

Why Do I Need a Prescription?

Gwyn Uttmark (they/them), Colorado State University*
BS, Chemistry; MS, Community Health, Stanford University

*speaking in a purely personal capacity

DIY - HRT

Do It Yourself - Hormone Replacement Therapy

Uttmark G. DIY-HRT: Do-It-Yourself Hormone Therapy, Online Community,
and Grey-Market Drugs. Master Thesis. Stanford University; 2024.
doi.org/10.25740/ht993wf4020

Why do we DIY?

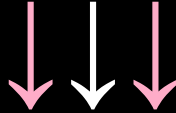


Why professional care?

Why do we DIY?



Why professional care?



Why prescriptions?









**Children's
TYLENOL**
Acetaminophen (160 mg per 5 mL)
Oral Suspension
Pain Reducer • Fever Reducer
**DYE-FREE
Pain+Fever**
Ages 2-11 Years

✓ **Free Of:**

- Dyes
- Alcohol
- Ibuprofen
- Aspirin
- Parabens
- High Fructose Corn Syrup

DO NOT USE IF BOTTLE WRAP IMPRINTED WITH "TYLENOL" IS BROKEN OR MISSING

**Children's
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Oral Suspension
Pain Reducer • Fever Reducer
Pain+Fever
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**Children's
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Pain Reliever-Fever Reducer

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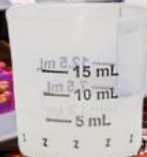
DO NOT USE IF BOTTLE WRAP IMPRINTED WITH "TYLENOL" IS BROKEN OR MISSING

**Children's
TYLENOL**
Acetaminophen (160 mg per 5 mL)
Oral Suspension
Pain Reliever-Fever Reducer
Pain+Fever
Ages 2-11 Years

✓ **Dye-Free**
Cherry
Flavor

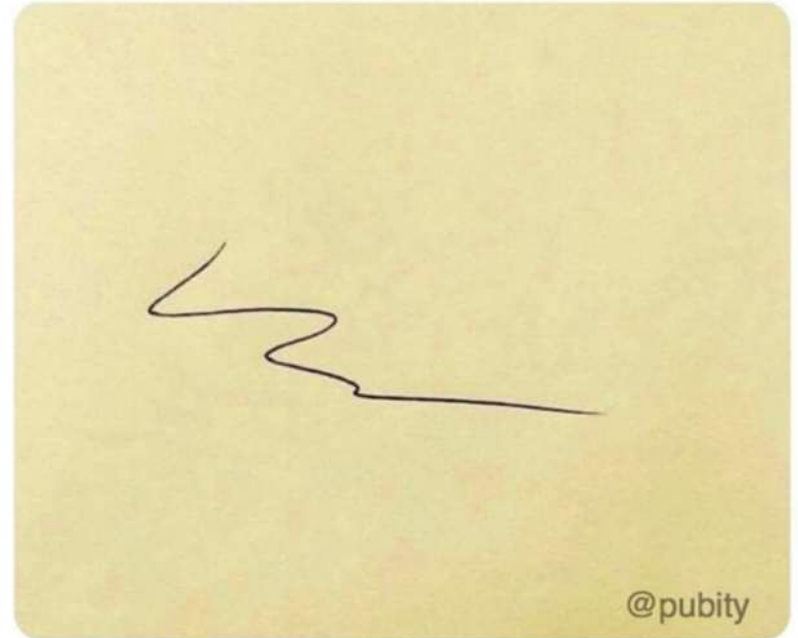
15 mL
10 mL
5 mL







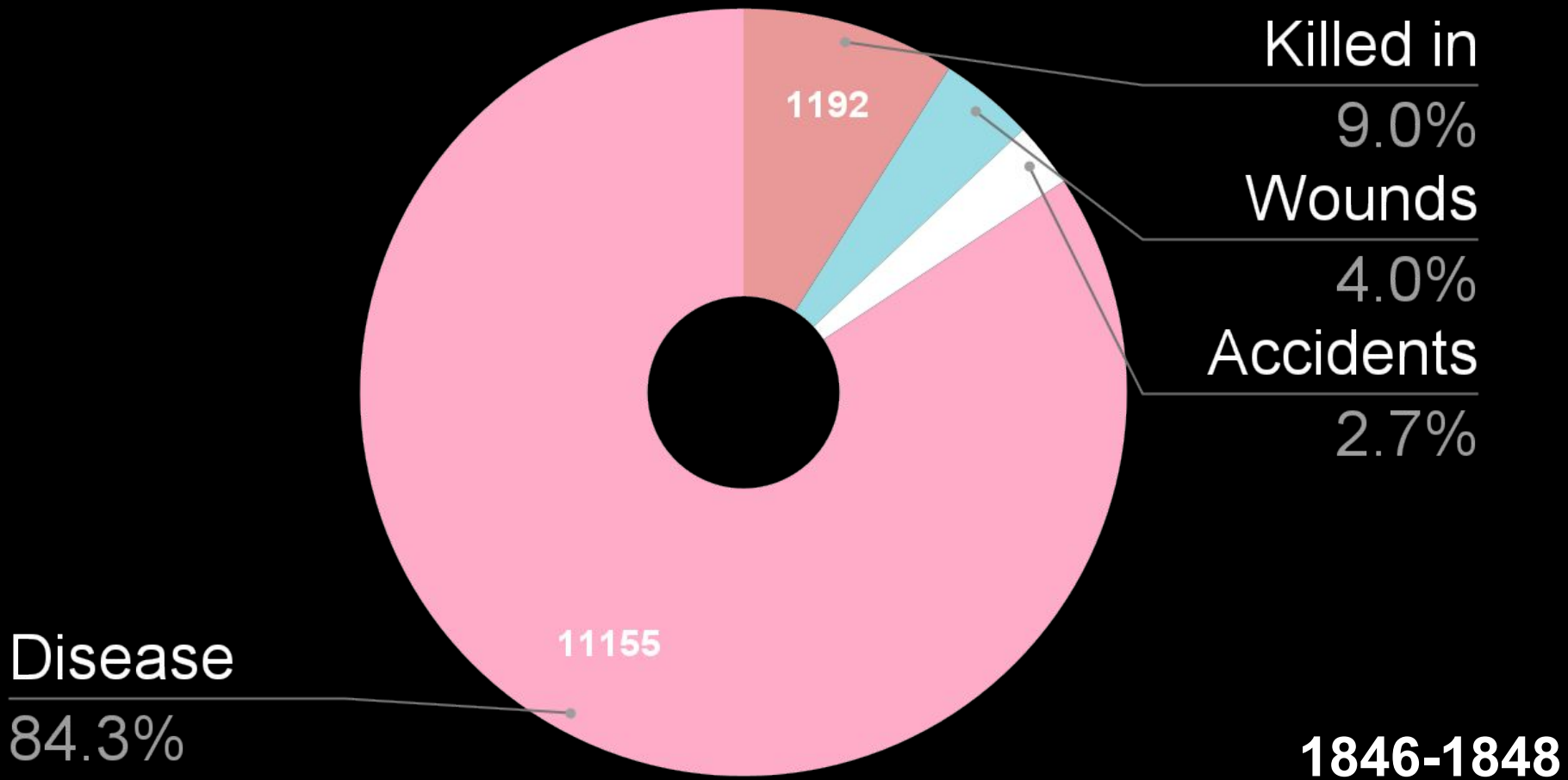
Doctors will be like "Go and buy this"

