

Member Profile:

This is our first installment in what we plan to be a series of Q & A sessions with CPATH members. Our hope is to highlight the contributions and work of our members, helping to make connections across the country and building a stronger network. Margaret Drewlo, board member, had an opportunity to connect with Dr. Adrian Edgar who lives and works in New Brunswick.

Bio:

Adrian Edgar is a trans man, family doctor, and the Medical Director at Clinic 554 - a family practice specializing in trans, queer, and reproductive health, in Fredericton, New Brunswick. He currently serves on the Board of Directors for AIDS New Brunswick, is the provincial representative to the Equity and Diversity Committee of the College of Family Physicians of Canada, and is a faculty member with the Departments of Family Medicine at Dalhousie University and Memorial University of Newfoundland. Adrian is a founding member of the New Brunswick Transgender Health Network, and worked on the Community Engagement Team for Canada's largest trans health needs assessment, the Trans PULSE Survey, in Ontario in 2009. He is now collaborating to expand the survey nationally. Adrian has presented trans health research at the World Professional Association for Transgender Health (Norway), the Gay and Lesbian Medical Association (USA), and the Canadian Professional Association for Transgender Health (Canada). He has presented prison health research at the World Health Organization and lectured on trans and queer health at universities across the country. He has also published work in refugee health, HIV stigma, and peace through health. Adrian trained at Toronto's Sherbourne Health Centre and the Gender and Sexual Identity Service for children and youth, as well as Vancouver Coastal Health's Three Bridges Community Health Centre. As a clinician, Adrian has worked on a maternal addictions team, a midwifery collaborative, a street health and sexworker outreach team, at several abortion clinics, and on a number of Reserves and First Nations. He practices harm reduction, inclusive care, and is proud to have attended every CPATH conference since the organization's inception.

Q & A:

- 1) What part of the country do you currently live in?** Fredericton, New Brunswick
- 2) What role have you played in providing or advancing trans health?** We started a trans health network to connect community and providers in New Brunswick.
- 3) What successes have you seen in advancing trans health in your area?** We met with government officials this month, to discuss listing SRS as a medicare funded service.
- 4) What challenges still exist in advancing trans health in your area?** There are still leftovers of paternalistic, siloed, hierarchical medical approaches to care here.
- 5) How do you think we can continue to make changes together, as part of CPATH?** Continuing to lobby government for greater access to medical and surgical treatments nationally, with an emphasis on education regarding gender expansive people.
- 6) What is your vision for trans health?** That's a big question! Accessible, universal, free, celebratory, destigmatized, nuanced, decolonized, community-driven...! Those are a few words that come to mind when I picture the world I'm working towards.
- 7) Where does your professional, regulatory body or College stand on access to trans health care?** I don't know if the College in New Brunswick is very aware of trans health needs.

8) Which living person(s) do you most admire? And why? I have to say, it's my partner, Valerie Edelman. She is kind, funny, wise, humble, honest, and full of integrity and love. What more is there to admire in a person?

9) What is your main motto or mantra? I am love. Or, we are all one. I read Conversations with God when I was a teenager and it stuck with me - the idea that there's all just one basic energy force in the universe and I'm as much a part of we as I am I. And that the connection and responsibility we have to each other is built on love. You probably have to read the book to get it. I don't think I'm doing a very good job of explaining it. But yeah, I really do say those mantras in the shower every morning!

10) What are you reading these days? Toronto Notes! That's so embarrassing! It's a medical tome, just hundreds and hundreds of pages. But I probably read it every night a little.

11) What is your idea of happiness? I think it's those moments of feeling connected. Watching my sister singing her baby to sleep, hearing my mother laugh, floating on the ocean waves and feeling the sun or hearing the birds. Happiness is very much a physical experience to me.

12) What do you do for self-care? I don't have much time so it's usually quick things like a snuggle with my dogs or making a healthy meal. I'm vegan so it's really nice to make a meal that feels nourishing and fresh.

13) What advice would you have for a new provider or advocate in trans health? Don't give up when you totally blow it. We've all screwed up someone's pronoun or asked invasive questions when we didn't know any better. You will absolutely offend someone at some point. Just say you're sorry, mean it, and learn from it. Don't give up and think we're all scary and impossible to please. We're just a little sick and tired of discrimination. And if you find yourself on the other end of that, just shake it off and try to empathize. We will probably love you in the long run for your continued support!