

EXCLUSIVE: Whistleblower exposes hospital for performing genital sex change surgeries on minors



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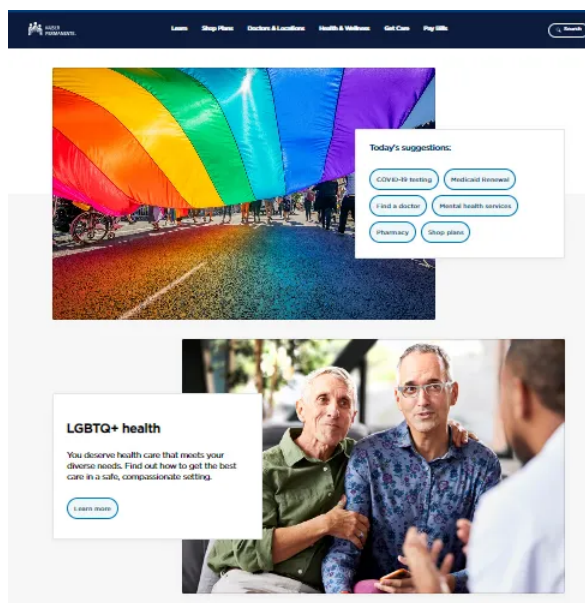


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[Kaiser Permanente](#), a healthcare company with hospitals across the United States, issued a mandatory training course for all Kaiser employees in Southern California. The course covered topics on “gender-affirming care,” which included information on mastectomies, hysterectomies, vaginoplasties, and phalloplasties. Internal documents indicated that these procedures are allowed to be performed on minors. The training also offered tips for proper binding and tucking.



Kaiser Permanente's homepage

The presentation began with an introduction on *The Platinum Rule*: someone is the gender they say they are when they say they are regardless of their transition process. It also emphasized that gender-affirming surgeries or hormones are not necessary for one to transition. Essentially, Kaiser Medical is instructing its nurses to follow arbitrary guidelines rather than the science itself.

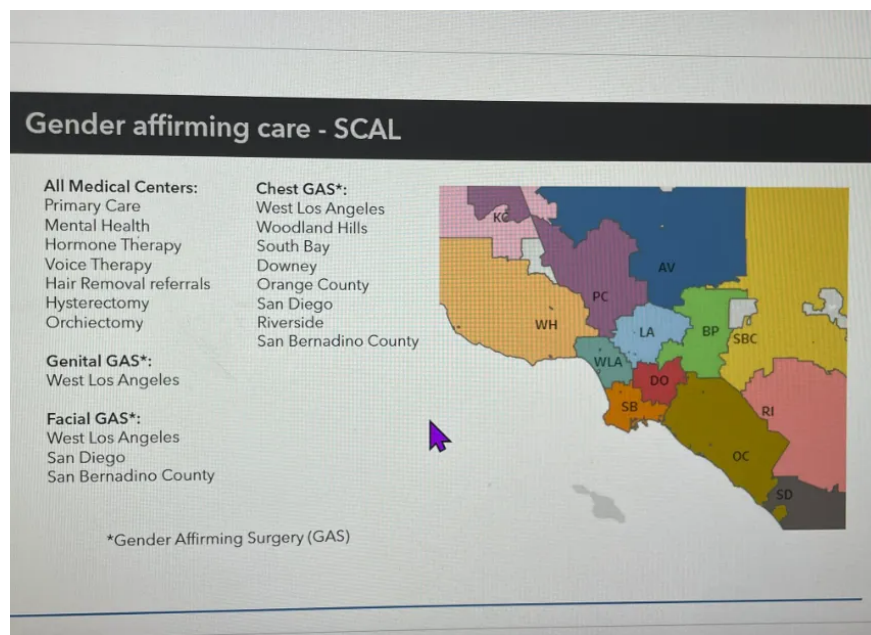
The Platinum Rule

- Someone is the gender they say they are, when they say they are regardless of their transition process.
- Every transition is different and may or may not involve gender affirming surgery or hormones.



