How was this document created?
This document was developed from two sources. Many doctors on this document were found by trans* identified people who have been kind enough to let others know about their positive experiences with doctors. Other doctors listed on this document come from the Gay and Lesbian Medical Association (GLMA) list of LGBTQ+ friendly medical professionals. The major difference between these two sources are that for the community-created list, the doctors are determined to be safe, friendly, and aware by trans* identified people. The GLMA derived doctors choose to put themselves on this the GLMA list. Therefore, the doctors who are listed from GLMA’s list have the intent to be trans* friendly and aware, but this has not necessarily been confirmed by someone in the community who has used them.

How can I tell which doctors were recommended by trans* identified people and which are from the GLMA list?
All doctors that have been recommended by trans* identified people will have a happy person next to them like one of these:

All doctors who were found on the GLMA website will have a GLMA symbol next to them that looks like this:

How should this booklet be used and how should it not be used?
This booklet is an educational tool only. It should not be used as a legal document or legal aid. It should not be used as medical advice and should not be used to replace medical or health information given by a medical professional.
Decoding the letters after the doctor’s name!

DDS – Doctor of Dental Medicine, indicates that the doctor is certified to work as a dentist.

DO – Doctor of Osteopathy, a degree similar to an MD which allows someone to become a practicing doctor.

HFA – Hospice Foundation of America, indicates the person has had training at the Hospice Foundation of America for end-of-life care and elder care.

HSPP – Health Service Provider in Psychology, all practicing psychologists are required to have completed this certification before working.

JD – Juris Doctor, the first professional degree someone can get on their way to being a lawyer or studying law.

LCSW – Licensed Clinical Social Worker, this certifies someone to work with people to better their mental health

LCAC – Licensed Clinical Addiction Counselor, this shows that someone has a background in working with people in recovery from addiction.

LFMT – Licensed Family and Marriage Therapist, this shows that someone has a background in working with people in the context of family and relationship issues.

LMHC – Licensed Mental Health Counselor, this certifies someone to work with people to better mental health

LMT – Licensed Massage Therapist, this certifies someone to perform medically effective massage as a form of therapy

PhD – Philosophy Doctor, this is a graduate degree that can be focused towards almost any field

What do the specializations some doctors have actually mean?

Endocrinology: Someone who specializes in general endocrinology has had some training in both reproductive and metabolic endocrinology.

Family Medicine: Someone who specializes in family medicine sees people from all ages, genders, and backgrounds. They usually look at how the whole body and someone’s environment contribute to making them ill, instead of focusing on the one part of the body that is showing illness.

Integrative Medicine: This is another word for someone who practices “holistic” medicine, meaning they try to understand everything that is going on with your body to understand why part of your body is ill. They also take into account all the stress or issues you are dealing with in your life with friends, family, and community. Often people practicing integrative medicine will also practice some alternative or more traditional forms of medicine.

Internal Medicine: Internists are doctors with a very broad knowledge of health and medicine. This allows them to diagnose what parts of your body might be causing an illness and then they can refer you to a specialist.

Metabolic Endocrinology: Someone who specializes in metabolic endocrinology works on all the hormones that are not part of a person’s reproductive anatomy. For example, many metabolic endocrinologists focus on the hormone insulin, which is important to people living with diabetes.

OBGYN: These letters stand for “obstetrics and gynecology”. Someone who is an OBGYN has special training in certain pregnant and non-pregnant reproductive organs, such as the uterus, vagina, ovaries, fallopian tubes, labia, etc. This is not the same education or qualification that a reproductive endocrinologist gets.
**Pediatrics**: This is a specialty for someone who works with children and adolescents.

**Primary Care**: A primary care physician is not necessarily a specialty. Someone who is a primary care physician is usually the first doctor to see a patient when they are ill or having a problem. If someone has enough money and possibly health insurance, they often will have a consistent primary care doctor.

