



top surgery & BMI in Toronto



disclaimer: this information is collected from online sources (r/transontario) and in consultation with several gender-affirming healthcare providers. this information was prepared in May 2023 and may change over time.



why BMI



BMI (body mass index) was made by a mathematician to describe whole populations of people, and was based on white cis people.

BMI was not made to be used as a measure of individual health.

BMI only considers someone's height and weight, and not bone or muscle mass, race/gender/sex differences, or other aspects of health.

BMI has been used in medicine as a measurement of health. however, it is being increasingly recognized that BMI is not an accurate measure of body fat or health.

*Nuttall (2015) Body Mass Index: Ob*sity, BMI, and Health: A Critical Review*



Caitlin Blunnie @liberaljane





top surgery & BMI



there is no BMI cutoff for getting OHIP coverage for top surgery.

individual surgeons/clinics may set their own BMI cutoffs, which means they will only operate on people under a certain BMI. this is very annoying, but we have to deal with it (for now).

a paper in 2021 reviewed the existing research and determined that there was no scientific evidence for using BMI cutoffs for gender-affirming surgery. the authors also pointed out that there is not good evidence for dieting/weight loss programs and there are known harms of dieting, weight cycling, and fatphobia.

*Brownstone, DeRieux, Kelly, Sumlin, & Gaudiani (2021)
Body Mass Index Requirements for Gender-Affirming Surgeries
Are Not Empirically Based*

Toronto top surgeons

Women's College Hospital

Dr. Kathleen Armstrong

no BMI cutoff

Plastic Surgery Toronto

Dr. Rayisa Hontscharuk

no BMI cutoff

McLean Clinic

Dr. Bryan Chung

Dr. Kathleen Armstrong

BMI max 33-35

GRS Montreal

Dr. Alex Laungani

BMI max 40





Questions? Email growroottostem@gmail.com.

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