

Badal Pattar - University of Calgary

Project: The Epidemiology, Management, and Prevention of Chronic Kidney Disease in Transgender Individuals

Background:



The transgender population in Canada (sex assigned at birth differs from their gender identity) includes approximately 100,000 individuals. Transgender individuals experience higher rates of chronic diseases and mortality compared to their cisgender peers (sex assigned at birth aligns with their gender identity). Chronic kidney disease (CKD) has been declared a global public health issue. It is also a leading cause of death in Canada, which has placed a significant burden on our healthcare system. There is a lack of research aimed at understanding the impacts of CKD in the transgender community, resulting in gaps in knowledge about their specific risk factors, care needs, and effective management strategies. Therefore, this research program, which is addressing a community identified priority, aims to explore CKD in transgender individuals, with a specific focus on the epidemiology, management, and

prevention of this disease. First, I will explore how widespread CKD is and how often it occurs in transgender people in Alberta. Next, I will investigate potential differences in how medical care is provided to transgender and cisgender individuals living with CKD in Alberta. Finally, I aim to explore optimal levels of testosterone in circulation (resulting from testosterone therapy use) that promote gender-affirming goals, while optimizing blood pressure (an important risk factor for CKD). The transgender population is growing, yet remains medically underserved in Canada. Despite a potentially elevated risk for CKD, no evidence-based interventions for risk reduction specific to the transgender population exist to-date. The results of this patient-partnered work will directly inform shared-decision making regarding kidney disease risk, prevention, and management between patients and care providers such that healthcare inequities can be addressed.

BIO

Badal (Brandon) Pattar is a third-year PhD candidate at the University of Calgary, supervised by Drs. Sofia Ahmed and Tyrone Harrison. His research focuses on sex and gender differences in cardiovascular and chronic kidney disease, with his thesis specifically examining the impact of chronic kidney disease in transgender individuals. His other research interests include strategies to reduce hospital readmissions, and the metabolic alterations associated with heart failure.