



RE: Kai Ladue

DOB: 10/20/2011

To Whom It May Concern:

Kai Ladue, is a patient in my care at Zombie Therapist, Stephanie Lay, LMFT 126126, I have been providing regular assessment and evaluation for patients seeking gender affirming care for the past 5 years. He originally established care with me on December 21, 2023. Kai has a trans demi boy gender identity, using he/they pronouns, which is well established and stable. He notes he first knew his gender identity differed from his birth assigned sex at 10 years old. He has been consistently and successfully living in the gender role congruent with their identity since at least November 2022. By my independent evaluation, I have diagnosed them with Gender Dysphoria (ICD-10 F64.1/F64.9). He reports symptoms of anxiety, which he feels are exacerbated by his Gender Dysphoria. Kai has expressed a persistent desire for hormone replacement therapy. He has sufficient family and social support to move through the gender affirming care process. They have stable housing with his parents in San Francisco.

Kai is aware of the irreversible nature, possibility of regret, risks and benefits of hormone replacement therapy. Kai is well-informed about the potential consequences and considerations associated with hormone replacement therapy, including the potential loss of fertility, and has engaged in thorough discussions with his healthcare provider to make informed decisions regarding his gender transition journey. I believe Kai would benefit greatly both medically and psychologically from hormone replacement therapy. This procedure has been defined as medically necessary by the World Professional Association for Transgender Health.

Additionally, Kai Ladue is medically stable for hormone replacement therapy. His medical history is unremarkable making him an excellent candidate for hormone replacement therapy. BMI is 18.6. He does not smoke cigarettes or drink excessive alcohol, and is not at risk of or an active user of illicit drugs or drugs of



abuse. He has a diagnosis of ADHD (F90) that is well managed and does not impact his ability to understand or consent to hormone replacement therapy.

Kai Ladue has met the WPATH SOCV8 criteria for hormone replacement therapy. I feel he has the capacity to provide informed consent for hormone replacement therapy, and that he is ready, appropriate and medically clear for this hormone replacement therapy. I hereby recommend and refer Kai Ladue for hormone replacement therapy. Please feel free to contact me with any questions or concerns.

Sincerely,

A handwritten signature in black ink that reads 'Stephanie Lay'.

Stephanie Lay, MA

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