting past or looking ahead to the next one.

There was a cute little ditty about hugging going around the gender newsletters a while back (that started in *Twenty Minutes*) on this very topic. It was cute to print and cute to read, but how many of you actually put it into practice? I first introduced this method of expressing friendship at a Twenty Club Christmas party several years ago, it worked then and it works every time. I've hugged newcomers at Twenty Club meetings and many said, "How did you know that's what I needed?"

That was the first thing I did at the above mentioned transsexual support group meeting when I got the floor. I walked around the circle of strangers, introduced myself, shook hands, smiled, asked them to stand and asked if they'd like a hug. You should have seen the smiles on their faces where just a few minutes before, there had been anger and resentment. No, it isn't easy running a support group meeting, but any effort deserves merit.

Experience isn't what happens to you, but it's what you do with what's happened to you. In running a successful transsexual support group, it isn't what you say that is important, but it's the manner in which you say it. It's a true sharing of the human spirit on a deeper, understanding, and feeling level.

(This article also appeared in the July-August issue of the T.G.I.C. News published by the Transgenderists Independence Clubs, PO Box 13604, Albany, NY 12212.)

Is There a Genetic Cause for Transsexualism?

Sarah Seton, M.D.

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Sarah Seton, M.D.

A major breakthrough in the understanding of sexuality has occurred with the appearance of four scientific articles in *Nature*, Vol 346, 19 July, 1990. These articles report for the first time the isolation of a novel family of embryonically expressed genes responsible for sex determination in humans and mice. In addition, a human sex-determining gene which encodes for a protein with similarity to a conserved DNA-binding motif has been discovered. I will attempt in the following review article to explain the significance of this achievement and how it changes the way we will think about transsexuality in the future.

It has long been known that Nature creates females unless some unknown mechanism of sex-determination is activated to make males. In 1959, geneticists showed for the first time that this male-determining mechanism is located somewhere on the Y-chromosome of mice and men. Seven years later, the search was narrowed to the short arm Yp of the Y-chromosome. Next, a highly conserved and repetitive DNA sequence sex-specific in snakes was discovered but this sequence was barely represented in the human Y-chromosome. From 1966 to 1976, an hypothesis held sway that the histocompatibility antigen H-Y found in males was the primary testicular determining factor; it was thought that once the primitive gonad was triggered by this antigen to form the testis, maleness followed. Eicher in 1979, isolated the H-Y antigen in humans for the first time and showed that in male-to-female transsexuals, the H-Y antigen blood levels were lower than in normal males and in female-to-male transsexuals, H-Y antigen levels closely approximated normal males. However, these results were disputed by

other researchers in 1981 who found no such correlation

in transsexuals. What finally killed the H-Y antigen hypothesis was the discovery of mice that had testicles but lacked H-Y antigen.

In 1971, the sex-reversal phenomenon was discovered: a fully developed male with XX-chromosomes, the genetic endowment of females. Since that time, phenotypically normal females were found with XY-chromosomes, the genotype of males. By 1984, there were so many cases found that the prevalence was estimated to be one in twenty thousand births -- fairly common. While these sex-reversal patients are sterile in many cases, they have all the sexual characteristics of the opposite genetic sex; there has been one case reported in the literature of an XY-female bringing a normal infant to term with the help of hormone therapy.

With so many sex-reversal patients, geneticists were able to study the nature of this phenomenon. They found in the case of XX-males that a crossover in Yp to Xp during paternal meiosis occurs which effectively places the male sex-determining factors on the X-chromosome(s). These segregate into the haploid zygote as a modified X which when combined with the maternal X at conception creates a fetus with an XX-genotype containing the genes crucial for differentiation of gonads into testes instead of ovaries. In the XY-female, the opposite occurs by deletion of the crucial portions of the Y-chromosome. The mutation is heritable and segregates exclusively with the Y-chromosome; in fact, offspring of these females have frequent non-disjunction and often produce XXY daughters and XYY sons. Genetic analysis of the mutated Y-chromosome shows that there are no gross deletions or rearrangements and no loss of Y-specific gene functions apart from testis determination.

