

January 29, 2023

House Judiciary Finance and Civil Law Committee
State Office Building
100 Rev. Martin Luther King Jr. Blvd.
St. Paul, Minnesota 55155

Re: HF 146

Dear Members of the Committee,

My name is Rachel Foster. When I was 21, I sought help from a gender affirming therapist in Minneapolis. After only a few weeks, I was diagnosed with gender identity disorder and was referred by my therapist to a general practitioner who put me on anabolic steroids within two weeks. Prior to transitioning, I had been diagnosed with schizophrenia at 17, as well as major depression and PTSD later on. I told my therapist about my diagnoses, but I was never medicated for these conditions.

I also was not encouraged to seek help from a psychiatrist. Instead, I was fast-tracked into transitioning, which later caused me to have renal failure, three mini-strokes, endometriosis, and ovarian failure. I live with joint pain from the depletion of bone density. I have atrophy in my vagina and my vocal chords are damaged. This is the future for children who are set on the path of transition- a lifetime of health concerns, hospital bills, and continued mental health issues.

Please consider the unknown risks of this experimental treatment. No one, child or adult, should suffer the experiences I have had due to malpractice and negligence. Thank you for your time.