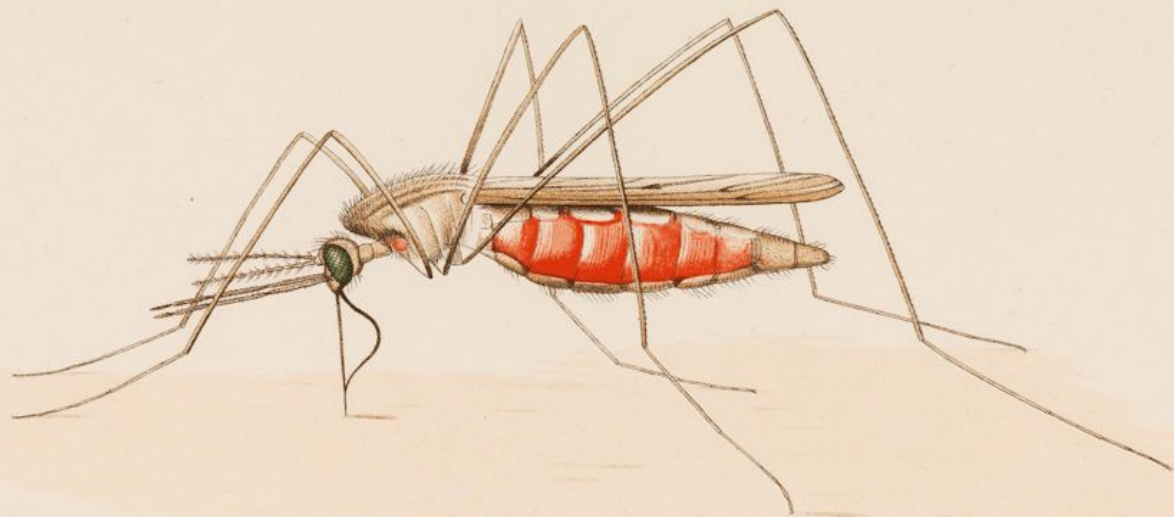


anthony
@xforcades2

and the pharmacist will give it to you

US Deaths in the Mexican-American War by Cause

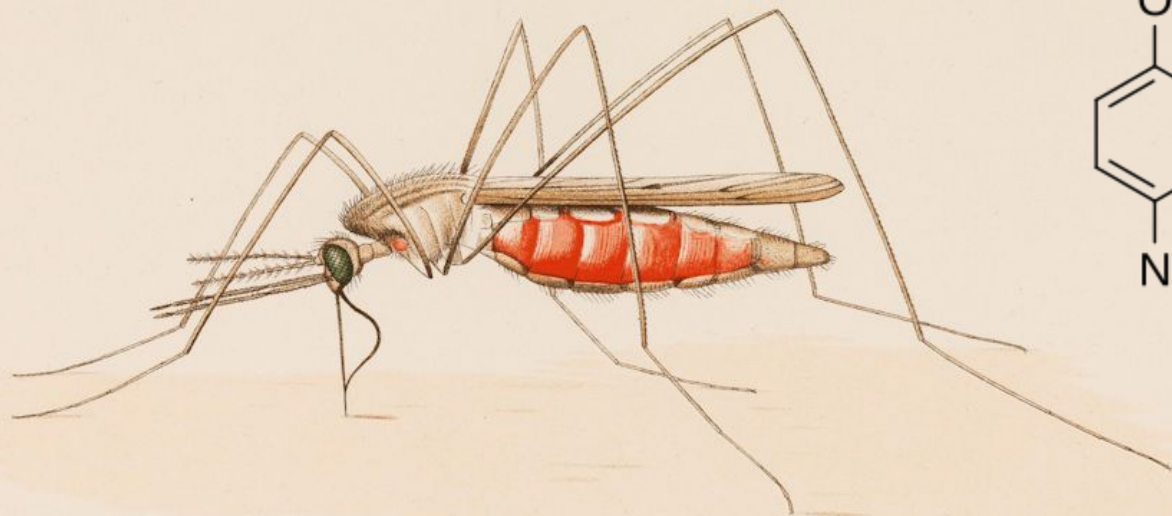




ANOPHELES MACULIPENNIS. ♀

SUCKING BLOOD

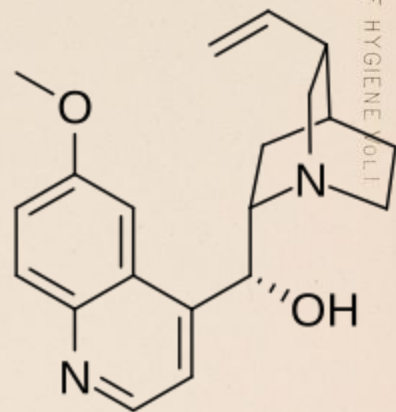
H. Wilson, Cambridge.



ANOPHELES MACULIPENNIS. ♀

SUCKING BLOOD

H. Wilson, Cambridge.





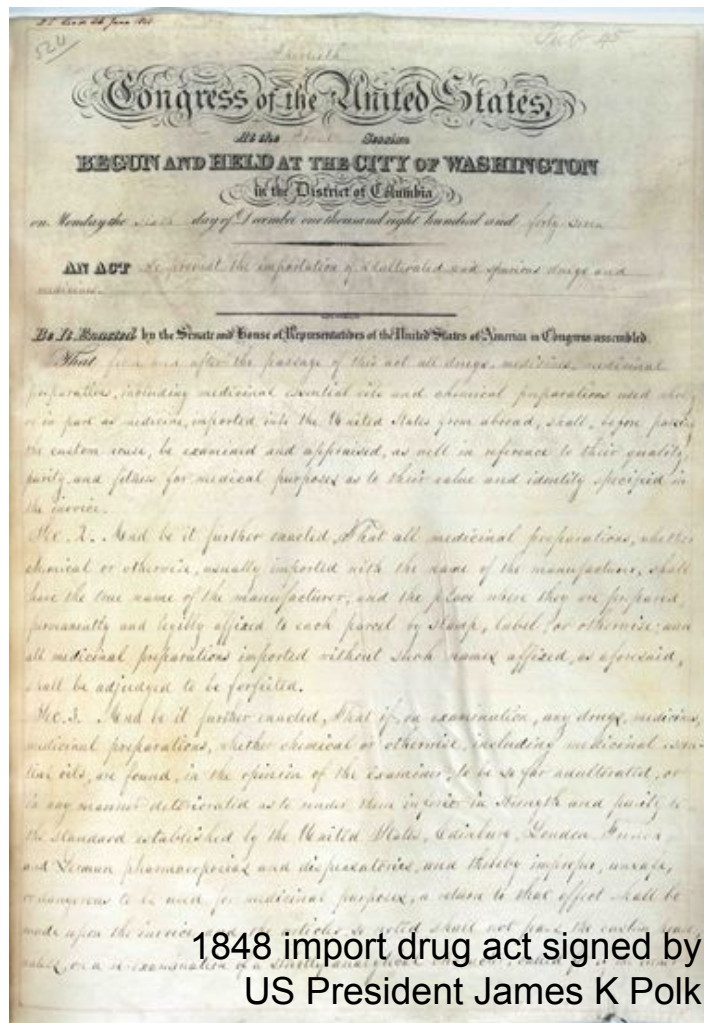
USA & AMA

Directly address
unpopularity of
mexican-american
war



USA & AMA

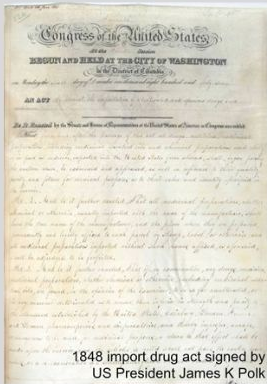
Blame
deaths on
low quality
quinine bark



1848 import drug act signed by
US President James K Polk

Mexican American War leads to the
1848 Import Drug Act, directing
U.S. Customs and Border Protection
to police drug import quality

1848 Import
Drug Act





Harvey Wiley (1844-1930)

1902





NONE BUT THE

BRAVE

CAN EAT THE FARE



Borax

Benzoic acid

Sodium Benzoate

Copper sulfate

Sulfur dioxide

Formaldehyde

Salicylic acid

...

and others

92
10 3/4
10 1/2
14
16 1/2
44 1/4
55 1/8
58
108 1/2
6 1/2
16 1/4
19
41 3/4
4 3/4
97

was brief, while
all the year.

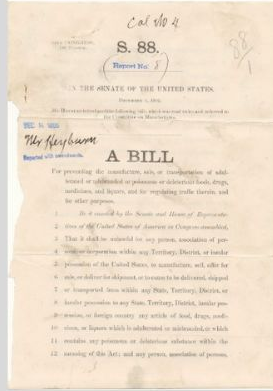
BORAX TRUST'S ATTACK ON CHIEF CHEMIST WILEY

In His Absence Effort Being Made to
Overthrow His Ruling on Pure Food

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1848 Import Drug Act

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1846-1848



1890-1906

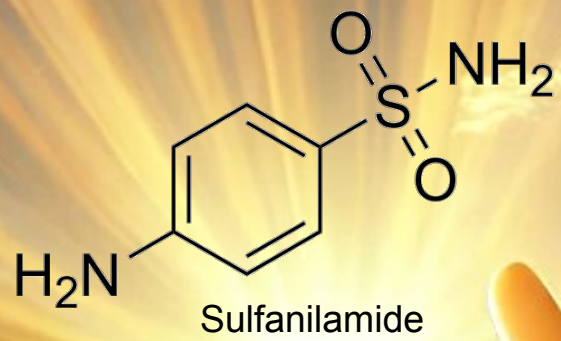


Increasing concern around food
safety leads to the
**1906 Pure Food
and Drug Act**

●
1935-1951

1968-Present





(1935)

A white rectangular sign with black text, held up by hands against a sunset background. The sign is secured with two metal fasteners at the top. The background features a vibrant sunset with orange and yellow clouds and rays of light. Hands are visible at the bottom corners, holding the sign.

SYPHILIS AND GONORRHEA

CAN BE PREVENTED AND CURED

**IF INFECTION OCCURS, SEE YOUR PHYSICIAN AT
ONCE OR SEEK ADVICE FROM YOUR LOCAL CLINIC
OR HEALTH OFFICER. THESE ARE SERIOUS DISEASES.
EARLY AND PROPER TREATMENT IS ESSENTIAL AND
IS THE BEST INSURANCE AGAINST SERIOUS COM-
PLICATIONS.**

