

Ruben Hopwood, PhD

is the Program Coordinator of the Fenway Health Transgender Health Program. The Transgender Health Program provides support and care to patients with gender concerns. The program also supports Fenway Health staff and providers by offering trainings on sensitivity in caring for gender diverse populations.

Transgender patients face a number of challenges in accessing health care. These challenges may include, but are not limited to, traveling far distances for care, medical record and legal name documentation, and issues with housing, employment, discrimination and social supports.



Gender dysphoria, or gender identity disorder, is the distress a person experiences as a result of the sex and gender they were assigned at birth.



Improving access to excellent and relevant health care generally improves anyone's life and well-being, and the gender diverse patient population is no exception. When we are able to provide excellent, gender-affirming care and model empathy and respect that normalizes the challenges of experiencing and treating gender dysphoria, we are able to offer patients and families a way to improve health and decrease stress and the impact of stigma and discrimination in their lives. This leads to improved quality of life and reduced health disparities. Everyone benefits."

—Ruben Hopwood, PhD