

— Our True Selves —

Grand Hotel, Stockholm, Sweden

September 6<sup>th</sup> 2010



Consider body, mind and soul. What's sex versus gender role?  
Transsexual gender=sex with a twist. If your gender's questioned, you don't exist.

Meet two world-leading surgeons  
discussing their work and transsexualism:

**Dr. Douglas K. Ousterhout MD, DDS** (San Francisco)  
*presenting Facial Feminization Surgery (FFS)*

**Dr. Toby R. Meltzer MD, PC** (Phoenix)  
*presenting Gender Reassignment Surgery (GRS)*

Also meet:

**Li Sam** (Author and transsexual woman, Stockholm)

**Susanna Boudrie** (Stockholm)

**Dr. Richard James Curtis B.Sc. MB.BS. Dip.BA.** (London)

This is a unique opportunity, for the first time in Sweden, to take part in a seminar about the true nature of transsexualism. Most people in Sweden today relate transsexualism with the LGBT "trans-people" activist community, not realizing that this community has nothing to do with most transsexuals at all. Transsexualism can happen to anyone, no matter your sexual orientation, and a lot more of us are affected than you'd think.

Changing sex is quite a serious business; indeed, experiencing the full power of transsexualism can kill you. Although suicide is a common cause of death today, transsexualism is neither considered or registered as the reason for suicide in health studies. The turmoil roused by merely talking about transsexualism takes a heavy toll, and yet transsexualism is not even a topic in Swedish education.

This seminar has been put together to make us aware of issues inherent in transsexualism and to give us a forum for discussing how we can improve one's quality of life through a better understanding of the mechanisms behind the transsexual phenomenon.

Event host: *Li Sam Writing*  
[www.li-sam.com](http://www.li-sam.com)

Event sponsors:

The *Across Borders* seminars are about life, people—you and me—"the true persons we are." They provide a forum for improving one's quality of life at home, at work, and in society.

These seminars are about not merely being accepted, but being welcomed and wanted for who we are. No one should be ashamed of being born handicapped or, because of illness or accident, becoming handicapped later in life.

Diversity means normal variations in life that make us special, and it's something we should be proud of, take advantage of, and enjoy. Regardless of gender or looks we should not be harassed, bullied, or discriminated against.

Intersex, transsexualism, and attraction are life phenomena that affect us all—phenomena that we need to learn about and meet to talk about. As individuals, partners, parents, and friends, we need to come out emotionally. Our emotions are there to be expressed, not hidden, and sometimes that is hard.

*Across Borders* is a forum created to assist companies, organizations, and individuals toward a better understanding of life, who we are, and the way we relate to each other.

# Across Borders

SEMINAR



Children of the Universe

# Our True Selves

Sep 6

## Grand Hotel Stockholm 2010

Life, People, You and Me  
The True Persons We Are

# — Our True Selves —

Grand Hotel Stockholm September 6, 2010

This seminar is sponsored by the lecturers through their participation at no charge and by the Grand Hotel through discounted rates. Other sponsors are invited to support this and future events, which help develop public and professional understanding of transsexualism.

As attendees you add to the knowledge we distribute through these seminars and help us develop what they are all about, namely Meeting People Across Borders.

## Program

**09:30 – 09:50 Seminar Introduction** \* English & Swedish

Participant registration, introduction and presentations.

*What is it like to discover in old age that you've lived your whole life as the wrong sex? Is Transsexualism a choice, a lifestyle? If not, then who are you—can you change?*

**09:50 – 10:10 Coffee break** \* In the Uppsala room

**10:10 – 10:55 Our True Selves: End of a Day** \*

Swedish (English, simultaneous interpretation) *Li Sam*

There are things in life we don't talk about. Despite embarrassment, phobia, ignorance—gender is nothing we should be ashamed of. Should we be ashamed of who we are? Li Sam tells her story, about emotions and death—and discovering her true self—a life far beyond imagination.

**11:05 – 11:50 Our True Selves: Night, New Dawn** \*

English & Swedish *Li Sam & Dr. Richard Curtis*

In this session, Li Sam tells about the turmoil transsexualism causes and provides us with an understanding of how we are affected emotionally. Can we learn and act on our emotions? Dr. Richard Curtis tells about his practice working with transsexual people, how the Standard of Care and assessment works in England, and how he assists transsexual people coming from abroad.

**11:50 – 13:10 Lunch** \* In the Uppsala room

**13:10 – 14:40 Facial Feminization Surgery (FFS)** \*

English *Dr. Douglas Ousterhout*

Looks are vital for gender, but what do your looks say: male or female? This session is about life-saving surgery. However, FFS is serious surgery, and a lot can go wrong. Here you will learn and be fascinated by the best FFS surgeon around. Dr. Ousterhout's work with transsexual patients is world-renown, and he has helped thousands of patients to a new life and many more to improve their life quality and gain confidence in living.

**14:40 – 15:10 Coffee break** \* In the Uppsala room

**15:10 – 15:50 Prevalence of Transsexualism** \*

Swedish (English, simultaneous interpretation) *Susanna Boudrie*

To understand things right, we need to have the right facts at hand. Statistics are vital, but what are they based on? In this session we will discuss statistics about transsexualism and how old research and various, related statistics can provide us with new facts if we look for them. We will also discuss facts we need to know more about.

