

T001

3/2023

Effects of Estrogen-Based Hormone Therapy

Estrogen-based hormone therapy is medication to change your body in ways typically considered more feminine. Some of the changes may be permanent while others may be reversible and go away when medication(s) are stopped.

Effect	Expected Onset	Expected Maximum Effect	Reversibility
Breast Growth	3-6 months	2-5 years	Permanent
Thinning/Slowed Hair Growth: Face and Body	6-12 months	>3years	Reversible
Softening of Skin and Decreased Oiliness	3-6 months	Unknown	Reversible
Body Fat Redistribution to Feminine Pattern	3-6 months	2-5 years	Reversible
Decrease Muscle Mass and Strength	3-6 months	1-2 years	Reversible
Decreased Libido (Sex Drive)	1-3 months	Unknown	Reversible
Decreased Spontaneous/Morning Erections	1-3 months	3-6 months	Reversible
Less Firm Erections	Variable	Variable	Reversible
Decreased Sperm Production/Maturation, Reduced Fertility	Unknown	2 years	Possibly Permanent
Decreased Testicular Volume (By 25-50%)	3-6 months	Variable	Likely Permanent
Cessation of Scalp Hair Loss	Variable, and no regrowth	Variable	Reversible

**Estrogen-based hormone therapy does not cause any voice changes in adults. It may reversibly pause voice deepening in adolescents who have not completed puberty.