Slide from mandatory staff training

Nurses were also given information on which Kaiser hospitals perform gender-affirming surgeries and issue hormone therapy. Adolescents can get hysterectomies, orchiectomies and hormone therapy at all Kaiser locations. Genital and chest surgeries are offered at some of Kaiser's medical centers across California and Hawaii.



Slide from mandatory staff training

The criteria for Mastectomies is minimal. Girls under the age of eighteen are eligible for the surgery, as long as they receive parental consent and one letter within twelve months. Hormone therapy is not required to undergo the procedure, but it is required for hysterectomies (removal of the uterus), and orchiectomies (removal of the testicles). Adolescents can also receive "gender-affirming" estrogen and testosterone therapy, which can [affect fertility and sexual function, and might lead to health problems.](#)

Mastectomy (Chest Reconstruction)

- 1 letter within 12 months
- If taking hormones, testosterone level <900 and prescribed and monitored by a physician
- Highly encourage mammogram over age 40
- BMI <40 for consult (surgeon may recommend further weight loss)
- If <18 years old, parental consent

For procedures below, patients <18 years should be on hormones for at least 1-2 years, have parental consent, and approval from the Complex Case Committee

Tracheal Shave

- 1 letter within 12 months
- If on hormones, estrogen <251 and prescribed and monitored by a physician
- Photos 1) Front view 2) Profile view uploaded to kp.org by patient
- If <18 years old, on GAHT 12+ continuous months and parental consent

Facial Surgery

- 1 letter within 12 months
- Hormones 6+ months prescribed and monitored by a physician
- GAHT: Estrogen level 50-250 or Testosterone level 240-900
- Photos 1) Front view 2) Profile view uploaded to kp.org by patient
- If <18 yrs old, on GAHT 12+ continuous months and parental consent

Slide from mandatory training

Gender Affirming Estrogen Therapy for Adolescents FAQ

Gender Health Services for Adolescents

What is estrogen therapy?

Estrogen therapy is a type of gender affirming medical care that some transgender, nonbinary, and gender diverse people use to affirm their identity and bring about physical and emotional changes.

Estrogen therapy will create or increase physical changes that are more feminine.

Do I need to take estrogen?

For some people, the changes that come with estrogen can be gender affirming and support their gender identity and expression. Others feel that estrogen is not needed to affirm their gender identity.

Hormone therapy is not required to change your legal gender marker in California.

What are the effects of estrogen therapy?

Effects of Estrogen Therapy	Expected Onset	Expected Max Effect
Body fat changes (more fat around hips, thighs and buttocks)	3-6 months	2-5 years
Decreased muscle mass	3-6 months	1-2 years
Softening of skin/less oily skin	3-6 months	Unknown
Decreased sex drive/desire	1-3 months	Unknown
Decreased spontaneous erections	1-3 months	3-6 months

Effects of Estrogen Therapy	Expected Onset	Expected Max Effect
Less sperm production and infertility*	Unknown	2 years
Breast growth*	3-6 months	2-5 years
Smaller testicles*	3-6 months	Variable
Thinning and slower facial/body hair growth	6-12 months	Less than 3 years
Voice changes	None	N/A

*Changes may be irreversible after hormones are stopped. Timing will vary by individual. Ranges are based on clinical experience.

Effects of Estrogen Therapy

When will you see the effects of estrogen therapy?

- It may take several months after beginning estrogen therapy to notice changes, though some people may experience changes more quickly or slowly.
- It may take 2-5 years for all physical changes to take place.
- Some changes from estrogen are permanent, even if you stop taking it. Other changes are not permanent and will reverse over time once off the medication.

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Slide from mandatory training

Gender Affirming Testosterone Therapy for Adolescents FAQ

Gender Health Services for Adolescents

What is testosterone therapy?

