

# Estrogen Treatment

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**Some transgender and gender non-conforming people choose to take hormones. This sheet tells you more about estrogen treatment. Remember that hormones affect everyone differently. Talk to your doctor about the changes that you are hoping for from estrogen treatment.**

## What is estrogen treatment?

- Estrogen treatment is when someone takes estrogen to make their body more feminine.
- Estrogen is a hormone, or chemical, that the body makes. People who are female-bodied have more estrogen than people who are male-bodied. So when someone takes estrogen, their body becomes more feminine.

## Estrogen treatment will cause many changes in your body.

- Some of the changes will go away if you stop taking estrogen.
- Some of the changes will not go away if you stop taking estrogen.
- You may want some of these changes (like growing breasts).
- You may not want some of these changes (like making less sperm or feeling moody).

**If you take estrogen you have a higher chance of having some health problems and diseases. Talk to your doctor about these risks.**



## What temporary changes will happen when I take estrogen?

### These changes will go away if you stop taking estrogen:

- Lower sex drive and fewer erections. You will notice this 1-3 months after you start taking estrogen.
- Body fat in other places (more fat on the hips and thighs instead of the belly). You will notice this 3-6 months after you start taking estrogen.
- Softer and less oily skin. You will notice this 3-6 months after you start taking estrogen.
- Softer hair and slower balding. You will notice this 1-3 months after you start taking estrogen.
- Changes in emotions like depression, anxiety, or feeling like you're going to hurt yourself. Talk to your doctor if you have these feelings so they can help.

## What permanent changes happen when I take estrogen?

### These changes will not go away even if you stop taking estrogen:

- You will grow breasts. You will notice this 3-6 months after you start taking estrogen.
- Your genitals (testes) will get smaller. You will notice this 3-6 months after you start taking estrogen.
- You will make less sperm. This can make it harder for you to get someone pregnant.

**Talk to your doctor to learn more  
about taking estrogen.**