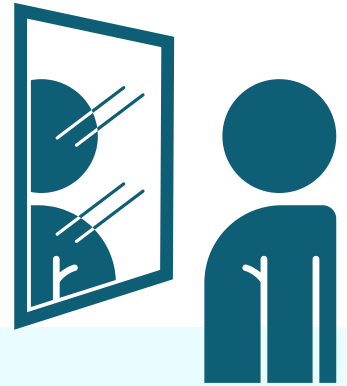# Testosterone Therapy

What is testosterone?

When you go through testosterone therapy you add testosterone to your body. Testosterone is a hormone that the body makes to develop masculine 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 testosterone 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)	Temporary Changes (Will go away once you stop taking testosterone)
More hair on your face, chest, back, butt, stomach, and ears	Higher sex drive
Deeper voice	Body fat moves to belly instead of the hips and thighs
The clitoris will grow about 4-5cm	More sweat and changes in body odor
	Feeling more hungry and weight gain
	Oily skin and acne
	More pimples on back, face, and chest
	Mood and emotional changes
	Period stops

Change	Will start in:	Strongest change in:
Oily skin/pimples	1-6 months	1-2 years
Facial hair and body hair	3-6 months	3-5 years
Balding	over 12 months	depends on age/genes
Muscles/Strength	6-12 months	depends on exercise
Body fat	3-6 months	2-5 years
End of periods	2-6 months	N/A
Clitoris grows	3-6 months	1-2 years
Vaginal dryness	3-6 months	1-2 years
Deeper voice	3-12 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 Testosterone

You have three options for therapy.
- Shots
- Gels
- Pellots (Implanted)