Testosterone therapy is a type of gender affirming medical care that some transgender, nonbinary, and gender diverse people use to affirm their identity and bring about physical and emotional changes.

Testosterone therapy will create or increase physical changes that are more masculine. Hormone therapy is not required to change your legal gender marker in California.

Do I need to take testosterone?

For some people, the changes that come with testosterone can be gender affirming and support their gender identity and expression. Others feel that testosterone is not needed to affirm their gender identity.

What are the effects of testosterone therapy?

Effects of Testosterone Therapy	Expected Onset	Expected Max Effect
Skin oiliness	1-6 months	1-2 years
Facial/body hair growth*	6-12 months	Less than 5 years
More muscle mass/strength	6-12 months	2-5 years
Body fat changes (distributed to upper body and trunk)	1-6 months	2-5 years
Period (menses) stops	1-6 months	1-2 years

Effects of Testosterone Therapy	Expected Onset	Expected Max Effect
Growth of clitoris*	1-6 months	1-2 years
Thinning of the vaginal tissue	1-6 months	1-2 years
Deeper voice*	1-6 months	1-2 years
Growth of the Adam's Apple (thyroid cartilage)*	6-12 months	4-5 years
Scalp hair loss*	Variable	Variable

*Changes may be irreversible even after hormones are stopped. Timing will vary by individual. Ranges are based on clinical experience.

Effects of Testosterone Therapy

When will you see the effects of testosterone therapy?

- It may take several months after beginning testosterone therapy to notice changes, though some people may experience changes more quickly or slowly.
- It may take 2-5 years for all physical changes to take place.
- Some changes from testosterone are permanent, even if you stop taking it. Other changes are not permanent and will reverse over time once off the medication.

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Slide from mandatory training

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Boys under eighteen years old are eligible to receive vaginoplasties if they have parental consent and have been on hormones for at least one year. Girls can get phalloplasties under the same guidelines. Many medical organizations, such as the [Endocrine Society](#), advise against genital surgeries for minors, due to the irreversible nature of the procedure. Kaiser Medical believes minors are capable of making life-altering decisions, contrary to the belief of many medical professionals.

Gender-Affirming Procedure Guide

INTERNAL USE ONLY - DO NOT DISTRIBUTE

Vaginoplasty

- 1 letter within 12 months
- Hormones 6+ months or longer, prescribed and monitored by a physician
- Estrogen level 50-251
- BMI<40 for consult (surgeon may recommend further weight loss)
- If <18 years old, on GAHT 12+ continuous months and parental consent

Metoidioplasty, Phalloplasty

- 1 letters within 12 months
- Hormones 12+ months or longer, prescribed and monitored by a physician
- Testosterone level 240-900
- BMI<40 for consult (surgeon may recommend further weight loss)
- If <18 years old, on GAHT 12+ continuous months and parental consent

Slide from mandatory training

Health advisors also warn against the [side effects](#) of binding and tucking. Binding is the practice where tissues on the chest are compressed to create a flatter appearance. Binding for long periods of time can cause damage to the chest and restrict breathing. In one slide, the hospital offers tips on how to properly bind one's chest and what materials to use for it. They also presented methods for safe tucking. This practice requires maneuvering the testicles, penis and scrotum to create a smoother crotch area. UTIs and skin irritation are common side effects of tucking, yet Kaiser Medical encourages this practice amongst its patients.


Safer Binding

Southern California Gender Health Program Updated April 2020

What is binding?
Binding is a practice where the tissues on the chest are compressed to create a flatter, smoother contour.

What should I use to bind?
Binders are form-fitting undergarments made of breathable materials (cotton, nylon, spandex, etc). The binder should be fitted but not so tight that it crushes the ribcage or causes issues with breathing.

What should I avoid?
Do not use duct tape or Ace bandages as they can cause irritation, restrict breathing and cut off circulation.