DO NOT ATTEMPT SELF TREATMENT

DO NOT EXPOSE OTHERS TO INFECTION

1 Red throat

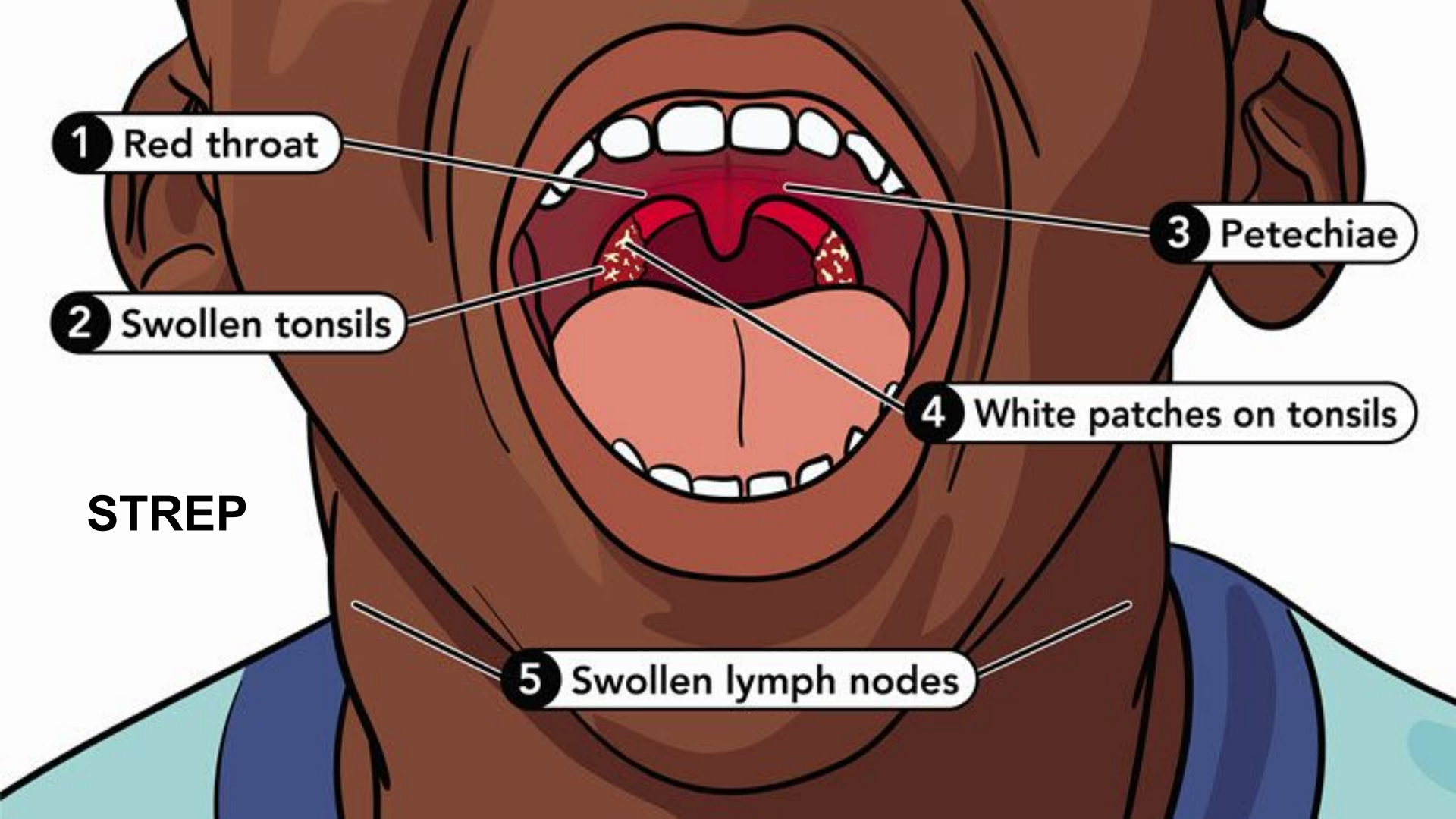
2 Swollen tonsils

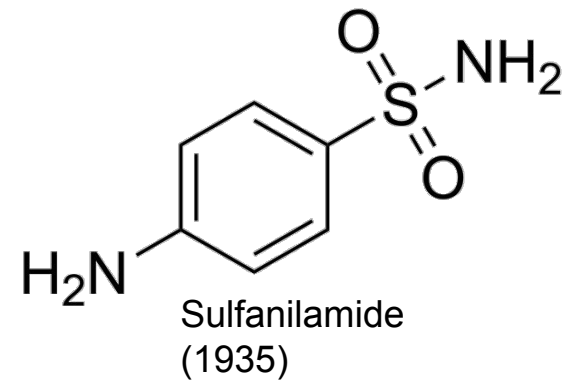
3 Petechiae

4 White patches on tonsils

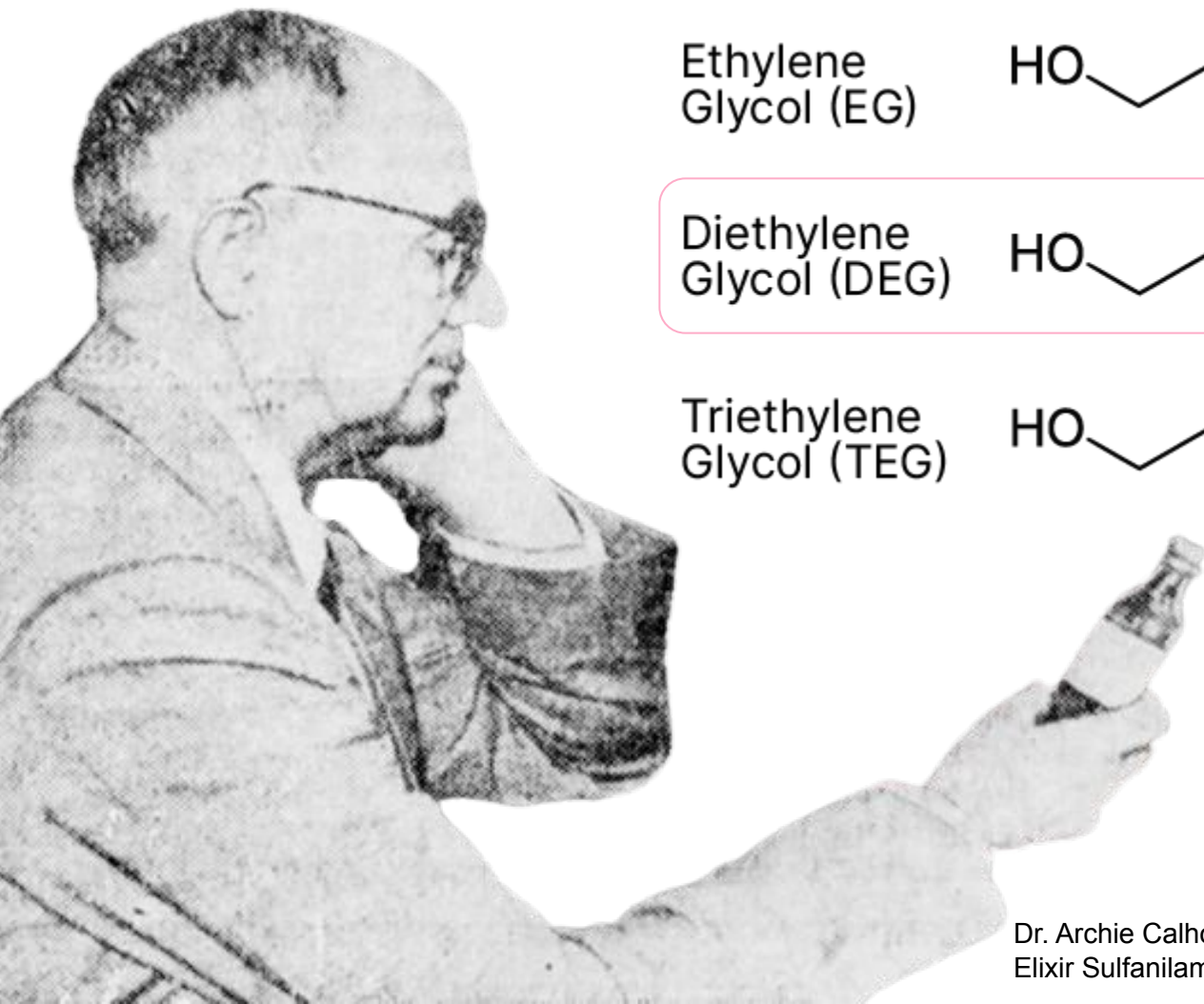
5 Swollen lymph nodes

STREP

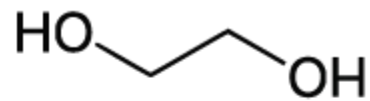




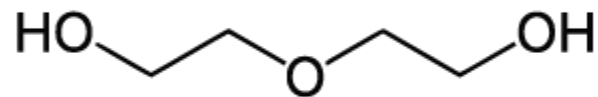
Dr. Archie Calhoun posing with a bottle of
Elixir Sulfanilamide, 1937



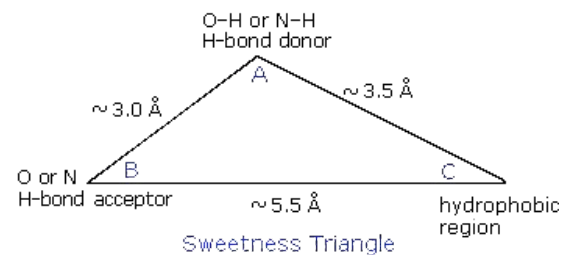
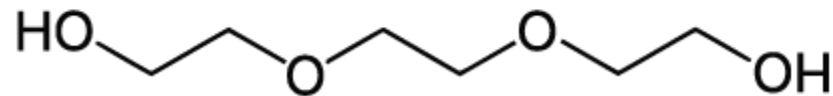
Ethylene
Glycol (EG)



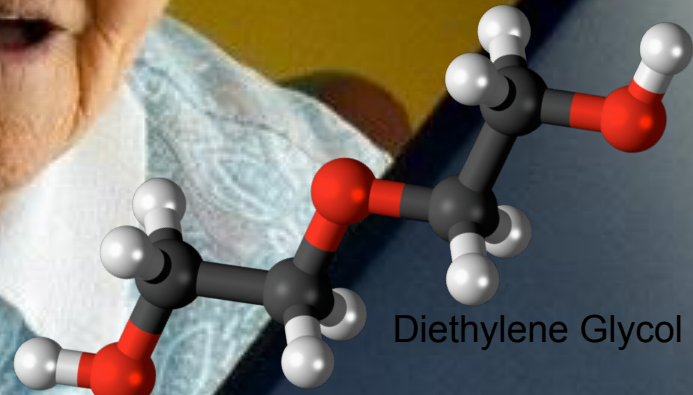
Diethylene
Glycol (DEG)



Triethylene
Glycol (TEG)



Dr. Archie Calhoun posing with a bottle of
Elixir Sulfanilamide, 1937



Hormones?