By deletion analysis of XX-males in 1986, the testes determining factor (TDF) was further narrowed to the interval 1 of Yp near the pseudo-autosomal X-Y pairing and exchange

region at about the center of Yp. By 1987, an XX-male came along with the only Y-chromosomal regions outside the pseudo-autosomal region comprising intervals 1A1 and 1A2 and an XY-female patient with a translocation between the Y-chromosome and autosomal 22 ($X,t(Y;22)$) who lacked only 1A2 and 1B regions; hence TDF appeared to be in 1A2, a 140 kilobase long region, which when isolated and cloned was found to be a gene which varied little in other species, indicating its importance in evolution. The new gene was dubbed ZFY for the zinc-finger protein that it expressed on translation; the protein has six amino-acids which have residues which bind a zinc ligand and appear to function as a DNA binding transcription regulator. ZFY looked like a candidate for the putative TDF until three XX-males and one XX-intersex were found in 1989 who lacked the ZFY gene. All three men, however, had segment 1A1, another 140 kilobase segment, and showed abnormal reproductive tracts suggesting that they lacked genes for completely normal sexual development while being unquestionably men. In addition, the ZFY gene in mice (*Zfy*) proved to be associated with germ cells and not the crucial somatic cell lines responsible for testes determination. Therefore, ZFY was not TDF but TDF was located somewhere in 1A1.

We mentioned above the XY-female with an $X,t(Y;22)$ translocation who had 1A1 but not 1A2 or 1B regions. If we are now saying that the putative TDF lies somewhere in 1A1 and this female had 1A1, then why wasn't she male? The answer is that further study of this XY-female's chromosomes showed a second deletion involving just that part of 1A1 detected in XX-males which was deleted along with a considerable portion of the adjacent pseudo-autosomal pairing and exchange region.

These 140 kilobases in 1A1 were subsequently refined down to a 60 kilobase subsegment of 1A1 using newer DNA markers on the above three men. By 1990, the region containing TDF was narrowed further to the distal 35 kilobases of 1A1, then to a 2.1 kilobase sequence (pY53.3) containing two nested open reading frames, the inner one being a single copy gene less than 250 bases long called the SRY gene or sex-determining region of Y. There is no other open reading frame in the 35-kilobase

testes determining region of the human Y-chromosome than this conserved motif; however, small exons apposed to repetitive sequences may have been undetected by researchers.

The 80 amino-acid protein that this SRY gene encodes is highly conserved in evolution (90% identity), being found in mating yeast *S. pombe* (Mc protein) through mammals to man. This conservation in the face of divergent evolution from yeast to man underscores the 237 base pairs as an important functional domain. The protein is homologous with nonhistone nuclear proteins called High Mobility Group proteins which function as DNA-binding transcription factors (HMG1 and HMG2) associated with transcriptionally active chromatin. Furthermore, the protein is homologous with the human Upstream Binding Factor (hUBF), a type-one RNA polymerase, responsible for transcription of sequence-specific DNA regions.

Cloning the DNA sequence Sry in mice corresponding to the SRY gene in humans reveals 80% homology with the human sequence over 237 bases and when expressed as a protein corresponds to the 80 amino acids from fission yeast. Even more fascinating is the close homology to four genes on autosomal chromosomes (p4.2.2 for example on chromosome 4) which express the same 80 amino acid motif; these autosomal genes are expressed at 8.5 days post conception in the mouse. This motif constitutes a gene family scattered across the murine genome doing many different jobs related to sex differentiation.

The Sry in mice and SRY in humans is expressed in the adult testis but nowhere in ovary, lung, or kidney. It is expressed for the first time at 11.5 days post conception in the mouse along the urogenital ridge, location of the primitive gonads, at a time and place of testis determination. The gonad is composed of four cell lines: supporting cells, steroid producing cells, connective tissue cells and germ cells. The ovarian pathway can be thought of as the default pathway -- Nature makes females.

