



# The Impact of Tucking on Fertility among Transgender Women: A Systematic Review



Health

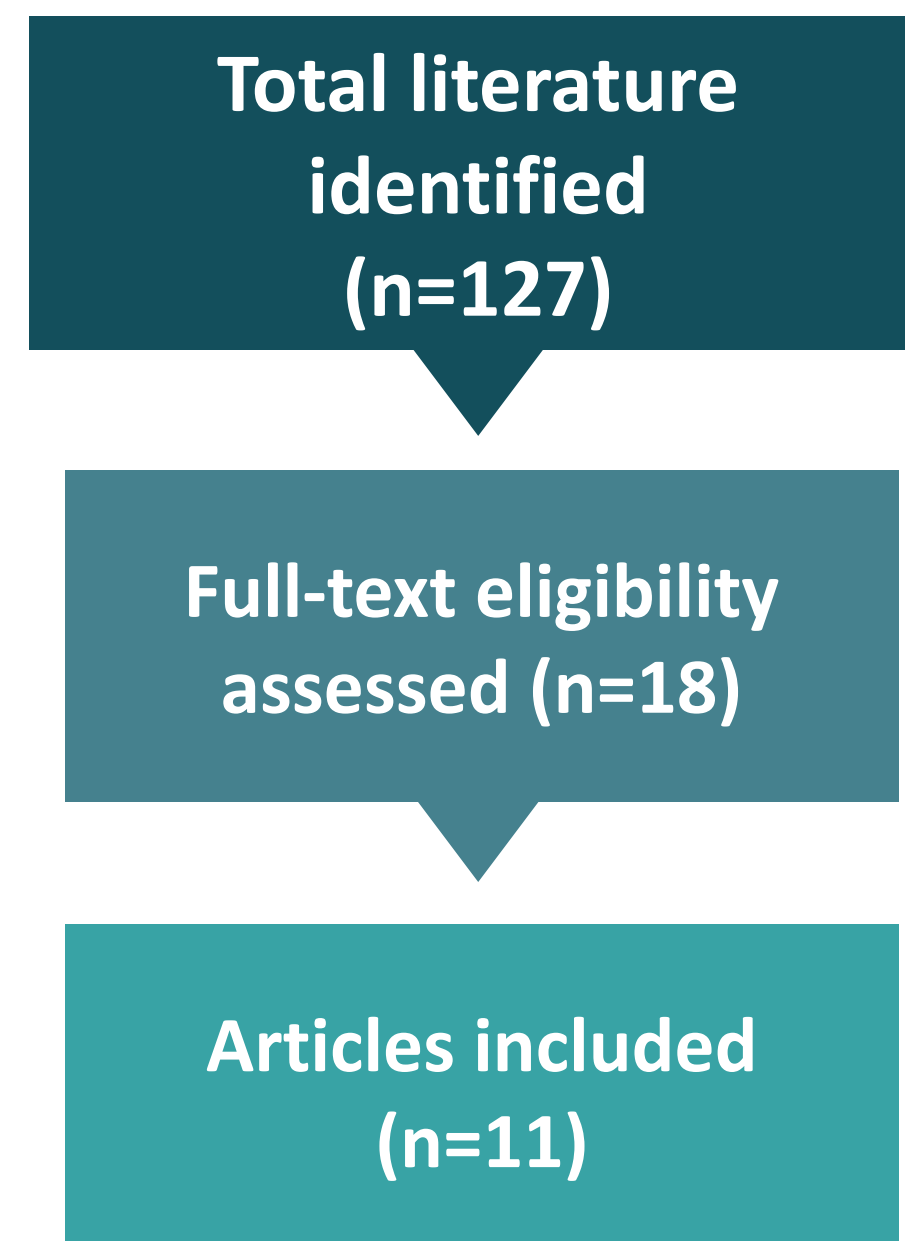
Ethan Manafi, André R. Belarmino, Jesse N. Mills, Sriram V. Eleswarapu, Gladys Y. Ng

Department of Urology, University of California, Los Angeles

## Introduction

- ◆ Tucking involves maneuvering the testicles into the inguinal canal and compressing the penis and scrotum posteriorly to create a smoother pelvic area. Three studies report that more than 70% of transgender women engage in this practice.
- ◆ Due to the irreversible sterilization associated with some gender-affirming procedures, fertility preservation is a significant concern for many transgender women. However, the fertility implications of tucking remain underexplored.

