

For Trans Women

Predicted Timescales for the Physical Effects of Hormones

Feminizing hormones induce physical changes that are more in line with a person's gender identity. Trans feminine individuals can expect the following physical changes:

- breast growth (variable)
- decreased libido and erections
- decreased testicular size
- increased percentage of body fat compared to muscle mass.

While the degree with which an individual taking feminizing hormone therapy will experience changes varies from person to person the following table provides an indication of the timescales involved.

Effects and Expected Time Course of Feminizing Hormones^A

Effect	Expected Onset ^B	Expected Maximum Effect ^B
Body fat redistribution	3-6 months	2-5 years
Decreased muscle mass/strength	3-6 months	1-2 years ^C
Softening of skin/decreased oiliness	3-6 months	unknown
Decreased libido	1-3 months	1-2 years
Decreased spontaneous erections	1-3 months	3-6 months
Male sexual dysfunction	variable	variable
Breast growth	3-6 months	2-3 years
Decreased testicular volume	3-6 months	2-3 years
Decreased sperm production	variable	variable
Thinning and slowed growth of body and facial hair	6-12 months	> 3 years ^D
Male pattern baldness	No regrowth, loss stops 1-3 months	1-2 years

^A Adapted with permission from Hembree et al.(2009). Copyright 2009, The Endocrine Society.

^B Estimates represent published and unpublished clinical observations.

^C Significantly dependent on amount of exercise.

^D Complete removal of male facial and body hair requires electrolysis, laser treatment, or both.

The degree and rate of physical effects depends in part on the dose, route of administration, and medications used, which are selected in accordance with a patient's specific medical goals (e.g., changes in gender role expression, plans for sex reassignment) and medical risk profile.

There is no current evidence that response to hormone therapy – with the possible exception of voice deepening in trans masculine individuals – can be reliably predicted based on age, body habitus, ethnicity, or family appearance. All other factors being equal, there is no evidence to suggest that any medically approved type or method of administering hormones is more effective than any other in producing the desired physical changes.

Source - WPATH Standards of Care Version 7



About GenderGP

At GenderGP we provide Health and Wellbeing services to trans people of all ages, and to those who support them. We are fierce advocates, campaigning for better healthcare for the trans community. We provide prescription medication, blood tests, advice, monitoring, education and support. If you, or someone close to you needs help, visit our website.