The consequence of TDF (Tdy in mice) gene expression switches the fate of the supporting cell precursors in the indifferent gonad of the urogenital ridge from that of follicle cells to Sertoli cells thereby changing the sexual fate of the

offspring from female to male. Tdy must act in concert with other regulatory molecules responsible for the formation of the urogenital ridge and then for gonad development itself.

Under the influence of Sry, supporting cells differentiate into Sertoli cells, steroid producing cells into Leydig cells, germ cells into mitotic arrest, and supporting cells into the connective tissue and blood vessels which eventually form the mature testis. The characteristics of male development appear in mice at 12.5 days post conception as the Sertoli cells proliferate and form the testicular cords. In the female (default) pathway, in the absence of TDF, germ cells enter into meiosis, follicle cells differentiate and aggregate around oogonia and steroid producing cells give rise to theca cells. Connective tissue cells do not need to organize to form the early ovary. Germ cells are not required for testis development but are for development of ovaries, suggesting dependence on genetic expression from the germ cells in the phenotypic female. Thus, sex differentiation and sexual dimorphism among mammals is tantamount to testis determination.

At present, SRY (Sry) is the most promising candidate for the TDF (Tdy) gene yet discovered. Further proof will require insertion of an Sry gene spliced into the genome of an XX mouse and observing whether the mouse changes sex into a male. If it does, it will be proof that the Sry is the Tdy gene. If, however, the mouse does not change sex, it would not disprove the hypothesis but rather indicate that there are other genes involved on the Y-chromosome or that the transgene was implanted too late for the critical period of testes differentiation. Similarly, a copy of a Tdy mutant gene knocking out the Sry by genetic recombination in an XY mouse thereby producing a phenotypic female would be hard to dispute.

The implications of this research are immense. Once the TDF gene is cloned, it can be used as a probe to decipher the entire functional and structural biochemistry of sexual dimorphism in all mammals including humans. The TDF gene, by encoding for a DNA-binding protein, may be at the start of a regulatory cascade of gene expression existing across the genome involving autosomal as well as sex chromosomes. Since an ensemble of genes appears to be involved,

mutation, deletion or transposition of one of these individual genes may lead to a defective protein or enzyme that would lead to incomplete expression of normal sexual development. As in the case of sex-reversals, we would understand intersexed syndromes as incomplete expression of certain steps in the cascade. In fact, the incomplete sexual development of the brain of transsexuals may be found to be the absence or presence of certain genes in the cascade responsible for triggering the formation of neural patterns corresponding to gender identity and behavior appropriate to the opposite reproductive tract.

Once the TDF is positively identified, monoclonal antibodies can be formed and tagged with fluorescent dyes that indicate the presence of the genes crucial in the formation of gender identity and thereby a blood test could be created for transsexuals, ending once and for all the problem of independent verification for gender dysphoria. Using recombination of mutant genes or splicing of genes in the cascade, it will be possible to knock out maleness to create females or cause testes to form from ovaries creating males from females; in other words, the sex of your child would be made to order.

Sarah Seton, M.D., is a resident psychiatrist at a major California medical center and works with transsexuals in her practice. Her interests in addition to gender include pediatric psychiatry. Besides her medical training, she holds degrees in philosophy, computer science and electrical engineering.

SOURCE: J2CP Information Services



"So, how come you didn't renew your subscription to Twenty Minutes, eh?"

TS Pamphlet and Book List

Published by Transition Support, Toronto
and by FACTT, Ottawa, April 1989
Prepared by Micheline Johnson

Transition Support and FACTT presently publish no literature [other than the newsletter TRANS NEWS], however the following literature published by others, may be useful to those interested in transsexualism.

Articles Relating to Transsexualism by Professionals

Hundreds of articles on the subject of transsexualism are to be found in the professional literature. The best source of these are the medical and psychiatric abstract databases such as MEDLINE and PsychLIT, which are available via computer bulletin boards (BBSs) [e.g. via DIALOG] at great expense, or at the cost of a trip to the local university library from these databases on CD-ROM. CD-ROMs are similar to audio compact disks, but can be read and searched directly by a desk top computer. Most of these libraries will allow you to down-load the abstracts (in ASCII) on all the articles selected by the subject of your choice, onto your floppy disk, which you can then take home and analyze at your leisure, assuming you or a friend has an IBM compatible personal computer.

