GENDER AFFIRMING HORMONES

Considerations when talking about sexual health/PrEP

EFFECT	EXPECTED ONSET	EXPECTED MAXIMUM EFFECT	REVERSIBLE OR PERMANENT EFFECT IF TESTOSTERONE STOPPED
Facial/body hair growth	1-6 months	1-2 years	Permanent
Increased muscle mass/strength (significantly dependent on amount of exercise)	6-12 months	2-5 years	Reversible
Deepened voice	3-12 months	1-2 years	Permanent
Cessation of menstrual periods	2-6 months	n/a	Reversible
Clitoral enlargement (by 1-3 centimeters)	3-6 months	1-2 years	Permanent
Body fat redistribution to a more masculine pattern (decreased on buttocks/hips/thighs, increased in abdomen)	3-6 months	2-5 years	Reversible

HEMBREE ET AL 2009, DAHL ET AL 2006, COLEMAN ET AL 2012

EFFECT	EXPECTED ONSET	EXPECTED MAXIMUM EFFECT	**REVERSIBLE OR PERMANENT EFFECT IF TESTOSTERONE STOPPED**
Skin oiliness/acne (may be severe)	1-6 months	1-2 years	Reversible
Male pattern baldness (hair loss at temples and crown of head, highly dependent on age and inheritance)	>12 months	variable	Permanent
Increased libido (sex drive)	variable	variable	Reversible

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EFFECT	EXPECTED ONSET	EXPECTED MAXIMUM EFFECT	**REVERSIBLE OR PERMANENT EFFECT IF TESTOSTERONE STOPPED**
Breast growth	3-6 months	2-3 years	Permanent
Thinning/slowed growth of body and facial hair	6-12 months	>3 years	Reversible
Softening of skin/decreased oiliness	3-6 months	unknown	Reversible
Body fat redistribution to more feminine pattern	3-6 months	2-5 years	Reversible
Decreased muscle mass/strength	3-6 months	1-2 years	Reversible
Decreased libido (sex drive)	1-3 months	1-2 years	Reversible
Decreased spontaneous/morning erections	1-3 months	3-6 months	Reversible

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EFFECT	EXPECTED ONSET	EXPECTED MAXIMUM EFFECT	REVERSIBLE OR PERMANENT EFFECT IF TESTOSTERONE STOPPED
Male sexual dysfunction (eg erections not as firm)	variable	variable	Reversible
Decreased sperm production/maturation, reduced fertility	variable	variable	Possibly permanent
Decreased testicular volume by 25-50%	3-6 months	2-3 years	Likely permanent
Cessation of male pattern balding	No regrowth, loss stops 1-3 months	1-2 years	Reversible

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