**Reproductive Endocrinology**: A reproductive endocrinologist is a doctor who specializes in hormones that originate from reproductive organs, like testosterone or estrogen. This is the kind of doctor you should look for if you are interested in starting hormone replacement therapy to transition. Once the reproductive endocrinologist runs tests and gives you your first hormone prescription(s) and monitors you for a little while, you can usually use a primary care doctor, internal medicine doctor, or family doctor to maintain your hormone dosage. You should work with your reproductive endocrinologist and primary care doctor to figure out how they would like to navigate this and whether your primary care doctor is comfortable maintaining your hormone dosage. Even if your primary care doctor agrees to monitor you on hormone replacement therapy, you should still return to your reproductive endocrinologist once or twice a year to have some tests run and make sure you are healthy.

**Physicians [Transition-Related Care]**

**Dr. Ann Arno, D.O., Glendale Family Medicine**

Family Medicine  
Bioidentical Hormone Replacement  
2620 Kessler Blvd. E. Dr., Suite 230  
Indianapolis, IN 46220  
Phone: 317.644.5000  
Fax: 317.644.5001  
**Trans* Related Services**: Hormone Replacement Therapy  
**Other Care Services**: Primary Care  
**Takes Insurance**: Yes  
**Sliding Scale Policy** for those without Insurance: Unknown  
http://glendalefamilymedicine.org/meet-the-physicians/

**Dr. Ayla Bakar, M.D., Howard Regional Health**

Endocrinologist  
Howard Diabetes & Endocrinology  
3509 S Reed Rd  
Kokomo, IN 46902  
Phone: 765-453-8550  
**Trans* Related Services**: Hormone Replacement Therapy  
**Other Care Services**: Primary Care, Metabolic Endocrinology  
**Takes Insurance**: Yes  
**Sliding Scale Policy** for those without Insurance: Yes  
**Other flexibility** for those without Insurance: Yes  
http://www.howardregional.org/node/248
**Dr. Lauren Baker**, MD
Metabolic Endocrinology
Internal Medicine
General Endocrinology
Primary: IU Methodist Plaza North
201 Pennsylvania Pkwy., Suite 310
Indianapolis, IN, 46280
Secondary: IU Health University Hospital
550 N. University Blvd., Suite 2180
Indianapolis, IN, 46202
Phone: 317.274.8554
**Trans* Related Services:** Hormone Replacement Therapy
**Other Care Services:** Internal Medicine, Metabolic Endocrinology, Diabetes Care
Takes Insurance: Yes
**Sliding Scale Policy** for those without Insurance: Sometimes

**Dr. Anne Butsch**, MD, JD
Evansville Integrand Medicine, LLC
Medical Arts Building
3700 Bellemeade Avenue, Suite 108
Evansville, IN
Phone: 812-485-6117
Fax: 812-485-6114
**Trans* Related Services:** Hormone Replacement Therapy
**Other Care Services:** Primary, Alternative/Holistic Medicine, Acupuncture, Massage Therapy
Takes Insurance: Yes
**Sliding Scale Policy** for those without Insurance: No
**Other flexibility** for those without Insurance: Cheaper costs for multiple family members having an appointment together.
http://www.evvmed.com/index.html

**Dr. Melissa Cavaghan**, MD
IU Medicine
Metabolic Endocrinology
General Endocrinology
Primary: IU Health Physicians – Endo, Diabetes, & Metabolism
550 N. University Blvd., Suite 2180
Indianapolis, IN, 46202
Secondary: IU Health Physicians – Endo, Diabetes, & Metabolism
Pennsylvania Pkwy, Suite 310
Indianapolis, IN, 46280
Phone: 317.944.8660
Fax: 317.944.1289
**Trans* Related Services:** Hormone Replacement Therapy
**Other Care Services:** Metabolic Endocrinology
Takes Insurance: Yes
**Sliding Scale Policy** for those without Insurance: Sometimes
**Other flexibility** for those without Insurance:
Webpage:
http://medicine.iupui.edu/ENDC/faculty/viewENDCFaculty.aspx?faclID=47

**William Buffie**, MD
Indiana Internal Medicine Consultants
701 E. County Line Rd., #101
Greenwood, IN, 46143
Phone: 317-885-2860
Webpage: http://www.iimconline.net/meet.html
Dr. Alison Freeland  
Indianapolis, IN  
Phone: 317-443-5592