Important tips:

- Limit binding to **less than 8 hours at a time**. Binding for extended periods of time can cause damage to the chest tissue and restrict breathing.
- **Do not sleep** with a binder on.
- Wash your binders regularly to reduce the risk of irritation, rash and infection.
- Skin irritation due to increased heat and sweat can occur. Check your skin daily and avoid binding if irritation occurs. If you develop a painful rash with drainage or other signs of infection, contact your provider.

Slide from mandatory training

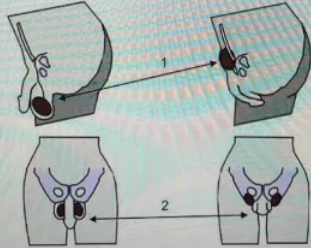
Safer Tucking

Southern California Gender Health Program Updated April 2021

What is tucking?
Tucking is a practice where the testicles (if present) are moved into the inguinal canal and the penis and scrotum are moved to the back in the perineal area (or groin) for a visibly smooth contour of the crotch area.

What should I use to tuck?
Form-fitting underwear or a special undergarment is worn to maintain this alignment.

What should I avoid?
Do not use tape or adhesives directly to the skin as they can cause irritation and cut off circulation.

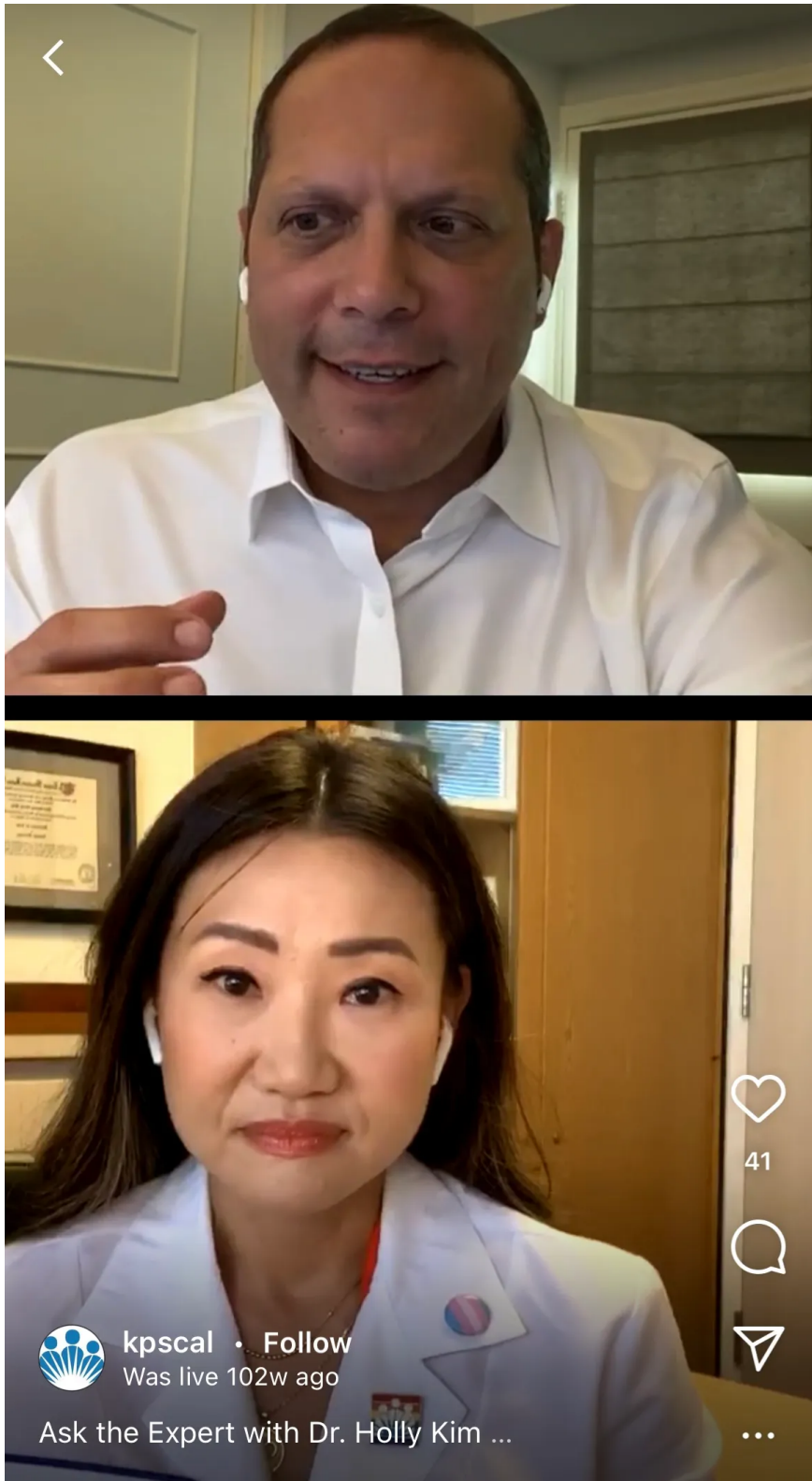


Important Tips:

- Tucking is associated with an increased risk of urinary tract infections (UTIs). Limit tucking to **less than 4 hours at a time** and make sure to urinate throughout the day.