To determine the available abstract databases on CD-ROM, refer to "CD-ROMs in Print", published annually by Meckler, see your reference librarian.

During a recent search, on CD-ROMs current up to June 1988, using the root TRANSSEX* as a searching key at McMaster University (Hamilton, ON) and Carleton University (Ottawa, ON) libraries, the following number of hits were obtained:

MEDLINE	1988	1987	1986	1985	1984	1983	1982
hits:	27	35	47	38	47	40	49
PsychLIT	June 1988 - Jan 1983		Dec 1982 - Jan 1974				
hits:	112		246				

I have downloaded copies of the abstracts which were found in those searches. The abstracts are the copyright property of the abstracting service concerned, so it would be illegal to provide copies of them, however there is nothing preventing anyone downloading them themselves for their own use.

LAURA'S CORNER

Question: Electrolysis, what does it feel like?

Answer: A sting, not unlike that of a bee.

Question: How do I tell if it's being done correctly?

Answer: You should feel a slight sting as the hair is treated. You shouldn't feel the hair being pulled out, it should slip out. If you feel it being pulled out as in plucking, find a new electrologist. For the 'Tweezer Method', I would rather do it at home where it wouldn't cost me a penny.

Your La La Land Editor

DRESSING FOR 'SUCCESS'
NEED NOT BE UNCOMFORTABLE

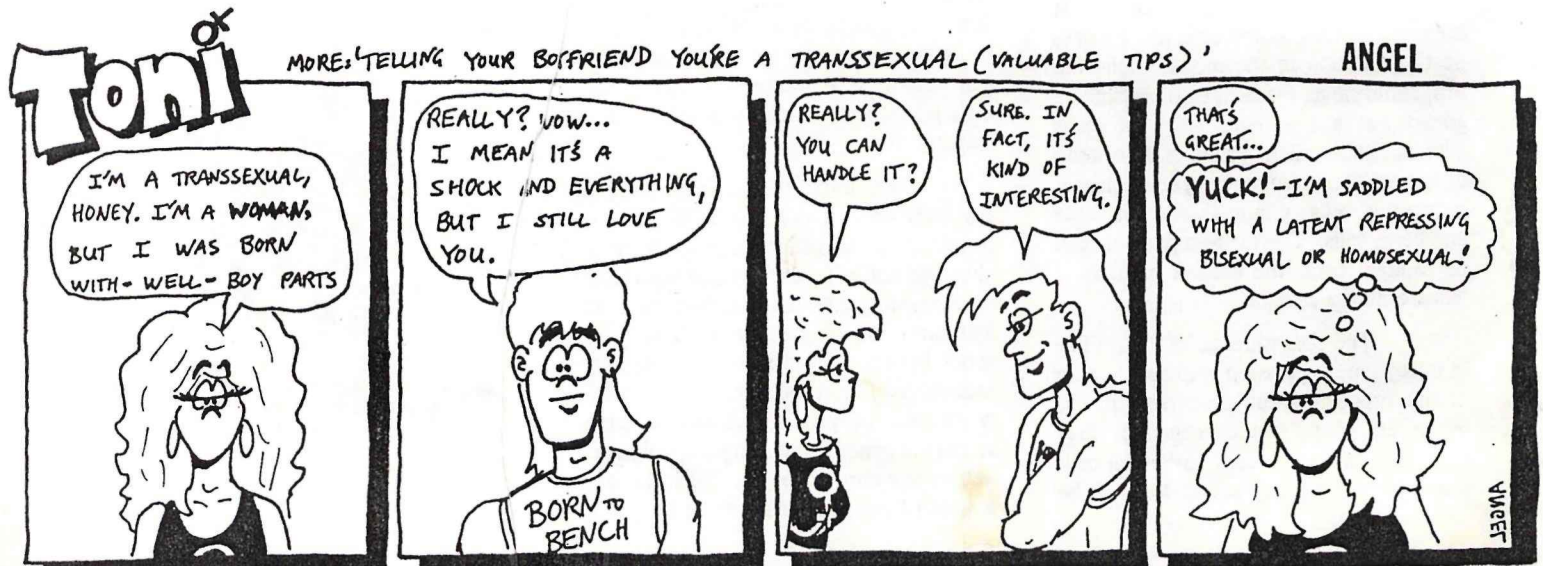
By JANE E. BRODY
The New York Times

'Civilized' people have long tolerated the dictates of fashion and dress codes that have forced children into movement-inhibiting uniforms and women into gut-gouging corsets, circulation-stopping hose and belts and ankle-breaking heels and platform soles. Men, too, have had a taste of garment prison, in the form of asphyxiating collars and ties, tight belts and long pants and jackets that have little regard for heat and humidity.

Headaches, varicose veins, corns and calluses, gastrointestinal distress, heat prostration and even vaginitis can result from attempts to "dress properly" or follow fashion trends. Tight pants can precipitate vaginitis or cause chafing. Whenever possible wear natural fabrics - cotton or silk - that breathe. Synthetics like nylon and polyester tend to hold heat and moisture near your body and can make you feel even hotter.

If you must wear a belt, choose one made of fabric, rather than leather or plastic. When it comes to stockings, whereas pantyhose are hot and increase sweating in the pelvic area, knee-high hose and socks with tight bands can foster varicose veins. And while cotton underpants may lack sex appeal, they are more comfortable and hygienic in hot weather. Shoes should be large enough to allow for swelling of the feet. Cushioned soles increase comfort.

MORE: 'TELLING YOUR BOYFRIEND YOU'RE A TRANSEXUAL (VALUABLE TIPS)'