Dr. William Harter, MD  
Northwest Family Practice  
1525 Spring Street  
Fort Wayne, IN, 46808  
Phone: 260-426-1007  
Webpage: [http://www.drwilliamharter.com](http://www.drwilliamharter.com)

Dr. James LeGrand, MD  
1920a Churchman Ave  
Beech Grove, IN, 46107  
Phone: 317-781-0273  
Email: James.LeGrand@SSFHS.org

Dr. Michael Mirochna, MD  
Porter Physician Group  
Lake Porter Primary Care  
336 W. U.S. Highway 30  
Valparaiso, IN, 46385  
Phone: 219-464-7430  
Email: LakePorterPrimaryCare@porterhealth.com  
Services: Primary Care

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Dr. Marguerite Shepard, MD  
IU Health  
OBGYN, Reproductive Endocrinologist  
Coleman Center for Women  
550 North University Blvd.  
University Hospital  
Room 2041  
Indianapolis, IN 46202  
Phone: 317.944.8231 for appointment  
Trans* Related Services: Hormone Replacement Therapy  
Other Care Services: OBGYN, Reproductive Endocrinology  
Takes Insurance: Yes  
Sliding Scale Policy for those without Insurance: Sometimes  

Dr. Julianne Stout, MD  
Purdue University Student Health Center  
Internal Medicine, Pediatrics  
Trans* Related Services: Hormone Replacement Therapy  
Other Care Services: Primary Care, Internal Medicine  
Takes Insurance: Purdue Student Health Insurance only  
Slide Scale Policy for those without Insurance: No  
Other Flexibility for those without Insurance: No  
Additional Notes: Accessible to Purdue Students only  

Dr. Shannon Trelease, MD  
Fort Wayne Medical Education Program  
750 Broadway, Suite 250  
Fort Wayne, IN, 46802  
Phone: 260-422-6573  
Email: shannon.trelease@gmail.com  
Services: Primary Care, Family Medicine
Dr. Keith Whitesides, MD  
IU Health Arnett, Family Medicine  
2800 Ferry St.  
Lafayette, IN, 47904  
Phone: 765.448.8000  
**Trans* Related Services:** Hormone Replacement Therapy Maintenance Only (will not write the original hormone prescription)  
**Other Care Services:** Primary Care  
**Takes Insurance:** Yes  
**Sliding Scale Policy** for those without Insurance: Sometimes  
**Other flexibility** for those without Insurance:  
**Webpage:** Search ‘Whitesides’ at www.iuhealth.net.

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Mental Health Care: Transition-Related Care

Dr. Buck Black, LCSW, LCAC  
2201 Ferry St  
Lafayette, IN, 47904  
**Trans* Related Services:** Letters for Transition-Related Care  
**Other Care Services:** Psychological Care  
**Takes Insurance:** Yes  
**Sliding Scale Policy** for those without Insurance: Yes  
**Other flexibility** for those without Insurance: Yes  
**Additional notes:** Dr. Black is a certified AASECT Sex Therapist and offers long-distance therapy through Skype.  
**Webpage:** [http://buckblack.com/](http://buckblack.com/)

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Dr. Raul Burciaga, MD  
2160 N. Illinois St.  
Indianapolis, IN  
**Services:** Psychiatry

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Dr. Scott Cavins, MA, LFMT, LMHC, LCAC  
1660 Kessler Blvd., E. Dr.  
Indianapolis, IN, 46220  
**Phone:** 317-840-6096  
**Services:** Psychological Care, Family and Marriage Therapy  
**Sliding Scale Policy** for those without Insurance: Yes

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Dr. Ari Gleckman, Ph.D.  
Meridian Health Group  
12772 Hamilton Crossing Blvd.  
Carmel, IN, 46032  
**Phone:** 317-814-1000  
**Services:** Psychological Care
Dr. Michele O’Mara, Ph.D., LCSW
2680 E Main Street, Suite 121
Plainfield, IN, 46168
Phone: 765-807-6778
Trans* Related Services: Letters for Transition-Related Care
Other Care Services: Psychological Care
Takes Insurance: Yes
Sliding Scale Policy for those without Insurance: Unknown
Additional notes: Offers long-distance therapy through Skype and runs a great online trans* network and support website.
Webpage: http://www.thelesbiantherapist.com/

