

Claire Horne  
Appleton  
LD 380

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Appleton, Maine  
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Testimony in Opposition of LD 380: An Act to Amend Certain Laws Regarding  
Gender-affirming Health Care Services

Dear Senator Carney, Representative Kuhn, and Honorable Members of the Judiciary  
Committee,

My name is Claire Horne and I am a resident of Appleton, Maine. I am writing in  
opposition of LD 380.

I started taking hormones as a teenager. I started menstruating at age 10 and had a  
horribly irregular cycle. It would skip three months, then I would get it twice the next  
month - I never knew what to expect. As a middle-schooler and then a high-schooler  
who played a lot of team sports and spent most of my time at school or on a school  
bus, it was hard to be constantly worried about when my period would catch me  
off-guard. I started taking contraceptive pills to even out my cycles, and it worked so  
well I was upset I hadn't started earlier. I was eventually diagnosed with Polycystic  
Ovary Syndrome (PCOS) and was prescribed additional medication to balance out my  
body's natural under-production of some hormones and over-production of others. I  
worked with my doctor to figure out what my preferred balance of hormones would  
be. Some of that decision was practical, like wanting more predictable menstrual  
cycles, but it was also gender-affirming, like wanting less hair growth on my face and  
chest. I deserve to be able to make choices about what is right for my body and  
receive gender-affirming care. This is a right that all Mainers deserve, including  
young people.

Gender-affirming health care services are essential healthcare, plain and simple.  
Being able to access health care is a human right. It is imperative that all Mainers of  
all gender identities be able to make decisions about their bodies and their health  
without interference from the state. LD 380 would make changes that would impact  
the ability of minors age 16 to 18 to be able to receive gender-affirming hormone  
therapy and follow-up care. These are critical years where being able to access care  
could be life-changing to a young person; gender-affirming care quite literally saves  
lives. I am grateful that I was able to make decisions about my body and my  
hormones as a teenager. It is because of this experience that I am supportive of  
keeping the process as it is, and not creating additional barriers to prevent minors ages  
16 to 18 from receiving the care they need.

As it is, getting access to healthcare in Maine can be a challenge. I am grateful for the  
care I receive, but I do live close to 100 miles from the specialist who diagnosed me  
with PCOS. Our healthcare system is strained and it impacts the options that people in  
Maine have to find and receive care. LD 380 would repeal Maine's Shield Law and  
cause healthcare providers to be at risk of out-of-state criminal prosecutions. This bill  
would have harmful effects on Maine's healthcare system that is already in need of  
additional support. This is yet another example of how a lack of access and equity  
hurts everyone.

Thank you for your time and attention. I strongly urge you to vote "Ought not to Pass"  
on LD 380, and protect the right to affirming and respectful health care access.

Sincerely,  
Claire Horne  
Appleton, Maine