

Review of: "Sex Reassignment and Gender Misfits"

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Potential competing interests: No potential competing interests to declare.

Congratulations on your article, it highlights that we must aspire to a society in which each person can live their gender without the need of medicalization or surgery.

I think that the article should emphasize that the medical model, previously referred to, is outdated, that there are models of care for trans and non-binary people whose objective is not passing, but adapting to the expressed needs, which are diverse, in an individualized and flexible way to obtain the emotional well-being of the person, understanding that all bodies are valid, beyond the dichotomic goals of a traditional binary model^{1,2}.

Medicalization is not the only option. Professionals are actively engaged in the empowerment of the person, motivating and reinforcing any progress in self-acceptance of one's own body, promoting the least amount of medicalization or surgery possible and even the suspension of treatment. However, in this rigid gender system, finding your place and expressing how you are and feel is not easy. It is difficult for them to expose themselves to live with a body image that contravenes convention³. We need to promote change in society and embracing the diversity of trans and non-binary individuals in the perception of their bodies, gender expressions or gender identities outside the social norm.

Sincerely,

References

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