## Results



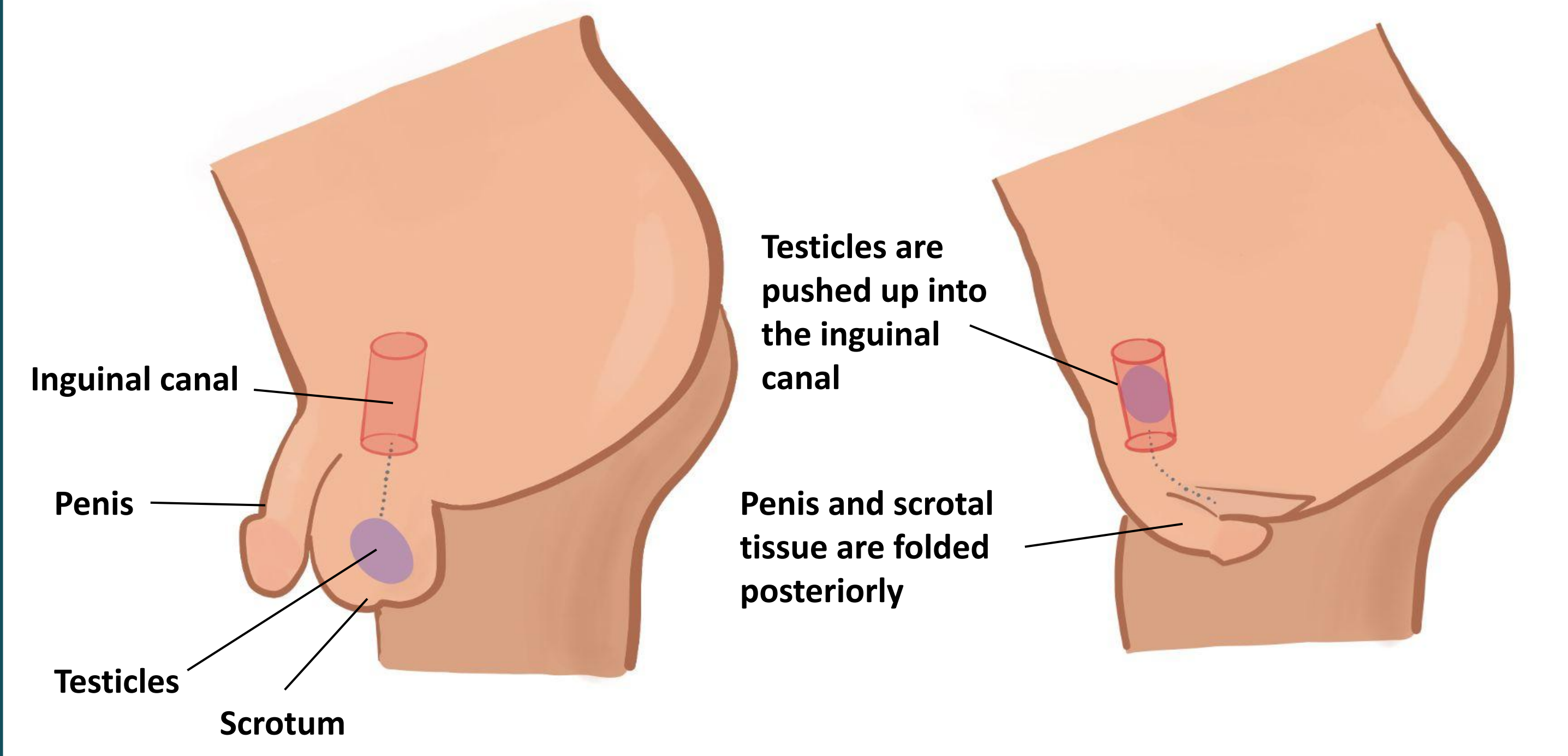
- Four cohort studies noted significant differences in semen parameters between transgender women prior to gender-affirming hormone therapy compared to cisgender men, and suggested tucking as a potential factor.
- One case-control and one cohort study noted whether patients tucked but found no definitive link between tucking and lower semen parameters. Both studies included seven transgender women who tucked.
- One prospective cohort study directly assessed tucking. With a sample size of 113 transgender women, it discovered an odds ratio of 7.95 between low total motile sperm count and tucking more than 8 times a month.
- A year-long experimental study on daily tucking reported declines in all semen parameters, and a decrease of up to 98% in total motile sperm count. A complementary paper noted an increase in abnormal sperm morphology.
- Two case reports observed that for affirming patients with severely impaired semen quality, a 3–4 month cessation from tucking allowed semen parameters to return to normal.

## Aim

This review aims to bridge the knowledge gap regarding the impact of tucking on fertility.

## Methods

Using PRISMA guidelines, a systematic search across various databases was conducted to identify studies evaluating the impact of genital tucking on fertility. Keywords related to tucking, transgender identity, and fertility were utilized. In total, 127 manuscripts were identified, of which 11 satisfied the inclusion and exclusion criteria.



## Discussion & Conclusion

- ◆ This review highlights the prevalence of tucking among transgender women and its potential negative impact on fertility.
- ◆ Temporary cessation of tucking may improve semen parameters for fertility preservation.
- ◆ A harm reduction approach should be implemented to balance fertility aspirations with the management of gender dysphoria.
- ◆ Physicians and patient advocates should raise awareness about the potential impacts of tucking among those considering fertility options.

## References

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