Youthful Strength

Dr. Magnus Hirschfeld, the world-known authority on Sexology and Director of the Institute for Sexual Science of Berlin, Germany, created

TITUS-PEARLS

to help the millions of men and women who have lost or are losing their vital physical power. In his 35 years of practice and research, however, he realized that the weakening of man's glands was also responsible for other troubles: High blood pressure, hardening of the arteries, physical exhaustion after work or exercise, dizziness, depression, neurasthenia, etc.

All these troubles can be removed with Titus-Pearls. Numerous cases were treated by Dr. Hirschfeld in his Berlin Institute.

L. S. (State Official; 60 years old, married) complained of physical exhaustion, dizziness and tremors. Was easily tired. Mental powers dull and slow moving. Physical powers had been incomplete for previous 5 years. Blood pressure too high. Given 2 Titus-Pearls 3 times a day. 2 weeks later the medical report on this man was:— General health better, more vigor; dizziness much less and returning to power. Treatment continued and 2 weeks later L. S. reported this time to say that all weariness and exhaustion had gone; fresh and buoyant. His blood pressure had fallen, and at 60 of age he had regained the physical power and virility that known in the prime of his life.

Start regaining your youthfulness now! Today! In 2 weeks you will be aware of the new, virile force within you. Send \$10 (cash or money-order) for 2 weeks treatment.

TE FOI, ET

C. O. D. ORDERS ACCEPTED

old, please fill out the following coupon:

EXPORT SERVICE CO., DPT. 15379

venue, New York City, N. Y.

ard to the following address.....Boxes

close \$.....

City.....

State.....

1932

Thursday, October 5, 1932

Youthful Strength

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Please fill out the following coupon:

EXPORT SERVICE CO., DPT. 15379

venue, New York City, N. Y.

ard to the following address. Boxes

close \$

City

State

2025

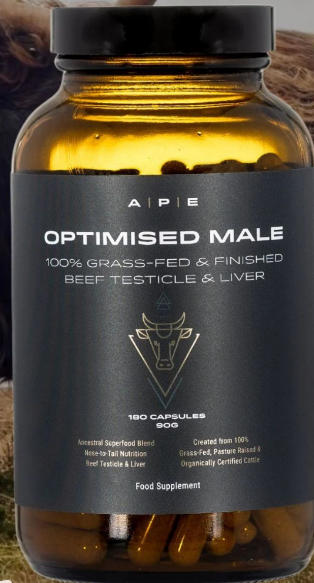
OPTIMISED MALE

Regeneratively
Farmed Cattle

Just Raw Freeze
Dried Beef Testicle
& Liver in a Bovine
Gelatine Capsule

No GMO Feeds,
Hormones or
Antibiotics,

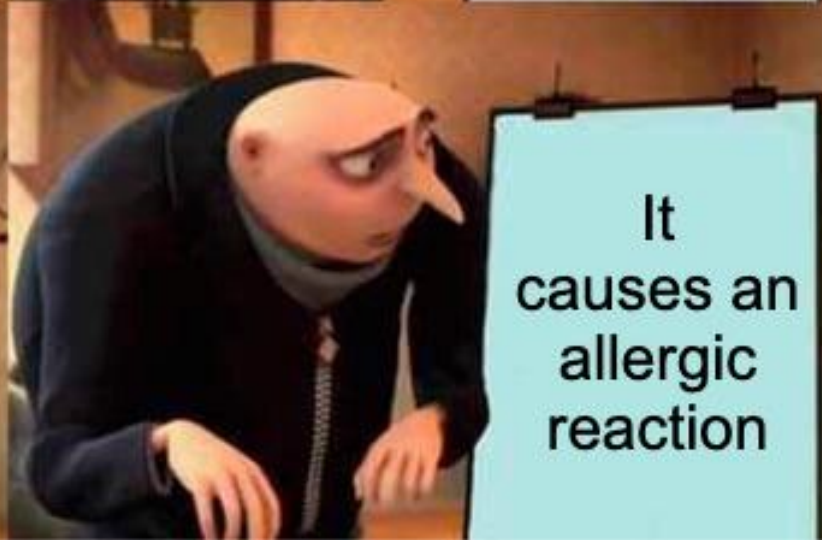
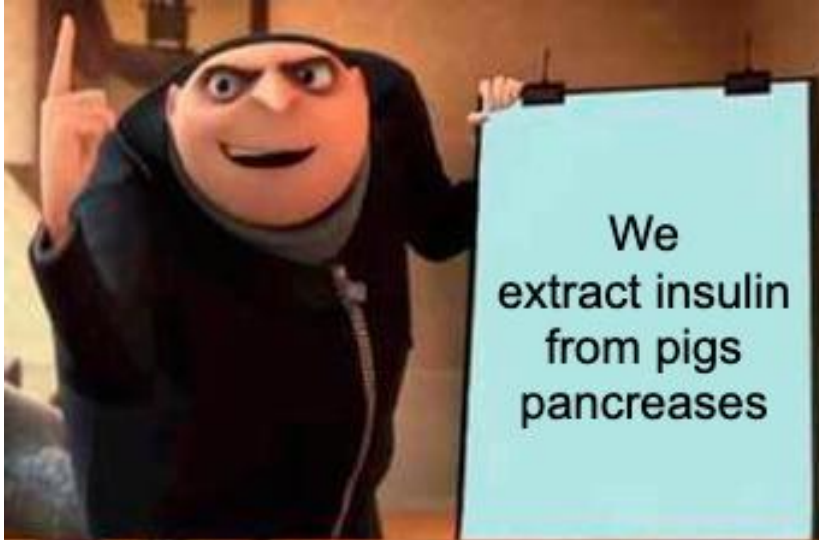
Grass-Fed &
Finished Organ
Meat



