

**Mayo Clinic News Network Headline**

**June 2015**

**Transgender Terminology**

**Video**

**Audio**

<b>Vivien Williams</b>	Hi I'm Vivien Williams with a Mayo Clinic News Network Headline.
	The transgender conversation has been in the news a lot lately. In order to be informed and improve the dialogue, it's important to understand the terminology.
<b>sot:</b> <b>Todd Nippoldt, M.D.</b> <b>Mayo Clinic endocrinology</b>	"The terminology is cumbersome and it's always changing."
	Mayo Clinic doctor Todd Nippoldt breaks down these terms for us: transgender, gender, biological sex, sexual orientation, transsexualism and gender dysphoria mean.
<b>sot:</b> <b>Todd Nippoldt, M.D.</b> <b>Mayo Clinic endocrinology</b>	"Transgender is used as the accepted terminology and that's kind of the umbrella term that covers this entire spectrum of gender identity and any kind of incongruence of biological sex."
	"Gender is one's sense of being male or female. It's an inside thing that they've likely been born with and it really is unusual to change."
	Biological sex is different. It describes the body with which you were born.
<b>sot:</b> <b>Todd Nippoldt, M.D.</b> <b>Mayo Clinic endocrinology</b>	"In most people those match. The body of a male matches the gender identity of a male. But there are people and there have been people throughout history and all society where that inner sense of gender identity does not match their biological sex."
	Sexual orientation is completely separate from gender – the sex you identify with, or biological sex – the body with which you were born.
<b>sot:</b> <b>Todd Nippoldt, M.D.</b> <b>Mayo Clinic endocrinology</b>	"Sexual orientation is the sex that that person is attracted to."

	Another term is Sexual Dysphoria. It's a medical term that describes the condition that drives many transgender people to seek medical help
<b>sot:</b> <b>Todd Nippoldt, M.D.</b> <b>Mayo Clinic endocrinology</b>	"It's not a disease. We're not seeing them to fix this. The medical issues and psychological issues come from not being accepted in society."
<b>sot:</b> <b>Todd Nippoldt, M.D.</b> <b>Mayo Clinic endocrinology</b>	"The dysphoria often manifests as anxiety, depression, sometimes substance abuse, self harm."
	Dr. Nippoldt says the term transsexual is being phased out of the vocabulary. It referred to...
<b>sot:</b> <b>Todd Nippoldt, M.D.</b> <b>Mayo Clinic endocrinology</b>	"An individual who was transgender, but who made changes, either hormonally or surgically to match their inner identity."
<b>Vivien Williams on-camera</b>	Dr. Nippoldt says, yes, the terminology is confusing. But learning it is key to understanding.
<b>Vivien Williams on-camera</b>	And that's today's Mayo Clinic News Network Headline, I'm Vivien Williams