HAIR TODAY, GONE TOMORROW**PART TWO...****(Or Don't Picket The Scabs)**

by Veronica Jean Brown

The following article about hair transplants is based upon both oral and written information given to me by Doctor Paul C. Cotterill, B.Sc., M.D., of Toronto and his office staff people.

The basic principle behind the tremendous success of hair transplanting is that the transplanted hair follicles (the roots and their accompanying tissue systems) will continue to behave and grow in the new site (the bald area or recipient site). Male pattern baldness is passed along through the genes of the mother and medical science recognizes a number of distinct pattern types of hair loss in the male. In other words, the surgeon takes the hair from a site that will not go bald and places it in an area where baldness has already occurred. The transplanted hair has been genetically programmed not to go dormant and continues on growing as it were still in the original site. Continuous growth of transplanted hair has been observed since 1958 and these originally transplanted graft plugs continue to grow in a healthy state today.

In addition to the standard types of male pattern baldness, other type of hair loss can be treated with success by this type of surgery.

It must be stated here that sometimes too much can be expected from the transplant procedure. At best, the final results after a series of proper surgeries will produce an effect equal to early hair thinning. In other words, don't expect to get back all that luxurious hair growth you may have had when you were a teenager. For those transsexual people with moderate hair loss, careful grooming in conjunction with a curly perm cut in a feminine style may be enough to go forth each day with enough "female" hair to get by with in society. In other cases, the wearing of a wig or a partial hairpiece cannot be avoided.

In the case of a partial or incomplete transplant procedure, if one favors the type of feminine hairstyle where the hair is loosely curled and worn up and away from the scalp, it will be possible to notice thin spots, or perhaps even see the plugs, or clusters of transplanted hairs. Wearing the hair down, forward or in a tightly curled style may help to prevent this.

Any area to be treated can usually be done completely in four sessions, with each successive graft series inserted in between those plugs from before, although a smaller fifth session (10 to 30 plugs) may be needed to completely fill in a thin area or used to refine the hairline. In some cases, only two sessions may be needed to fill in both sides of a slightly receded forehead. Area refers to either one third to one half of the head or crown. Transplanting both the front and crown areas usually needs 6 to 8 sessions.