Two of the most nutrient dense foods on the earth in the most absorbable form

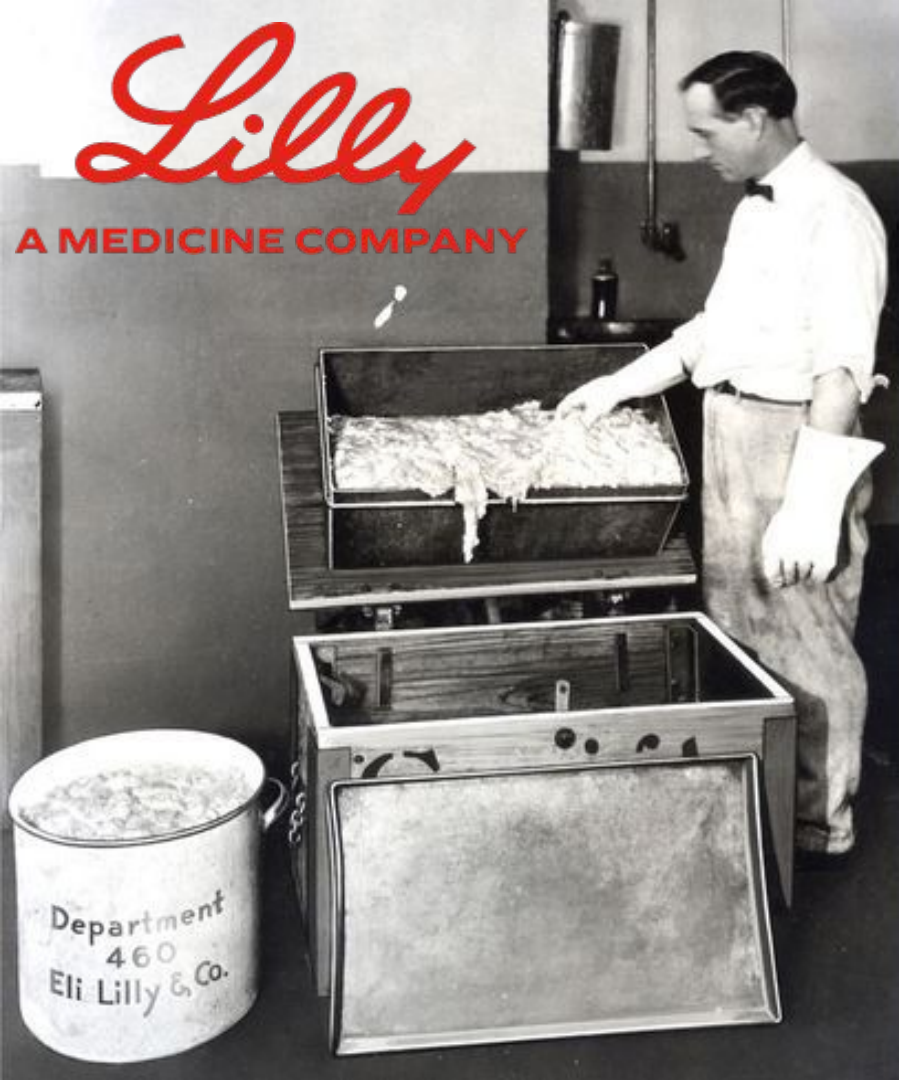
REAL FOOD SUPPLEMENT

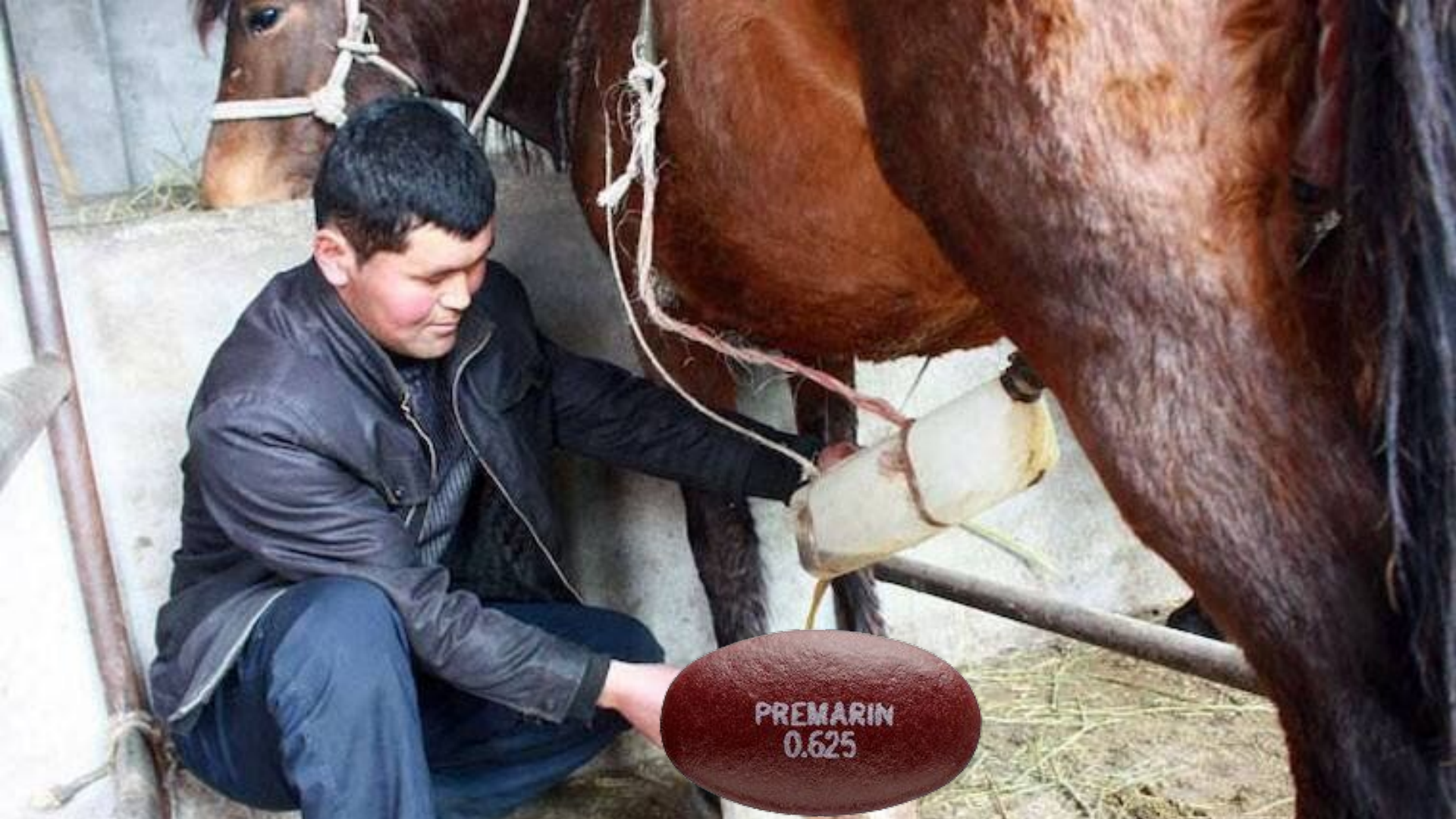




Lilly

A MEDICINE COMPANY





PREMARIN
0.625

AN INTERNATIONAL HISTORIC
CHEMICAL LANDMARK

THE “MARKER DEGRADATION” AND CREATION OF THE MEXICAN STEROID HORMONE INDUSTRY 1938–1945

UNIVERSITY PARK, PENNSYLVANIA, OCTOBER 1, 1999
MEXICO CITY, DECEMBER 2, 1999



AMERICAN CHEMICAL SOCIETY



SOCIEDAD QUÍMICA DE MÉXICO



Extraction from
organs

Extraction from
animal excretions

Synthesis from
natural products

AN INTERNATIONAL HISTORIC
CHEMICAL LANDMARK

THE “MARKER DEGRADATION” AND CREATION OF THE MEXICAN STEROID HORMONE INDUSTRY 1938–1945

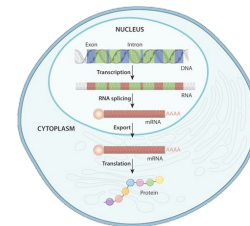
UNIVERSITY PARK, PENNSYLVANIA, OCTOBER 1, 1999
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AMERICAN CHEMICAL SOCIETY



SOCIEDAD QUÍMICA DE MÉXICO

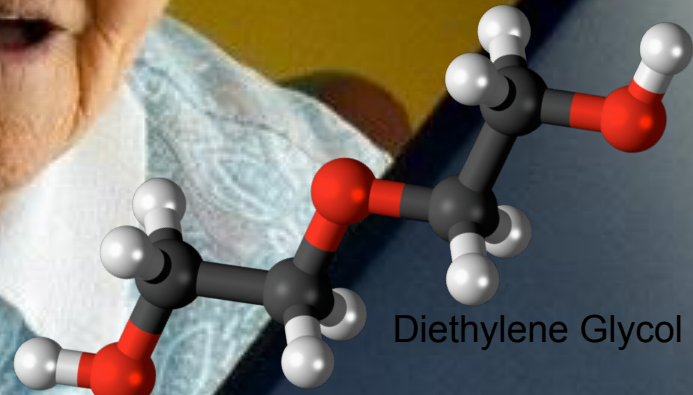


Extraction from
organs

Extraction from
animal excretions

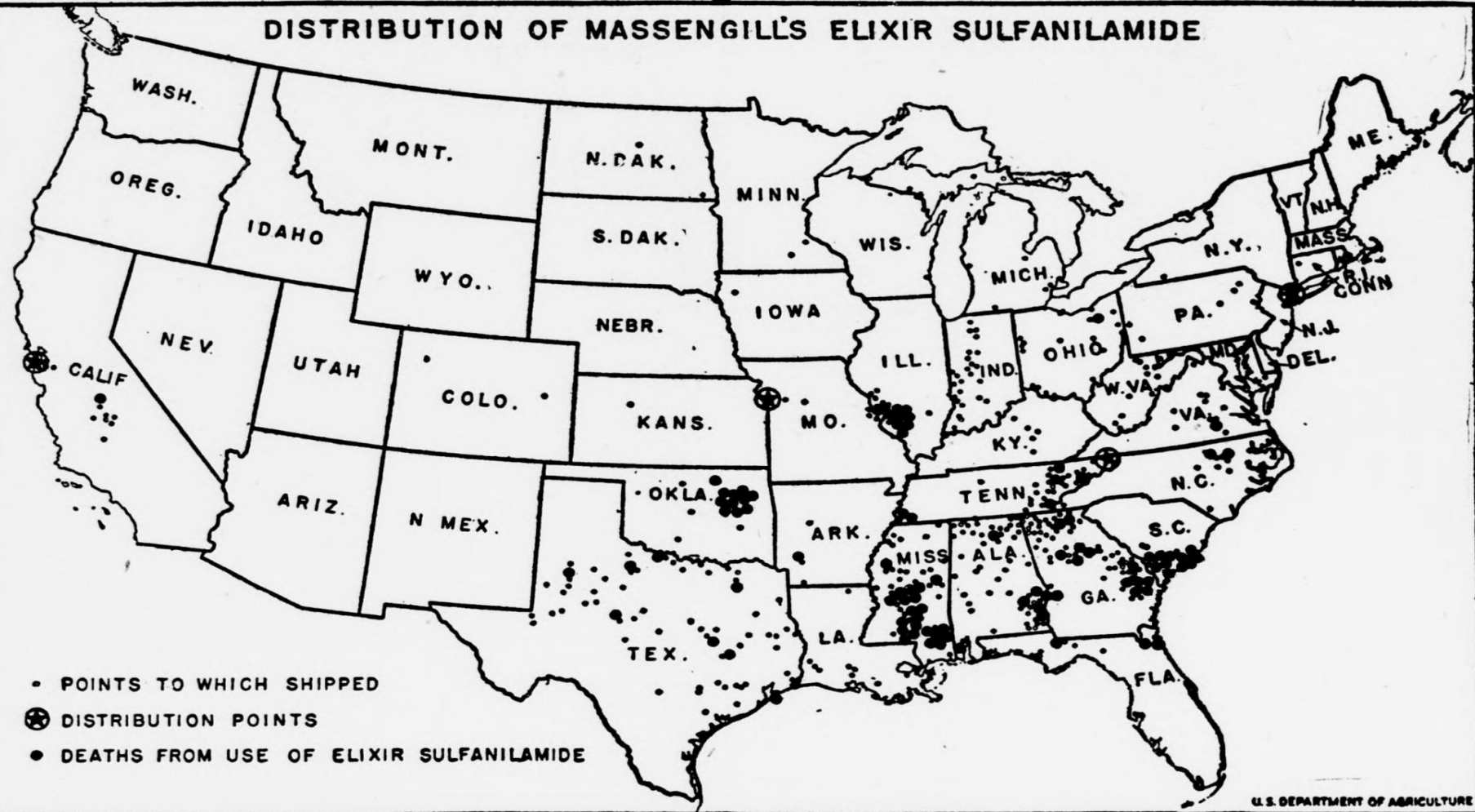
Synthesis from
natural products

Recombinant
Expression



POISON

DISTRIBUTION OF MASSENGILL'S ELIXIR SULFANILAMIDE



A map showing the distribution points of elixir sulfanilamide poison and deaths resulting from it. The chart was prepared by the Food and Drug Administration.
—Department of Agriculture Photos.



Six-year-old Joan,
daughter of
Maise Nidiffer
of Tulsa, Oklahoma

After her death, her mother wrote
a famous letter to President
Roosevelt urging political action.

“It is a **powerful** and **dangerous** agent.

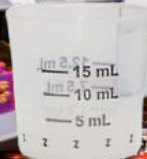
Publicity regarding its use in gonorrhea has, unfortunately, led layman to buy it at drug stores for self-medication.

