

□ How Transmedicalism Harms the Trans Community

Transmedicalism is the belief that being transgender is contingent upon experiencing gender dysphoria and pursuing medical transition. This ideology, often associated with terms like “truscum,” has been widely criticized within the trans community for its exclusionary and harmful effects.

What Is Transmedicalism?

Transmedicalism posits that only individuals who experience gender dysphoria and seek medical interventions—such as hormone replacement therapy (HRT) or surgeries—are “truly” transgender. Proponents often use the term “truscum” to describe themselves, implying that others who do not meet these criteria are “fake” or “not really trans.”

Why Is Transmedicalism Harmful?

1. Excludes Nonbinary and Gender-Variant Identities

Transmedicalism invalidates the identities of nonbinary, agender, and other gender-nonconforming individuals. It enforces a binary and medicalized view of gender, disregarding the diverse ways people experience and express their gender identities.

2. Reinforces Cisnormativity and Medical Gatekeeping

By equating transness with medical transition, transmedicalism perpetuates cisnormative standards and supports medical gatekeeping practices. This can lead to unnecessary barriers for those seeking gender-affirming care and reinforces the notion that one's gender identity is only valid if it aligns with certain medical criteria.

3. Perpetuates Harmful Stereotypes

Transmedicalist rhetoric often labels nonbinary individuals as “transtrenders,” accusing them of faking their gender identity for attention. This not only stigmatizes nonbinary people but also contributes to broader societal misconceptions and discrimination against all trans individuals.

4. Ignores Structural Barriers to Care

Many trans individuals face systemic obstacles in accessing gender-affirming care, including financial constraints, discrimination, and lack of insurance coverage. Transmedicalism overlooks these challenges by focusing solely on medical transition as the benchmark for trans identity, thereby

marginalizing those who cannot or choose not to pursue such paths.

5. Undermines Community Solidarity

By promoting a narrow definition of transness, transmedicalism fosters division within the trans community. It creates an environment where individuals are pitted against each other based on their personal experiences and choices regarding gender identity and expression.

Embracing an Inclusive Understanding of Transness

It's essential to recognize that transness encompasses a broad spectrum of identities and experiences. Validating all forms of gender identity, including nonbinary and gender-nonconforming individuals, is crucial for fostering a supportive and inclusive community. Rejecting transmedicalism means embracing the diversity within the trans community and advocating for the rights and recognition of all trans individuals, regardless of their path or identity.

Resources for Further Reading

- [Truscum and Transmedicalism Explained: Everything You Need to Know About the Online Discourse](#)
- [What is transmedicalism and why is it harmful? - PinkNews](#)
- [The Trap of Transmedicalization \(PDF\)](#)
- [Transmedicalism is a plague upon all trans people and it must be stopped - Tumblr](#)

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