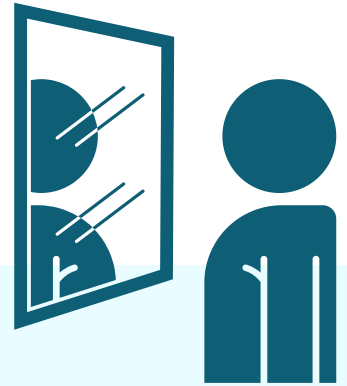


Estrogen Therapy

What is estrogen?

When you go through estrogen therapy you add estrogen to your body. Estrogen is a hormone that the body makes to develop feminine features.



What changes will happen to my body?

When going through therapy you might notice some or all these changes. Some changes may last for life while other changes will go away if you stop therapy. Keep in mind:

- Taking hormones like estrogen is a personal choice.
- Gender identity is about how you feel on the inside, not your health care.
- Your provider can help you plan what therapy is best for you and what your goals are. You can also stop taking hormones at any time.

Permanent Changes (Lasting)

Breast growth.

Smaller testicles.

Harder to get pregnant.

Temporary Changes (Will go away once you stop taking estrogen)

Lower sex drive and fewer erections.

Body fat moves from belly to thighs and butt.

Softer and less oily skin.

Softer hair and slower balding. (Facial hair often stays.)

Mood and emotional changes.



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Change	Will start in:	Strongest change in:
Body fat changes	3-6 months	2-5 years
Less muscle/strength	3-6 months	1-2 years
Softer and less oily skin	3-6 months	Not known
Lower sex drive	1-3 months	1-2 years
Fewer erections	1-3 months	3-6 months
Breast growth	3-6 months	2-3 years
Smaller testes	3-6 months	2-3 years
Making less sperm	6-12 months	> 3 years
Balding slows down	1-3 months	1-2 years

Your provider will review your history and talk to you about your risks for things like:

- Diabetes (Body's sugar level)
- High blood pressure
- Heart attacks
- Strokes
- Cancer

Cancer Screenings

Checking for cancer is vital. No matter how you identify, your provider will urge checking the body parts you have, and will discuss how we can lower stress about these tests.

Options for taking Estrogen

You have three options for therapy.

- Pills
- Shots
- Patches

There are also medicines you can take to block testosterone/androgens (the hormone that produces male presenting features).



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