State and city ordinances should prohibit its sale except on prescription, and it *certainly should never be used by layman with self-medication.*”

Scientific American, 1938

In response to these deaths and increasing public pressure, Congress enacted the **1938 Federal Food, Drug, and Cosmetic Act** giving the FDA power to regulate pharmaceuticals, and later passed the **Durham-Humphrey Amendment of 1951** (which was co-sponsored by two pharmacist congressmen) which divided medications into two legal categories:

prescription and nonprescription





Children's TYLENOL
Acetaminophen (160 mg per 5 mL)
Oral Suspension
Pain Reliever-Fever Reducer

DYE-FREE
Pain+Fever
Ages 2-11 Years

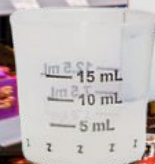
✓ **Free Of:**

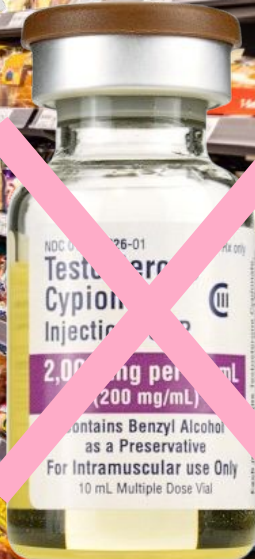
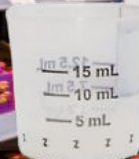
- Dyes
- Alcohol
- Ibuprofen
- Aspirin
- Parabens
- High Fructose Corn Syrup

DO NOT USE IF BOTTLE WRAP IMPRINTED WITH "TYLENOL" IS BROKEN OR MISSING

Children's TYLENOL
Acetaminophen (160 mg per 5 mL)
Oral Suspension
Pain Reliever-Fever Reducer
Pain+Fever
Ages 2-11 Years

✓ **Dye-Free**
Cherry









The state board of
pharmacy in Indiana ruled in
the late 1930s that vitamins
could only be sold in
pharmacies.

**WITH GREAT POWER
COMES GREAT
RESPONSIBILITY**

FDA



**WITH GREAT POWER
COMES GREAT
RESPONSIBILITY**

FDA





**Children's
TYLENOL**
Acetaminophen (160 mg per 5 mL)
Oral Suspension
Ibuprofen-Free Reducer
Age 2-11 Years

✓ Free

- Dyes
- Alcohol
- Ibuprofen
- Aspirin
- Parabens
- High Fructose Corn Syrup

USE IF BOTTLE WRAP INDICATES
TYLENOL IS BROKEN OR MISSING

**Children's
TYLENOL**
Acetaminophen (160 mg per 5 mL)
Oral Suspension
Ibuprofen-Free Reducer
Age 2-11 Years

✓ Dye-Free

Cherry Flavor





Children's
TYLENOL

Acetaminophen (160 mg per 5 mL)
Oral Suspension
Pain Reliever • Fever Reducer

ASPIRIN-FREE
Pain + Fever
Ages 2-11 Years

✓ **Free**
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• High Fructose
Corn Syrup

Children's
TYLENOL

Acetaminophen (160 mg per 5 mL)
Oral Suspension
Pain Reliever • Fever Reducer

✓ **Aspirin-Free**
Cherry
Flavor

Crest
PRO HEALTH
MAXIMUM
CAVITY
PROTECTION

Lay's

Barbecue
Flavored

NET WT 7.0 OZ (197.9 g)

MITO VITAMIN
Gummies
100 Gummies
Delicious and Convenient
VITAMINS & NUTRIENTS
SUPPORTS
IMMUNE SYSTEM
HEALTH SUPPORT
SUPPORTS DIGESTION & NUTRIENT
ABSORPTION

NDC 0000-0000-01
Testosterone Cypionate Injection
200 mg per mL
(200 mg/mL)
Contains Benzyl Alcohol
as a Preservative
For Intramuscular use Only
10 mL Multiple Dose Vial



Children's
TYLENOL

Acetaminophen (160 mg per 5 mL)
Oral Suspension
Pain Reliever • Fever Reducer
DYE-FREE
Pain + Fever
Ages 2-11 Years

✓ Free of:

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- Aspirin
- Parabens
- High Fructose Corn Syrup

USE IF BOTTLE WRAP IS UNBROKEN OR MISSING
Children's
TYLENOL

Acetaminophen (160 mg per 5 mL)
Pain Reliever • Fever Reducer
Ages 2-11 Years
✓ Dye-Free
Cherry

Crest
PRO HEALTH
MAXIMUM CAVITY PROTECTION
TOOTHPASTE
FLUORIDE
SUGAR FREE
SWEETENED WITH XYLITOL
SUGAR FREE
SWEETENED WITH XYLITOL

Lay's
Barbecue
Flavored
Potato Chips
NET WT 7.0 OZ (197.9 g)

NATURE'S BOUNTY
DELICIOUS AND CONVENIENT
MULTI VITAMIN GUMMIES
ESSENTIAL VITAMINS & MINERALS
IMMUNE SYSTEM HEALTH SUPPORT
120 GUMMIES
DIETARY SUPPLEMENT

NDC 0000-0000-01
Testosterone Cypionate Injection
200 mg per mL
(200 mg/mL)
Contains Benzyl Alcohol
as a Preservative
For Intramuscular use Only
10 mL Multiple Dose Vial



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Pain+Fever
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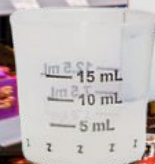


Image from
FDA Consumer Magazine

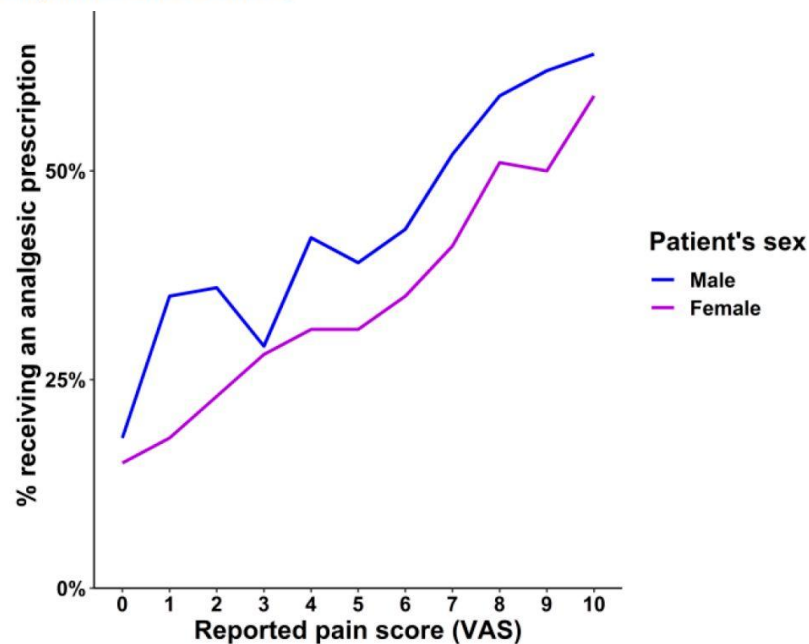
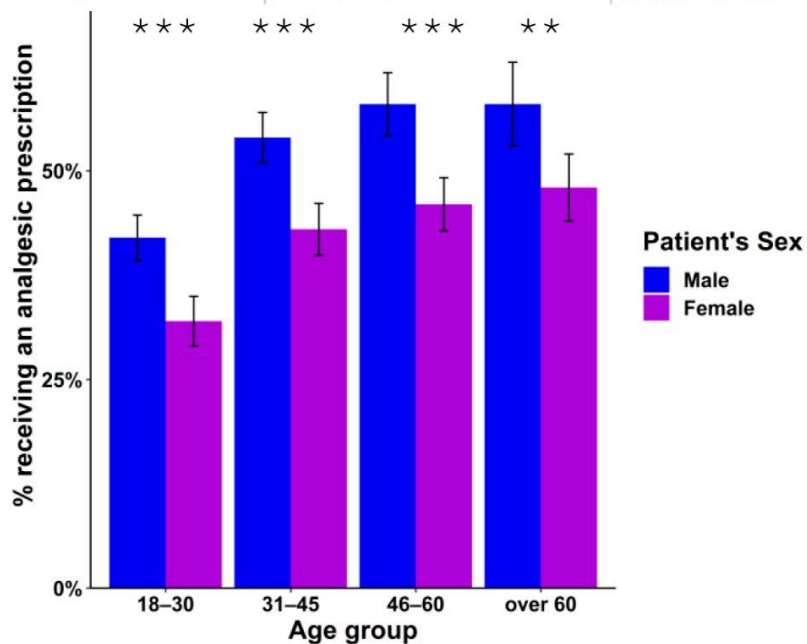


Sex bias in pain management decisions

[Mika Guzikovits](#) , [Tom Gordon-Hecker](#) , [David Rekhtman](#) , , and [Shoham Choshen-Hillel](#)   [Authors Info & Affiliations](#)

Edited by Timothy Wilson, University of Virginia, Charlottesville, VA; received January 29, 2024; accepted July 2, 2024

August 5, 2024 | 121 (33) e2401331121 | <https://doi.org/10.1073/pnas.2401331121>