- Skin irritation due to increased heat and sweat can occur. Check your skin daily and avoid tucking if irritation occurs. If you develop a painful rash with drainage or other signs of infection, contact your provider.

Slide from mandatory training

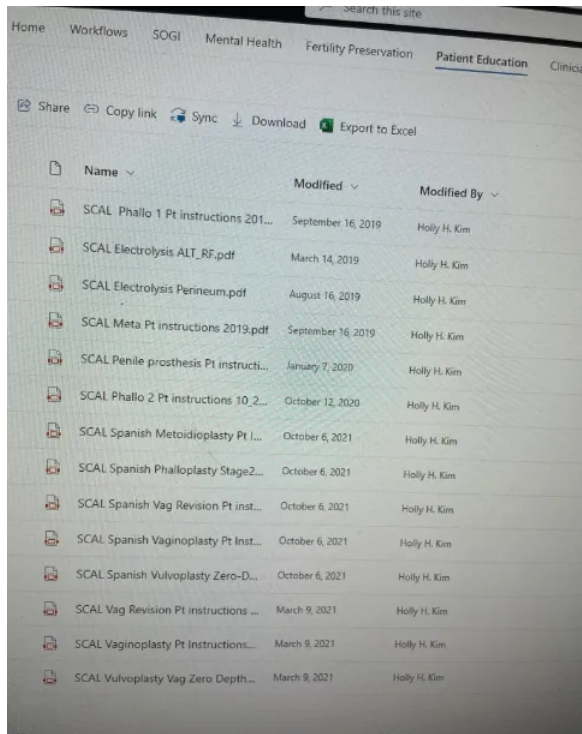
[Dr. Holly Hyokyung Kim](#) is a transgender care physician at Kaiser Permanente's West Los Angeles Medical Center. Although she specialized in infectious disease care, Dr. Kim is now in charge of transgender care and has [no background](#) in general surgery, urology or endocrinology. In a discussion featured on Kaiser Permanente's [Instagram page](#), Dr. Kim admits she received no training for transgender care while in medical school but "jumped at the chance" to join Kaiser Permanente's transgender care program when it first opened. She feels it is "truly an honor" to be alongside patients who choose to medically transition. Dr. Kim also believes that society has the responsibility to bring transgender people to the center of culture. "We as a culture, as a society have now only started to acknowledge that gender diversity, sexual diversity, is just part of the beautiful mosaic that makes up human kind," she said.