It is highly advised that if one wishes to transplant both the front and vertex crown areas that an attempt be made to reduce the size of the bald area by one or more "alopecia reduction" (A.R.) operations (excision). By doing this, there is a better chance that the bald areas will be completely done before the donor plug site runs out.

The A.R. procedure is essentially a removal of the bald scalp and using the normal laxity of the surrounding scalp to close the gap. After a few weeks, the scalp will again have normal elasticity and the A.R. procedure can be done several times more if needed. The A.R. procedure may sound frightening to some, but is actually no more uncomfortable

than the actual transplant surgery itself. Some patients will have enough donor plugs available to transplant the entire bald area without even one A.R. operation.

After the transplant session is completed, a scab will form over each plug for seven to fourteen days. When the site is healed somewhat, the scab will fall off and leave a pinkish or red area (circle or elongated circle) that indicates the site of the transplant. If one uses a hairpiece to cover the recipient area after the first week, it should be worn as little as possible.

It is impossible to predict the number of hairs that will eventually grow from each plug but the hair stubs, which may average in number from eight to twelve, but sometimes as many as thirty, do not usually grow, though it may look like some are, and rarely a few of the follicles may actually continue growing hair, though most are shed between the second and eighth week after the procedure. Some or all of the hairs may come out with the scabs, or may fall out later. The follicles rest for a period of from ten to twenty weeks after the procedure during which time the stubs are shed and the graft sites are bare.

A new generation of hair is seen at the surface during the twelfth week after transplanting but these may occur earlier, or sometimes up to eight weeks later in some patients. The newly regenerated hairs will grow at the same rate as they did when in their original sites.

Contrary to what many patients have been told or led to believe, the scalp, whether hairy or bald, has an excellent blood supply. Some bleeding may occur during the procedure but it is easily controlled with application of simple pressure. Sutures are used to close up the donor area and these are removed five days to a week later.

Out of town patients are required to stay in Toronto overnight after the transplant procedure so the bandage can be removed and the area properly cleaned and examined the day following surgery.

Doctor Cotterill has never encountered a patient who showed no hair growth whatsoever. The skin surface of each grafts usually blends in with the surrounding scalp perfectly after four to six months. In some patients, the grafts may be a shade lighter until "aged" by sun exposure. The grafts are usually level with the surrounding scalp but are occasionally slightly elevated. Such elevated grafts may be flattened down with an electric needle which doesn't interfere with normal hair growth, but this occurs in one in one hundred patients.

In some cases, the front hairline may not be as perfect as a natural hairline where the hairs are very fine and sparse, because the transplanted hairs are coarser and the growth is slightly denser. These characteristics will not be noticed if the hair is styled to fall forward. How good the hairline is depends on a number of factors, but most importantly on how fine and light your hair is. The finer and lighter colored your hair is, the better will be the hairline.

I was surprised and delighted to see how Doctor Cotterill had defined my new hairline with a row of micro grafts beneath a row of closely spaced bisected plugs. He probably did this procedure because the total area to be grafted was not that large.

At \$35 per plug Canadian, this amounts to about \$29.75 in American funds, and for a session of 75 grafts, would be \$2231. And for an extra fifty bucks (Canadian) you could have dinner in the revolting restaurant atop the Canadian National Tower after you get the stitches removed, truly a fine way to top off minor out patient surgery.

TOP 10 WAYS... To Simulate the Appearance of Breasts

by Sonia

- 10- Don't need to (have real ones)
- 9- Tennis balls.
- 8- Water balloons (a bit messy)
- 7- Wads of Kleenex™
- 6- Breast enlargement surgery.
- 5- Wear baggy tops.
- 4- Oranges.
- 3- Expensive mastectomy prosthesis.
- 2- Modeling clay or Playdough™
- 1- Good ol' balled-up socks.

FAUX PAS FOR THE
FLEDGLING
TRANSVESTITE:
BALLOONS AS BREASTS
...especially while driving... **ARE A
NO-NO!**



I used to be
sane, but I got
better...