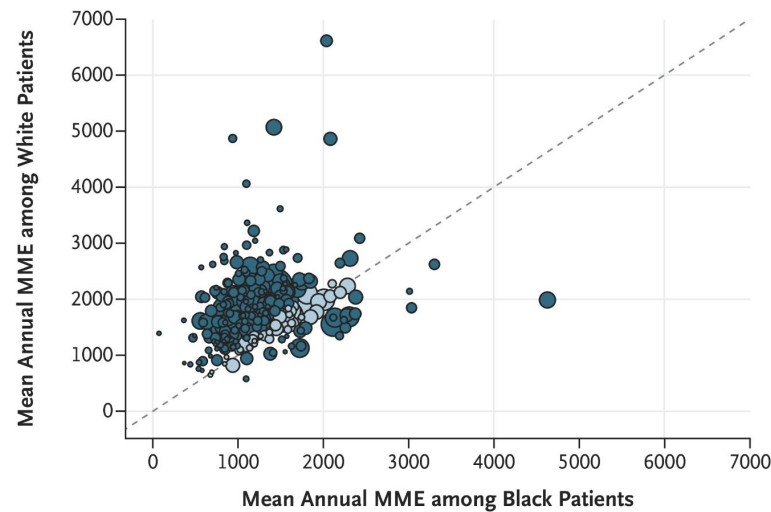


Racial Inequality in Prescription Opioid Receipt — Role of Individual Health Systems

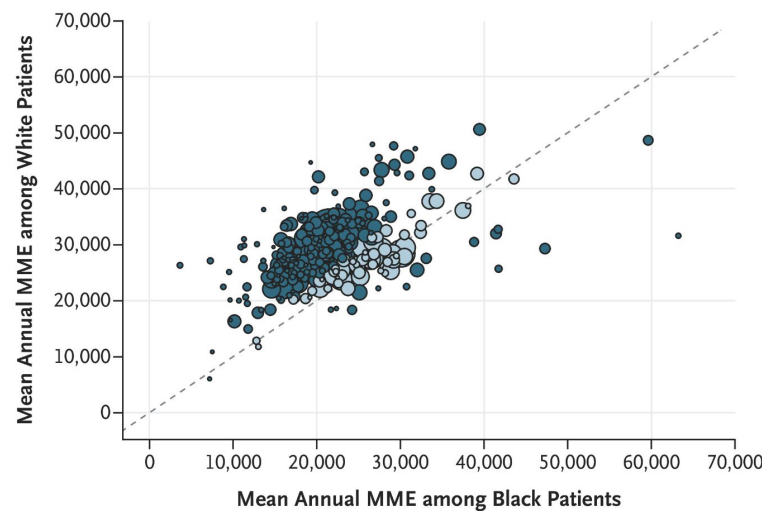
Authors: Nancy E. Morden, M.D., Deanna Chyn, M.P.H., Andrew Wood, M.P.H., and Ellen Meara, Ph.D. [Author Info & Affiliations](#)

Published July 21, 2021 | N Engl J Med 2021;385:342-351 | DOI: 10.1056/NEJMsa2034159 | [VOL. 385 NO. 4](#)

A Short-Term Opioid Receipt



B Long-Term Opioid Receipt



Observational Study

> Acad Emerg Med. 2025 Feb;32(2):130-136. doi: 10.1111/acem.15027.

Epub 2024 Oct 3.

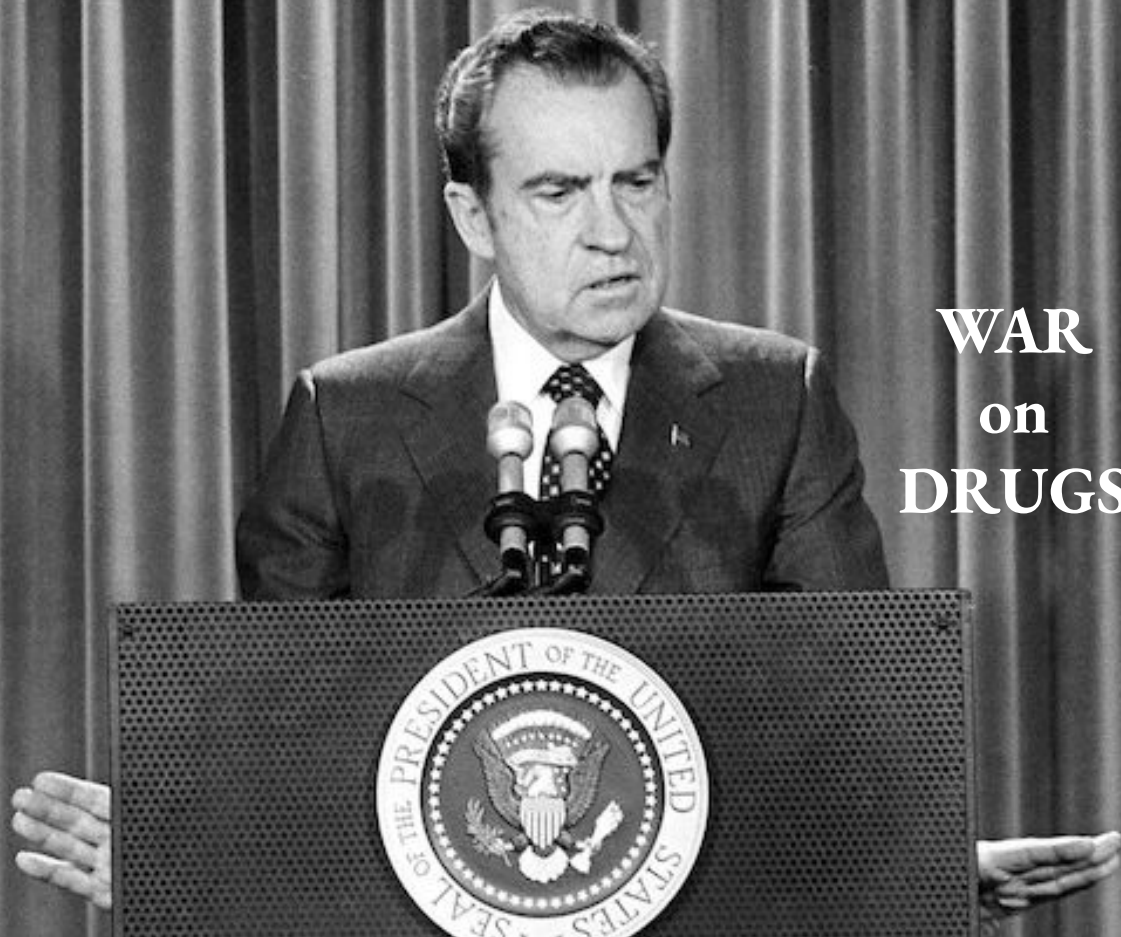
Disparities in pain management among transgender patients presenting to the emergency department for abdominal pain

Kellyn Engstrom¹, Fernanda Bellolio^{2 3}, Molly Moore Jeffery^{2 3}, Sara C Sutherland², Kayla P Carpenter², Gia Jackson², Kristin Cole⁴, Victor Chedid⁵, Caroline J Davidge-Pitts⁶, Kharmene L Sunga², Cesar Gonzalez⁷, Caitlin S Brown^{1 2}

Affiliations + expand

PMID: 39363515 DOI: [10.1111/acem.15027](https://doi.org/10.1111/acem.15027)

WAR
on
DRUGS



**1848 Import
Drug Act**



1846-1848

1890-1906



**1906 Pure Food
and Drug Act**

**1938 Federal Food, Drug, and Cosmetic Act and
Durham-Humphrey Amendment of 1951**



1935-1951

1968-Present



**1970 Controlled
Substances Act**

A new category of regulation to drugs is
added as part of the "War on Drugs"



Department of Justice/Drug Enforcement Administration

Drug Fact Sheet



Depo-Testosterone

What are common street names?

Common street names include:

- Arnolds, Juice, Pumpers, Roids, Stackers, and Weight Gainers

What do they look like?

Steroids are available in:

- Tablets and capsules, sublingual-tablets, liquid drops, gels, creams, transdermal patches, subdermal implant pellets, and water-based and oil-based injectable solutions





Children's TYLENOL
Acetaminophen (160 mg per 5 mL)
Oral Suspension
Pain Reliever-Fever Reducer

DYE-FREE
Pain+Fever
Ages 2-11 Years

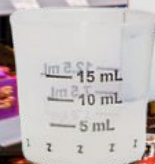
✓ **Free Of:**

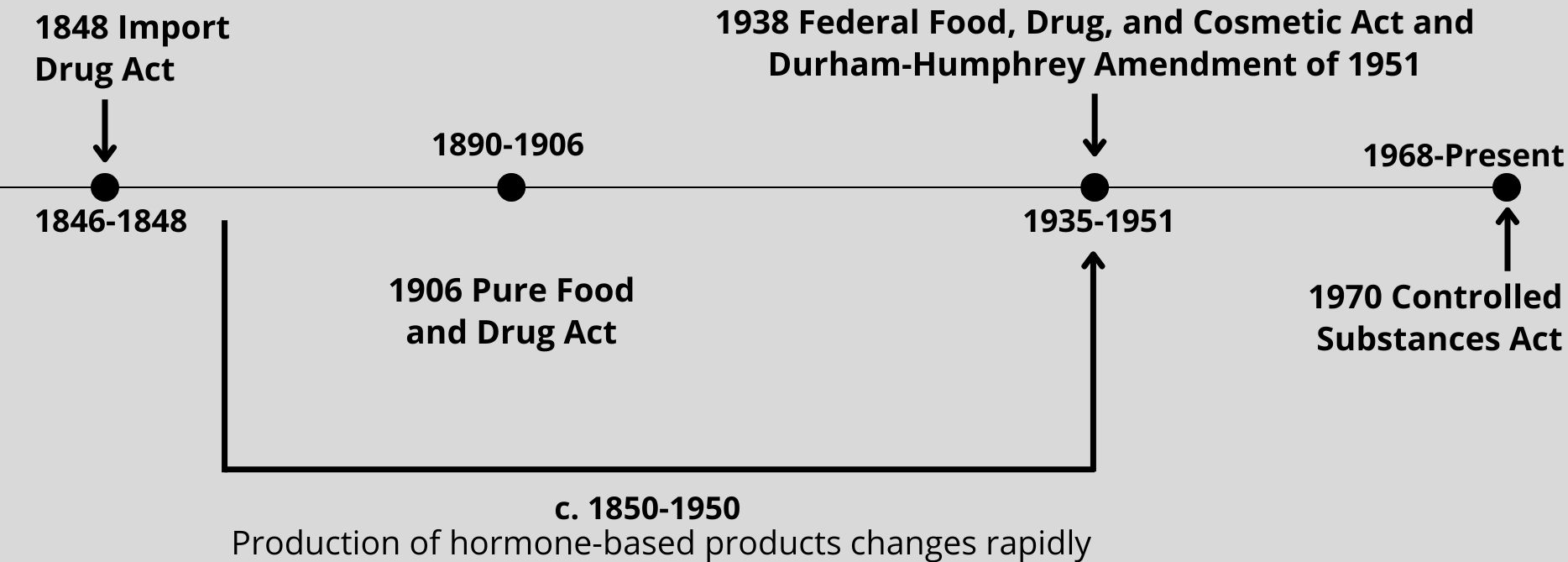
- Dyes
- Alcohol
- Ibuprofen
- Aspirin
- Parabens
- High Fructose Corn Syrup