**16:00 – 17:30 Gender Reassignment Surgery (GRS)** \*

English *Dr. Toby Meltzer*

What defines gender is between our legs, most of us think. Transsexualism is a phenomenon that tells another story, yet GRS is a vital surgery for changing gender. One of the most experienced GRS surgeons is Dr. Meltzer, performing both Female to Male (FtM) and Male to Female (MtF) surgeries. This session is about his work and the importance of having it done right.

**17:30 – 19:30 Dinner** \* In the Märten Winge's room I

**19:30 – 20:30 Life Quality** \* In the Blasie room I

English *Dr. Douglas Ousterhout, Dr. Toby Meltzer & Li Sam*

A panel talks about the importance of looks—do looks matter or not? Can surgery that improves or changes looks save lives? This and more will be discussed during this hour.

**20:30 – 23:00 Mingle** \* In the Hugo Alfvén's room I

**The place of the event** [www.grandhotel.se](http://www.grandhotel.se)

Grand Hotel • S. Blaiseholmshamnen 8 • SE-10327, Stockholm • Sweden

\*Unless noted otherwise, the session will take place in the New York room.

## Lecturers

**Dr. Douglas K. Ousterhout**

[www.drdoouglasousterhout.com](http://www.drdoouglasousterhout.com)



DR. DOUGLAS OUSTERHOUT is a Board Certified Plastic & Reconstructive Surgeon and a graduate of Stanford University, Palo Alto, CA, and he trained with Dr Paul Tessier of Paris, France, the "Father of Craniofacial Surgery." Dr. Ousterhout is Co-Founder and Senior Surgeon at the Center for Craniofacial Anomalies and a Full Clinical Professor at UCSF. He is a member of the American Society of Plastic Surgery, the American Society for Aesthetic Plastic Surgery, the American Association of Plastic Surgery, the American Society of Maxillofacial Surgeons and the International Society of Craniofacial Surgery.

[ousterht@cris.com](mailto:ousterht@cris.com)



Author of the book *Facial Feminization Surgery*.

**Dr. Toby R. Meltzer**

[www.tmeltzer.com](http://www.tmeltzer.com)



DR. TOBY MELTZER lives in Scottsdale, AZ, and has been practicing medicine since 1983. He is board certified in both General and Plastic Surgery and is an active member of the American Society of Plastic and Reconstructive Surgeons. Dr. Meltzer performs approximately 200 Genital Reconstruction Surgery (GRS) cases per year, performing both MTF and FTM surgeries. He works with a team on FTM GRS which includes both a Urologist and an OB/GYN. In addition, Dr. Meltzer performs surgery to feminize the face and body, as well as standard cosmetic procedures.

[tmeltzer@tmeltzer.com](mailto:tmeltzer@tmeltzer.com)

**Li Sam**

[www.li-sam.com](http://www.li-sam.com) and [www.li-sam.se](http://www.li-sam.se)



LI SAM changed gender in February 2007. Her gender reassignment surgery (GRS) was performed by Dr. Meltzer in Phoenix, AZ, USA. Before that Li underwent facial feminization surgery (FFS) performed by Dr. Ousterhout in San Francisco, CA, USA. Li continues to live in Stockholm with her wife, although they are not a lesbian couple.

Changing gender late in life and the particular way it happened to Li challenged her understanding of the phenomenon of transsexualism in many ways. Li will tell about that and our true selves, an understanding that allowed her and her marriage to survive.

[li-sam@telia.com](mailto:li-sam@telia.com)

**Susanna Boudrie**

SUSANNA BOUDRIE is a women born transsexual. She had sexual reassignment surgery in 2000. She has been an activist in France and Sweden for ten years.

**Dr. Richard James Curtis**

[www.transhealth.co.uk](http://www.transhealth.co.uk)



DR. RICHARD CURTIS graduated in 1991 from St. Bartholomew's Medical College, London. He did a variety of hospital posts before becoming a General Practitioner in 1995. In the last 10 years he has worked primarily as a GP on the South Coast and later in London. He also works as a Hospital Practitioner in a genitourinary medicine clinic (an STD clinic). After doing an MBA course he spent three years working in the pharmaceutical industry at the senior level across medical, sales and marketing functions.

[enquiries@](mailto:enquiries@)

[transhealth.co.uk](http://transhealth.co.uk)

## Seminar Prices and Booking

The maximum limit for this event is 60 people, which means that, including all meals and the after-dinner events, the price is **2800 SEK**.

An additional 20 people can participate in the morning and afternoon sessions, including coffee and lunch, for a price of **1600 SEK**.

Pre-book the event by emailing Li Sam: [li-sam@telia.com](mailto:li-sam@telia.com).

The pre-book deadline is **August 6**.

The registration and seminar fee due date is **August 18**.

### Payment details

Pay to: Li Sam Writing • Bank: Handelsbanken • Account: 6137 429 719 728

IBAN: SE77 6000 0000 0004 2971 9728 • BIC: HANDSESS

Mark your payment with "Across Borders 6-Sep" and the attendee's name.