Dr. Holly Kim in conversation with Kaiser Medical of Southern California

Dr. Kim thanked Kaiser Permanente's executive leadership for its support in helping the institution lead the charge in providing gender-affirming care and "show there is value" in providing such services. Leaked internal documents reveal Dr. Kim authored patient instructions on various procedures, such as chest surgery, genital surgery and hormone therapy. She also provided instructional documents on vaginoplasties, vulvoplasties, penile prosthetics, and

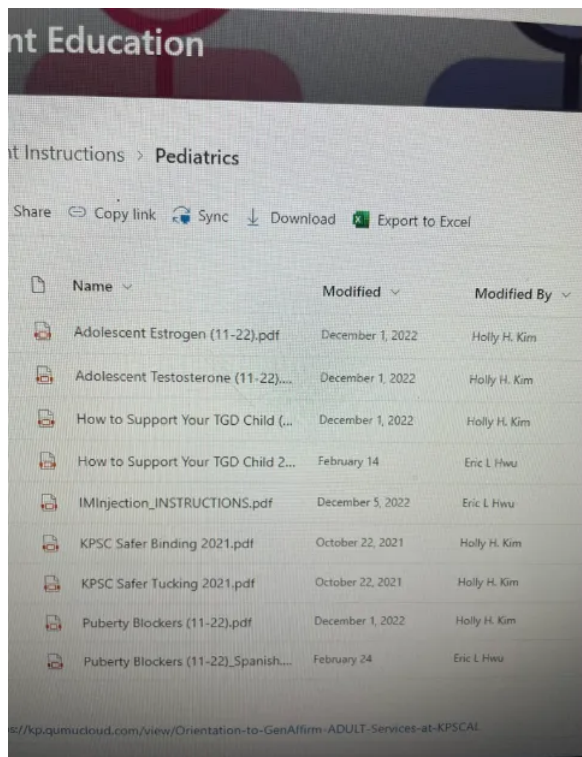
phalloplasties. More screenshots show internal communications on puberty blockers and “how to support your TGD (transgender and gender-diverse) child”



A screenshot of a web-based file management interface. At the top, there is a navigation bar with links: Home, Workflows, SOGI, Mental Health, Fertility Preservation, Patient Education, and Clinical. Below the navigation bar, there are action buttons: Share, Copy link, Sync, Download, and Export to Excel. The main content area displays a table of files. The table has three columns: Name, Modified, and Modified By. The files listed are all PDF documents related to transgender procedures, such as 'SCAL Phallo 1 Pt instructions 201...', 'SCAL Electrolysis ALT_RF.pdf', 'SCAL Electrolysis Perineum.pdf', 'SCAL Meta Pt instructions 2019.pdf', 'SCAL Penile prosthesis Pt instructi...', 'SCAL Phallo 2 Pt instructions 10_2...', 'SCAL Spanish Metoidioplasty Pt I...', 'SCAL Spanish Phalloplasty Stage2...', 'SCAL Spanish Vag Revision Pt inst...', 'SCAL Spanish Vaginoplasty Pt Inst...', 'SCAL Spanish Vulvoplasty Zero-D...', 'SCAL Vag Revision Pt instructions ...', 'SCAL Vaginoplasty Pt Instructions...', and 'SCAL Vulvoplasty Vag Zero Depth...'. All files were modified by 'Holly H. Kim' at various dates from September 2019 to March 2021.

Name	Modified	Modified By
SCAL Phallo 1 Pt instructions 201...	September 16, 2019	Holly H. Kim
SCAL Electrolysis ALT_RF.pdf	March 14, 2019	Holly H. Kim
SCAL Electrolysis Perineum.pdf	August 16, 2019	Holly H. Kim
SCAL Meta Pt instructions 2019.pdf	September 16, 2019	Holly H. Kim
SCAL Penile prosthesis Pt instructi...	January 7, 2020	Holly H. Kim
SCAL Phallo 2 Pt instructions 10_2...	October 12, 2020	Holly H. Kim
SCAL Spanish Metoidioplasty Pt I...	October 6, 2021	Holly H. Kim
SCAL Spanish Phalloplasty Stage2...	October 6, 2021	Holly H. Kim
SCAL Spanish Vag Revision Pt inst...	October 6, 2021	Holly H. Kim
SCAL Spanish Vaginoplasty Pt Inst...	October 6, 2021	Holly H. Kim
SCAL Spanish Vulvoplasty Zero-D...	October 6, 2021	Holly H. Kim
SCAL Vag Revision Pt instructions ...	March 9, 2021	Holly H. Kim
SCAL Vaginoplasty Pt Instructions...	March 9, 2021	Holly H. Kim
SCAL Vulvoplasty Vag Zero Depth...	March 9, 2021	Holly H. Kim

