HRT for people assigned male at birth

**CHANGES**

- Hair loss/baldness cannot be reversed but will its progress will be slowed after 1 to 3 months, and may stop full within 1 to 2 years.
- Breast will start developing between 3 to 6 months and can take up to 3 years to complete. After 3 years their size will largely stay the same only fluctuating slightly with weight loss/gain.
- At 3 to 6 months fat will start to redistribute, moving from the stomach area to the hips and thighs. This process may take 2 to 5 years to complete.
- Body hair will start to thin out between 6 to 12 months. Hair does not stop growing, but does grow more slowly and sparsely. Hair may continue thinning beyond 3 years.

**MEDICATIONS**

- Estrogen is available in pills that can be swallowed (oral) or go under the tongue (sublingual). As well as intramuscular shots, or adhesive patch form. Oral form estrogen is the most commonly prescribed.
- Anti-androgens are always taken orally. These reduce the production of testosterone in your body.
- Other medication are sometimes used in addition for specific purposes such as helping combating hair loss/baldness or encouraging breast growth.

**RISKS**

- Taking estrogen can increase your risk of estrogen sensitive cancers like breast cancer, as well as increase your risk of blood clots.
- As oral medications are processed through your liver, there is a higher risk of liver disease.
- The most commonly prescribed anti-androgen (spironolactone) will make you pee a lot. It also might lower blood pressure, and increase levels of potassium.
- Other anti-androgens, and some medications that encourage breast growth, can worsen symptoms of depression.
- There is a somewhat increased risk of diabetes, gallstones and heart disease.