

Effects and Expected Time Course of Gender Affirming Hormone Therapy

Effects and Expected Time Course of Estrogen and Anti-Androgen Therapy		
Effect	Expected Onset	Expected Time to Maximum Effect¹
Body fat redistribution	3-6 months	2-5 years
Decreased muscle mass/ strength	3-6 months	1-2 years ²
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
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 ³
Scalp Hair loss	No regrowth, loss stops 1-3 months	1-2 years

(WPATH 2012, 7th version)

¹ Estimates represent published and unpublished clinical observations.

² Significantly dependent on amount of exercise.

³ Complete removal of facial and body hair requires electrolysis, laser treatment, or both.

Effects and Expected Time Course of Testosterone Therapy		
Effect	Expected Onset	Expected Time to Maximum Effect¹
Skin oiliness/acne	1-6 months	1-2 years
Facial/body hair growth	3-6 months	3-5 years
Scalp hair loss	>12 months ²	variable
Increased muscle mass/strength	3-6 months	2-5 years ³
Body fat redistribution	3-3 months	2-5 years
Cessation of menses	2-6 months	N/A
Genital (clitoral) growth/enlargement	3-6 months	1-2 years
Vaginal atrophy	3-6 months	1-2 years
Deepened voice	3-12 months	1-2 years

(WPATH 2012, 7th version)

¹ Estimates represent published and unpublished clinical observations.

² Highly dependent on age and inheritance; may be minimal.

³ Significantly dependent on amount of exercise.