Internal documents show transgender procedures



A screenshot of a web-based file management interface. At the top, there is a navigation bar with links: Home, Workflows, SOGI, Mental Health, Fertility Preservation, Patient Education, and Clinical. Below the navigation bar, there are action buttons: Share, Copy link, Sync, Download, and Export to Excel. The main content area displays a table of files. The table has three columns: Name, Modified, and Modified By. The files listed are all PDF documents related to transgender procedures, such as 'Adolescent Estrogen (11-22).pdf', 'Adolescent Testosterone (11-22)...', 'How to Support Your TGD Child (...', 'How to Support Your TGD Child 2...', 'IMInjection_INSTRUCTIONS.pdf', 'KPSC Safer Binding 2021.pdf', 'KPSC Safer Tucking 2021.pdf', 'Puberty Blockers (11-22).pdf', and 'Puberty Blockers (11-22)_Spanish...'. All files were modified by 'Holly H. Kim' at various dates from December 2021 to February 2022. The URL at the bottom of the page is 'https://kpqumcloud.com/view/Orientation-to-GenAffirm-ADULT-Services-at-KPSCAL'.

Name	Modified	Modified By
Adolescent Estrogen (11-22).pdf	December 1, 2022	Holly H. Kim
Adolescent Testosterone (11-22)...	December 1, 2022	Holly H. Kim
How to Support Your TGD Child (...	December 1, 2022	Holly H. Kim
How to Support Your TGD Child 2...	February 14, 2022	Eric L. Hwu
IMInjection_INSTRUCTIONS.pdf	December 5, 2022	Eric L. Hwu
KPSC Safer Binding 2021.pdf	October 22, 2021	Holly H. Kim
KPSC Safer Tucking 2021.pdf	October 22, 2021	Holly H. Kim
Puberty Blockers (11-22).pdf	December 1, 2022	Holly H. Kim
Puberty Blockers (11-22)_Spanish...	February 24, 2022	Eric L. Hwu

Internal documents show transgender procedures

Many staff members at Kaiser Medical admit they are horrified at the surgeries performed on children, but have no choice but to keep quiet or risk losing their jobs. Some fear that they would be labeled bigots if they brought up the amount of transgender complications they have witnessed over the years. Libs of TikTok reached out to Kaiser Permanente to inquire about the

mandatory training and gain clarity on why Kaiser Medical performs life-altering surgeries on children, contrary to the recommendation of many medical professionals. We did not receive a response to our request for comment.



261 Likes · 21 Restacks

18 Comments



Write a comment...



Free Florida Female Jun 12

This is a "first world problem," and I notice it is especially prevalent among white, upper middle class children. The mothers I have observed seem to enjoy the attention and I can't help but think Munchausen Syndrome by Proxy.

♡ LIKE (84) 💬 REPLY ...

6 replies



Brad Writes Euphoric Recall Jun 12

One needn't be a bona fide psychologist to understand that a young person who comes to see him or herself as transgender might be experiencing social or emotional problems that precede concerns about their gender identity, or is simply under the influence of a peer contagion. What gender-affirming care really means is sacrificing a kid's psychological and emotional needs for the sake of a political and ideological stance. It's the abdication of adult responsibility toward kids.

<https://euphoricrecall.substack.com/p/gender-ideology-is-toxic-nonsense>

♡ LIKE (48) 💬 REPLY ...

1 reply

16 more comments...