

HRT

for people assigned male at birth

Your facial features may "soften." This means fuller cheeks and jawline.

You will start to lose muscle mass between 3 to 6 months and continue for up to 2 years. The extent of loss will depend on how much and how often you work out.

Unexpected erections will become less frequent after 1 to 3 months. This decline will continue for another 3 to 6 months, at which point they may near completely cease.

Testicles will start to shrink between 3 to 6 months and may continue to do so for up to 3 years. Typically at that point they have reduced to around half their original volume, however the size of scrotal skin will remain largely unaffected.

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 combat 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.

CHANGES

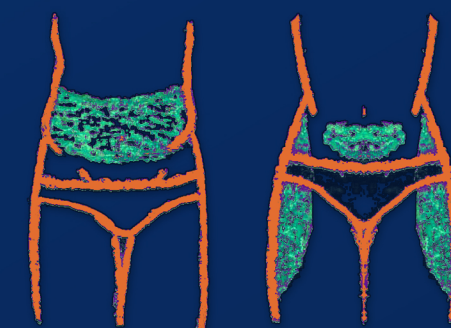
Hair loss/baldness cannot be reversed but its progress will be slowed after 1 to 3 months, and may stop full within 1 to 2 years.



Breasts 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.

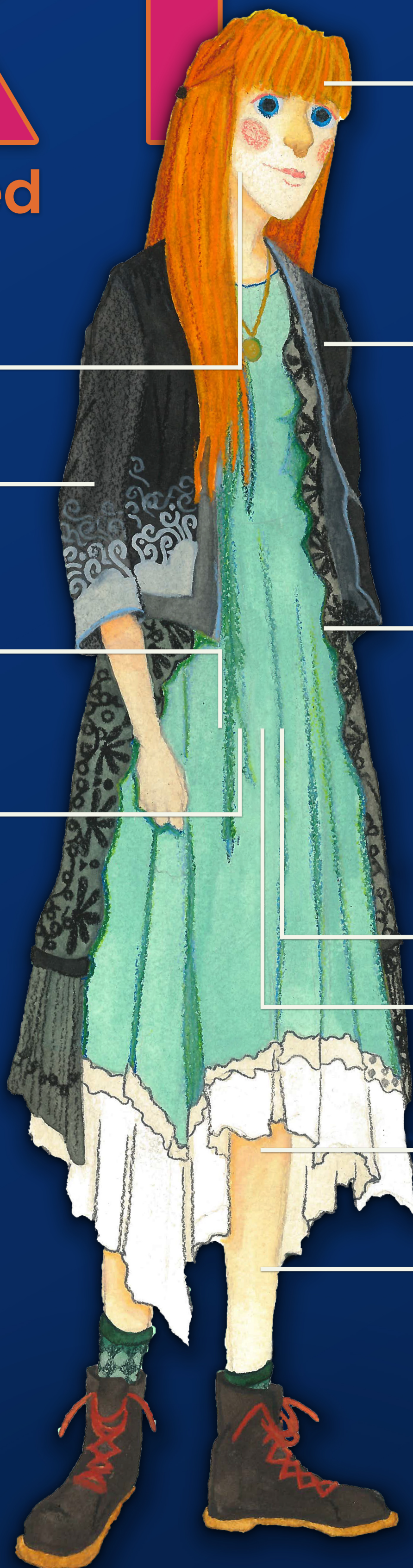
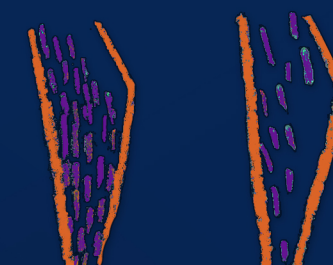


The smell of your urine and sweat may change.

Sperm production will be reduced but there is no specific timeline for this. Sperm count may also be further decreased by tucking.

Your skin will start to become softer from 3 to 6 months. This change does not have a specific timeline for its finish.

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.



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