


jp6k

Voice for the dead

Thanks for your comments! i'm 14 years into my transition, and proud of my noticeable development/growth as an Amazonian, bisexual, trans/femme tomboy!  Currently, i'm on a regimen of estradiol, 8 mg weekly, and spironolactone, 100 mg twice daily.

i was on an all-time higher dose of 30 mg weekly of estradiol, between 2009 and 2011. However, since then, my dosage was dropped down a couple of times by prison doctors, who cited as a reason my high levels of prolactin and my age-related health risk concerns of potential breast cancer.

i do get the injections, but have also been on the pills and the estraderm patch. i'm not currently on progesterone, as the prison docs discontinued that claiming it's "not authorized" by the California Correctional Health Care Services (CCHCS) "Care Guide: Gender Dysphoria". i've been on spironolactone for the entire 14 years! Haven't noticed

any mental side effects.

I am currently on a vegetarian diet, but not strictly. I've been eating some seafood and periodically eat some meat as in a chicken sandwich or cheeseburger, burritos, etc. I try not to purchase such items in protest against capitalism and the meat industry. I'm disgusted by animal abuse and slaughterhouses! I'm trying more and more to avoid meat altogether, but it would be very hard to be vegan in California prisons without going hungry!

As for my situation, unjust parole denial and continued imprisonment, when community-based transitional housing alternatives exist, you can be of help and "build the framework for ~~me~~ to live a better one free." If you are truly interested in actively doing this in concrete ways, let me know! I can use specific actions and material aid rather than words.

I'm aware of the new law that takes effect in 2021 and have already submitted a formal request and inmate grievance. My electrolysis

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and SRS/GAS has been postponed indefinitely since March 2020 due to the COVID-19 shut-down! im so distressed and frustrated!

Thanks again for your comments. You can write to me directly at the address below, if interested.

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