

Effects and Expected Time Course of Gender Affirming Hormone Therapy

Feminizing Hormones		
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 (sex drive)	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
Male pattern baldness	Loss stops 1 – 3 months (no regrowth)	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¹ Estimates represent published and unpublished clinical observations.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.

Masculinizing Hormones		
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 – 6 months	2 – 5 years
Cessation of menses / periods	2 – 6 months	N/A
Clitoral growth / enlargement	3 – 6 months	1 – 2 years
Vaginal atrophy	3 – 6 months	1 – 2 years
Deepening of 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¹ Estimates represent published and unpublished clinical observations.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 genetics/inheritance; may be minimal.

³ Significantly dependent on amount of exercise.