DOWN THE GARDEN PATH

(Or, The Times They Are a' Changing)

by Veronica Jean Brown

To preface this editorial, let me make the following statements: One, rumor has it that IFGE has offered to Sister Mary Elizabeth of J2CP Information Services, some kind of paid position. This offer was made in 1989 and would mean that Sister Mary would have to relocate in Eastern Massachusetts. Two: IFGE has also made an offer to a TS person from the Midwest to come in and take over management of the publications department at IFGE headquarters, again a paid position. Three: many of the regular attendees of the Twenty Club don't care when I write about political stuff.

So what led to all this? Well, Sister Mary Elizabeth did in fact visit me in late summer of last year, did in fact tell me she was receiving the Virginia Prince award, and did in fact say that she might not accept it, or if she did, would probably have some "choice words" to say to those in attendance at the 1990 IFGE convention.

Sister Mary also talked with me about the formation of an independent transsexual oriented information service, that would fully serve the needs of the transsexuals and other gender dysphoric people. And it was to that concept I've been writing about off and on, but no more.

What about being led down the proverbial garden path? Sister Mary did accept the Virginia Prince award, but it's a funny thing about the award, she said that no where on it did it have the name Virginia Prince. So I ask you, how do they know it was the Virginia Prince award?

And instead of an independent TS information service, Sister Mary appears to have changed her horse in mid stream and may join forces with IFGE. In her recent speech she gave at the BE ALL fling and as she describes it, "and in general worked to build/repair bridges between our respective minority groups".

To quote Dr. Roger Peo in a recent column reprinted in the July *Twenty Minutes*, "Perhaps the most difficult problem the transsexual community faces is long term continuity in leadership. Many transsexuals simply cannot afford to attend conventions. Without this visibility they are unable to influence the attitudes and actions of the larger community. Also, many transsexuals view the community as a transitory phase...When they have become successful members of the other gender, they disappear into the larger world."

Is this what Sister Mary has in mind by joining forces with IFGE? Has she finally realized that the "organized" transsexual community cannot stand alone without a majority core of perennial COers to organize, lead, party and hold everything together in a cohesive hierarchy? This is truly a noble attitude by her and shows what the human spirit can do for the good of the greater whole. It's noble for all the varied gender groups to join forces with the Lesbian and Gay groups, but as with GGs in the toilet debate, do THEY want us?

Who will benefit from the work of the gender community? Why those who actively participate of course. Not all gender leaders were created equal. They're human, remember. As Dr. Peo stated above, most transsexuals cannot afford to attend conventions. The next time you see Canon Jones at a Twenty Club meeting, ask him how many people go through the clinic without ever attending a Twenty Club meeting.

There are two types of gender leaders in the community, those who hold elected position and those who have a reputation. So what do the big frogs in the little gender pond get? Why don't you ask them. And what do all the little frogs who hop in and out of the gender pond get? Well, we hope at least a few juicy flies.

(EDITOR'S NOTE...This is the abridged version.)

How About the Church?

by Paula Louise Riordan

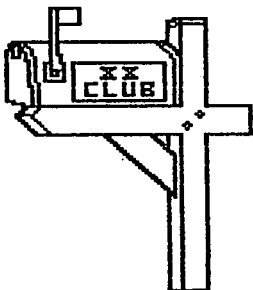
Many of the angry and bitter and sarcastic statements that Veronica Jean Brown makes against the Roman Catholic Church in almost every issue of *Twenty Minutes* undoubtedly derive from what must have been very painful experiences she has had in her own relationship with 'the Church'. It would be unfortunate however to conclude that all of us have had such experiences.

I, for one, have had very positive and helpful discussions about my situation with several understanding and sympathetic priests and nuns over the years. Oh, surely, I have spoken with some who did not understand and were not sympathetic, but I do not find lack of understanding or lack of sympathy for transsexuals to be the exclusive domain of the Roman Catholic Church community. Society at large does not understand and is not sympathetic, and quite frankly I'd sooner take my chances in confiding in a sincere Franciscan, Redemptorist or Jesuit priest than I would in many other so-called helping professionals I have known.