Dr. Rebecca Wong, Ph.D., HSPP
Purdue University Counseling and Psychological Services (CAPS)
Trans* Related Services: Letters for Transition-Related Care
Other Care Services: Psychological Care
Takes Insurance: Purdue Student Health Insurance only
Sliding Scale Policy for those without Insurance: No
Other Flexibility for those without Insurance: No
Additional Notes: Accessible to Purdue Students only

Dr. Momi Yamanaka, Ph.D., HSPP
The Hope Source, Inc.
7739 E. 88th St.
Indianapolis, IN 46256
Phone: 317-578-0410
Email: momi@asdhopesource.com
Website: http://asdhopesource.com/
Services: Psychological Care

Physicians Who Are Trans* Friendly & Aware but Provide Transition-Unrelated Care

Dr. John Bauman, MD
Unity Medical Pavillion
Lafayette Orthopedic Center
1411 South Creasy Ln, Suite 120
Lafayette, IN, 47905
Phone: 765.447.4165
http://www.unityhc.com/physicians/john-bauman-47
Services: Orthopedic Surgery

Dr. Matthew Evans
Evans, Piggott, and Finney Eye Care
3 Locations in the greater Lafayette area
Webpage: http://evansandpiggotteyecare.com/
Services: Non-surgical eye care

Kris Graphman, HFA
Five Star Quality Care Senior Living Center
414 Creek Forest Ln.
Indianapolis, IN, 46227
Phone: 317-466-2020
Services: Senior Care

Dr. Brynte Laurent, DO
2310C Rippling Way
Indianapolis, IN
Email: hemobl@oaktree.net
Services: Anesthesiology
Dr. Erin Newton, MD
IU Simon Cancer Center – Carmel
200 W. 103rd St.
Carmel, IN, 46290
Phone: 317-944-0920
Services: Cancer Treatment

Dr. Jill Reitmeyer, DDS
Dental Care Center of Monroe County
1602 W. Third St
Bloomington, IN, 47404
Phone: 812-339-7700
Services: Dentistry

Matt Winings, LMT
1060 N. Capitol Ave E295
Indianapolis, IN, 46204
Phone: 317-721-9606
Email: mattwinings@massagetherapy.com
Webpage: http://www.indymassages.com/
Services: Massage Therapy

What is Trans* Lafayette?
Trans* Lafayette is a discussion and social group for all trans* and gender diverse people, those living with disorders of sexual development (DSD), those who identify as intersex, and their allies. Trans* Lafayette is hosted by Pride Lafayette in Lafayette, IN, but serves gender diverse people and their SOFFAs (significant others, friends, family, and allies) statewide.

Who is welcome at Trans* Lafayette events?
Trans* Lafayette welcomes everyone from LGBTQ+ communities, the same gender loving (SGL) communities, queer allies, straight, heterosexual, and cisgender allies, domestic and international gender diverse individuals, and anyone else who is interested in discussing and exploring sex, gender identity and expression, sexual orientation and affectional orientation. Trans* Lafayette is a safe and welcoming environment for anyone regardless of sex, gender identity, gender expression, sexual/affectional orientation, ability level, race, ethnicity, color, national origin, legal status (including undocumented status), age, religious or spiritual beliefs, marital or relationship status or structure, familial or parental status, pregnancy, veteran status, socioeconomic status, or genetic or other biological status. At Trans* Lafayette we celebrate diversity!

How can I get more information about Trans* Lafayette?
Visit our webpage: www.pridelafayette.org/translafayette
Visit our facebook: www.facebook.com/translafayette
Email: skye@pridelafayette.org

How can I contribute to Trans* Lafayette?
If you are interested in volunteering or donating money, resources, or services to Trans* Lafayette contact Skye Brown at skye@pridelafayette.org.