DO NOT USE IF BOTTLE WRAP IMPRINTED WITH "TYLENOL" IS BROKEN OR MISSING

Children's TYLENOL
Acetaminophen (160 mg per 5 mL)
Oral Suspension
Pain Reliever-Fever Reducer
Pain+Fever
Ages 2-11 Years

✓ **Dye-Free**
Cherry







**Children's
TYLENOL**
Acetaminophen (160 mg per 5 mL)
Oral Suspension
Pain Reliever

Free Of:

- Dyes
- Alcohol
- Ibuprofen
- Aspirin
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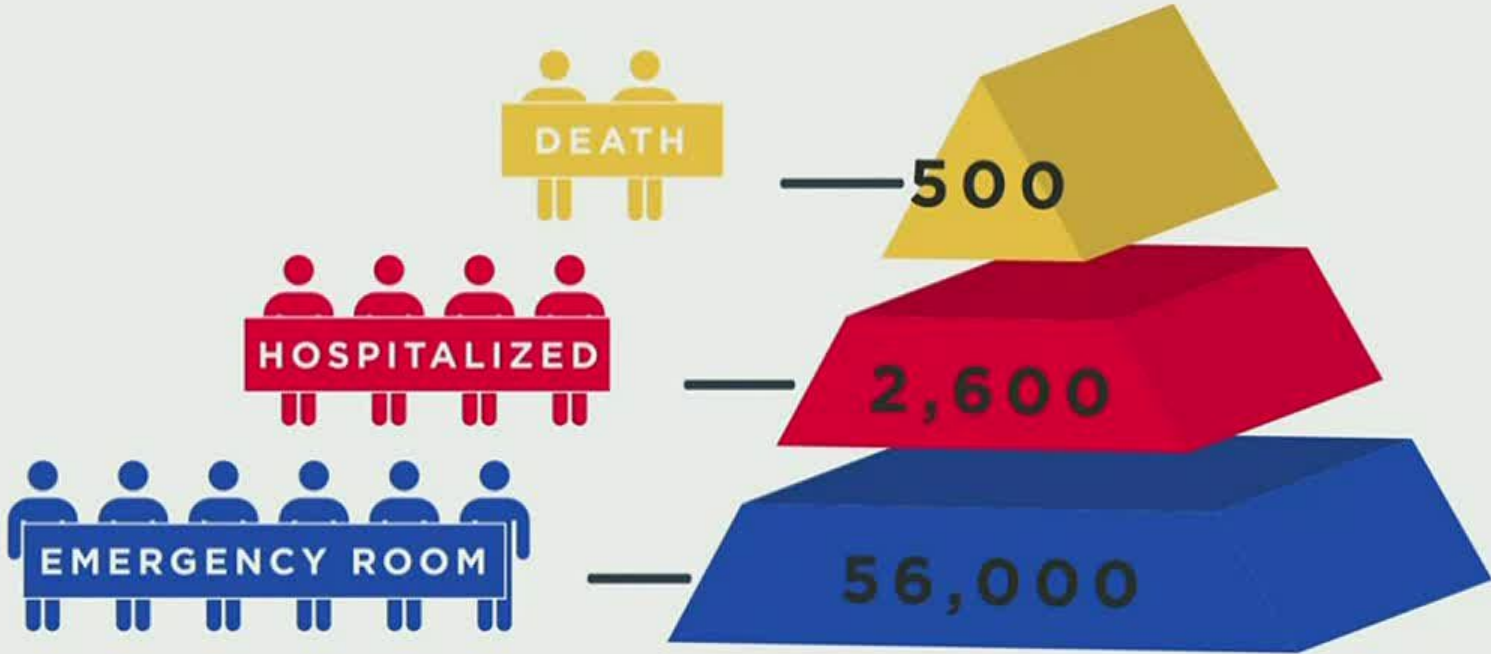


**Children's
TYLENOL**
Acetaminophen (160 mg per 5 mL)
Oral Suspension
Pain + Fever
Ages 2-11 Years

Cherry
Flavor



Per year, NIH



NEW AT 6

KCTV
5 INVESTIGATES

ACETAMINOPHEN WARNING

6:10
76°





TOTAL
6500
 milligrams
 You've exceeded the
 FDA's recommended
 maximum daily limit of
 acetaminophen.

Nyquil® 2600 mg

Theraflu® 3900 mg



Department of Justice/Drug Enforcement Administration

Drug Fact Sheet

What are their overdose effects?

Anabolic steroids are not associated with overdoses. The adverse effects a user would experience develop from the use of steroids over time.

Acetaminophen (APAP) hepatotoxicity—Isn't it time for APAP to go away?

William M. Lee  



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SEPTEMBER 16, 2022

SENATOR MARKEY CALLS ON BIDEN ADMIN. TO LIFT BARRIERS TO TESTOSTERONE, EXPAND ACCESS TO GENDER-AFFIRMING HORMONE THERAPY

[Text of the Letter \(PDF\)](#)

Washington (September 16, 2022) – Senator Edward J. Markey (D-Mass.) led a letter to the U.S. Department of Justice (DOJ), the U.S. Department of Health and Human Services (HHS), and the U.S. Drug Enforcement Administration (DEA) urging the Biden administration to consider rescheduling or descheduling testosterone



**Children's
TYLENOL**
Acetaminophen (160 mg per 5 mL)
Oral Suspension
Pain Reliever-Fever Reducer

**DYE-FREE
Pain+Fever
Ages 2-11 Years**

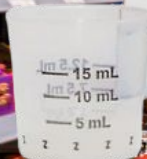
✓ **Free Of:**

- Dyes
- Alcohol
- Ibuprofen
- Aspirin
- Parabens
- High Fructose Corn Syrup

DO NOT USE IF BOTTLE WRAP PRINTED WITH "TYLENOL" IS BROKEN OR MISSING

**Children's
TYLENOL**
Acetaminophen (160 mg per 5 mL)
Oral Suspension
Pain Reliever-Fever Reducer

✓ **Dye-Free**
Cherry
Flavor





**SPORTS
DOPING**

**UNPOPULAR
MEXICAN-AMERICAN
WAR**

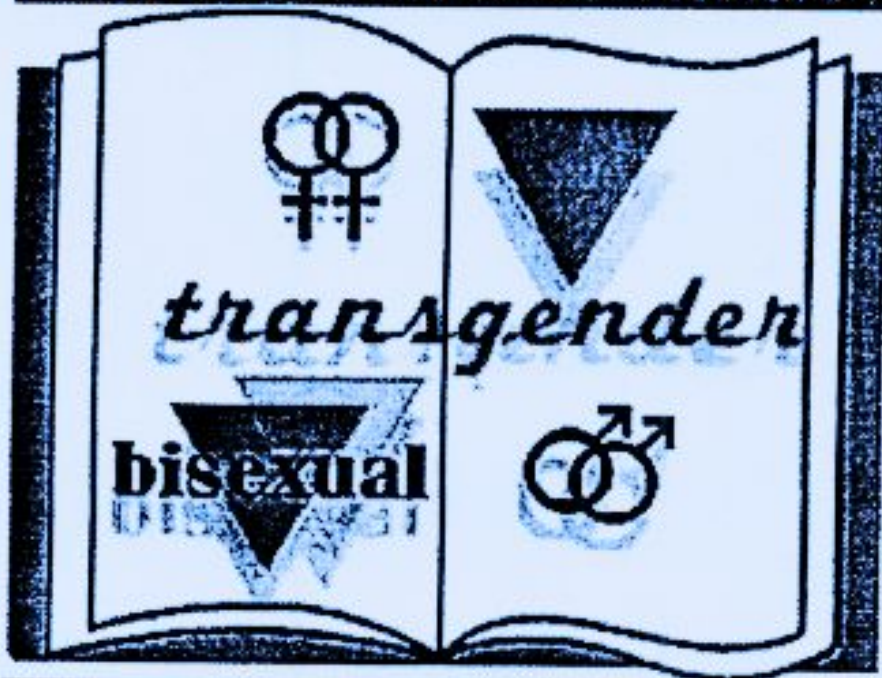
COLONIALISM

**GOVERNMENT
PATERNALISM**

FAKE BUTTER

**SAFETY
CONCERNS**

CHARTING THE FUTURE



RECLAIMING THE PAST

Read about DIY-HRT:



Contact me:

hello@transgender.digital