

GENDER AFFIRMING HORMONES : A TIMELINE

As part of the process of transition, some patients may seek gender affirming hormone therapy. To help you understand the effects, we want to share this information with you. Everybody is different. The rate and extent that your changes take place depend on many factors, including your genetics, the age at which you start taking hormones and your overall state of health.

Here is a timeline of changes when taking **testosterone**.

EFFECT	EXPECTED ONSET	EXPECTED MAXIMUM EFFECT	REVERSIBLE or PERMANENT
▶ Increased body hair and facial hair growth	1-6 months	1-2 years	Permanent
▶ Deepened Voice	3-12 months	1-2 years	Permanent
▶ Clitoral Enlargement (by 1-3 cm)	3-6 months	1-2 years	Permanent
▶ Male Pattern Baldness (<i>hair loss at temples and crown of head; highly dependent on age and inheritance</i>)	+12 months	Variable	Permanent
▶ Increased Muscle Mass and Strength (<i>dependent on amount of exercise</i>)	6-12 months	2-5 years	Reversible
▶ Cessation of Menstrual Periods	2-6 months	N/A	Reversible
▶ Body Fat Redistribution (<i>decreased on buttocks/hips/thighs; increased in abdomen</i>)	3-6 months	2-5 years	Reversible
▶ Skin Oiliness/Acne (<i>may be severe</i>)	1-6 months	1-2 years	Reversible
▶ Vaginal Atrophy (<i>drying</i>)	3-6 months	1-2 years	Reversible
▶ Increased Libido (<i>sex drive</i>)	Variable	Variable	Reversible

Here is a timeline of changes when taking **estrogen**.

EFFECT	EXPECTED ONSET	EXPECTED MAXIMUM EFFECT	REVERSIBLE or PERMANENT
▶ Breast Growth	3-6 months	2-3 years	Permanent
▶ Decreased Sperm Production/Maturation, Reduced Fertility	Variable	Variable	Possibly Permanent
▶ Decreased Testicular Volume/Size by 25-50 percent	3-6 months	2-3 years	Probably Permanent
▶ Thinning/Slowed Growth of Body and Facial Hair	6-12 months	+3 years	Reversible
▶ Softening of Skin/Decreased Oiliness	3-6 months	Unknown	Reversible
▶ Body Fat Redistribution to more Feminine Pattern	3-6 months	2-5 years	Reversible
▶ Decreased Muscle Mass and Strength	3-6 months	1-2 years	Reversible
▶ Decreased Libido (<i>sex drive</i>)	1-3 months	1-2 years	Reversible
▶ Decreased Spontaneous and/or Morning Erections	1-3 months	3-6 months	Reversible
▶ Male Sexual Dysfunction (<i>ex., erections not as firm</i>)	Variable	Variable	Reversible
▶ Cessation of Male Pattern Balding (<i>no regrowth, but loss stops</i>)	1-3 months	1-2 years	Reversible