Perhaps one thing in my favor is that I have had more than an ordinary education in Catholic theology and Church history, having completed all but a dissertation for a Ph.D. in Catholic religious studies. This has helped me to view such outrageous events as the Crusades, the Inquisition, the persecution of Jews and heretics (and the Catholic Church was not the sole perpetrator of these crimes) in a human and historical context as the outcomes of rather complicated historical developments. Certainly we ought to condemn these crimes today, but the Church leaders today are no more responsible for them than we are.

It also helps me to understand that 'the Church' is not to be identified with some priest or theologian or Bishop who is persecuting me, or who is wisely or unwisely trying to cover up the sins of a debauched priest. The Church is a community of millions of people and will always include some who are saints, and many who are sinners, and among the latter we will find some priests and bishops, and yes sometimes a Pope.

There are many aspects of Church life and doctrine that many people take exception to, and even within the Church community today there are many disagreements and disputes that will not be easy to resolve. To simply ridicule such difficult issues as the teaching authority of the hierarchy, without critical analysis, is entirely naive.



Dear Friends:

I would like to thank you for awarding me the Christine Jorgensen Award for 1990. Also, let me apologize for my untimely delay in responding to your thoughtfulness.

The award is beautiful and has found a warm place on the wall of my room. I will cherish it for years to come. There are, however, so many more deserving people than I out there. I hope that in the coming years you will recognize each and everyone of them.

Again, thank you.

Nor do I think that shrill, hostile attacks against the Church will in the long run do us any good and can in fact aggravate our alienation from some of the mainstreams of life. Like it or not, the Catholic Church is here to stay and will continue to be the place where millions of people, including myself, will find a satisfying religious experience.

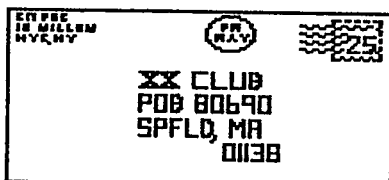
The Church authorities have never been known for dealing with difficult issues quickly and we are a small minority and our transsexualism, as a real and valid condition for us, has only been clearly articulated in recent years. The majority of people in the world, never mind the Church, have yet to learn that our situation is not an arbitrary, frivolous or capricious choice and that we are not simply weird or perverse people.

I believe that as time goes on we will find an increasing number of priests and theologians and even a few bishops who will be willing to consider our situation with an open mind. And rather than put them off with vitriolic attacks on the foibles and the sins of the Church, we ought to present ourselves as the sincere, honest and wholesome people we really are, and let the Church authorities come to terms with us as soon as they must.

I say sooner or later because we, too, are here to stay. We do not need the Church's permission to be who we are, and to do what we have to do. If we are persecuted, we have to know that we are not the first nor will we be the last to "suffer persecution for justice sake" at the hands of religious leaders who think they are doing 'the right thing'. (Jesus, himself, could tell us about it.)

With regard to S.R.S., my personal situation at this time makes it difficult for me to go the whole way. But when the time comes, I will not bow down to anyone to confess it as a sin, or promise not to do it again (even in her rage, Veronica never loses her sense of humor). Within the context of contemporary moral principles I have no difficulty in perceiving S.R.S. as an appropriate medical intervention for us, and it doesn't bother me that some theologians might not agree.

Neither does it matter to me whether the Church authorities will ever get around to treating me fairly or not. I am who I am and I do what I must do in good conscience with in the context of my religious faith and in the Church.



In His lovingkindness,

Sr. Mary Elizabeth, SSE
Sr. Mary Elizabeth, SSE

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J2CP Information Services

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J2CP INFORMATION SERVICES provides information/referral services formerly provided by the JANUS Information Facility and its predecessor, the Erickson Educational Foundation, and Renaissance: Gender Identity Services.

J2CP INFORMATION SERVICES provides an information package consisting of pamphlets concerning gender dysphoria syndrome, in particular transsexualism. This package is available for a donation of \$30.00, to cover research, printing, first class postage, and secretarial services.

Additionally, J2CP INFORMATION SERVICES will attempt to provide referrals to reputable counselors, psychotherapists, or gender programs, and peer groups near your home.

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