

**TRANSEXUALITY IN MALAYSIA: HEALTH MAINTENANCE OF
TRANSSEXUALS AFTER TRANSFORMATION**

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ABSTRACT

Introduction: Transsexuality refers to a man or women who have taken a medical step to change their physical appearance. Although sexual health after genital surgery is an important outcome factor for many transsexual persons, little consideration has been recognized on this matter.

Methodology: A descriptive cross-sectional quantitative study design was used to find out the pre and post health maintenance of the transsexual individuals in two selected areas of Chang Kat and Bukit bintang. Self-administered structured questionnaire was used to collect the data from 30 respondents. The questionnaire focused on demographic features, lifestyle, occupation and income, source information, influencing factors, place of treatment, pre-treatment and post-treatment experiences, respondents in terms of current health status and health maintenance.

Results: Most of the trans people live a healthy life. Majority of the respondents said that their current health status was exceptional, with 65% and them indicating that they were currently on excellent physical and psychological health status, and also 35% of respondents showed that they were on good physical and psychological health status. None of them indicated to have a poor health status. About 65% of the respondents also did consultations and regular checkups before and after transformations, and 45% of them consulted medical doctors for advice on treatment.

Conclusion: Trans are believed to be having medical and social problems, but the results showed that on the health maintenance that is not completely correct. Even though there is a large area that needs to be covered on the health of transsexuals, their way of health maintenance and everyday life is satisfying.

Key words: (SRS, Health maintenance, Transsexuality, hormonal therapy, sexual transmitted diseases).