

## CONSENT

- Student Health & Wellness Center  
 University Health Services

**Masculinizing Therapy**

Patient Identification Information

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**Overview of Hormone Therapy**

The use of hormone therapy for gender transition/affirmation is based on many years of experience treating trans persons. Research on hormone therapy is providing us with more and more information on the safety and efficacy of hormone therapy. The long-term consequences and effects of hormone therapy may not be fully understood.

The expected benefits of hormone therapy and the possible side effects of hormone therapy are listed, so that you can decide, with your medical provider, if hormone therapy is right for you. By signing this form, you are stating that you have discussed the risks and benefits with your medical provider or a member of the medical team and that you understand and accept how these apply to you personally. At any time, if you have any questions or concerns about the information below, please talk with the people involved in your care so you can make fully informed decisions about your treatment. It is your right to seek another opinion if you want additional perspective on any aspect of your care.

Testosterone is used to masculinize the body, to reduce the female features, and increase masculine features. Your medical provider will determine the specific testosterone product (shots, gels or creams, patches, implanted pellets, transbuccal) and dose that is best for you based on your personal needs and wishes, as well as any medical or mental health conditions you might have.

Each individual person responds to testosterone differently, and it is difficult to predict how each person will respond. You agree to take the testosterone only as prescribed and to discuss your treatment with your doctor before making any changes.

**The Expected Effects of Testosterone Therapy**

The masculine changes in your body may take several months to become noticeable and usually take 3 to 5 years to be complete.

**PERMANENT Changes**—changes that will not go away, even if you decide to stop testosterone treatment:

- The pitch of your voice becomes deeper
- Increased growth, thickening and darkening of hair on the body
- Growth of facial hair
- Possible hair loss at the temples and crown of the head (male pattern baldness) with possible complete baldness
- Increase in the size of the clitoris/phallus

**NON-PERMANENT Changes**—changes that may likely be reversible if testosterone treatment is discontinued:

- Menstrual periods will stop, usually within a few months of starting testosterone
- Weight gain. If you gain weight, the distribution tends to localize to the abdomen and mid-section, rather than the buttocks, hips and thighs, making the body look more masculine.
- Increased muscle mass and upper body strength
- Possible feeling of more physical energy
- Skin changes, including acne which may be severe
- Increased sex drive
- Testosterone can cause medical changes, including:
  - Decreasing good cholesterol (HDL) and increasing bad cholesterol (LDL)
  - Increasing blood pressure
  - Increasing deposits of fat around your internal organs
  - Increased risk of heart disease
  - Liver damage
  - Increased hemoglobin
- Changes in mood or thinking may occur. You may find that you have a decreased emotional reaction to things and possible increased feelings of anger or aggression. Some people find that their mental health improves after starting hormone therapy. The effects of hormones on the brain are not fully understood.

## Masculinizing Therapy

\_\_\_\_ I have additional questions about the possible effects of testosterone

\_\_\_\_ My medical provider or member of the medical team has answered my questions about the effects of testosterone

### The Risks and Possible Side Effects of Testosterone Therapy

- Possible loss of fertility or ability to become pregnant; you may become unable to get pregnant after taking testosterone therapy for some time. It is difficult to predict the length of time a person may be infertile. Some persons choose to harvest and bank eggs before starting on testosterone therapy.
- Testosterone is not reliable birth control. Even if your periods stop, you could get pregnant. If you are having penetrative sex with a male partner, you should discuss using some form of birth control with your medical provider (e.g. condoms, oral contraception).
- If you do get pregnant while taking testosterone, the high levels of testosterone in your system may cause harm and even death to the developing baby.

Other effects of testosterone on the ovaries and on developing eggs are not fully known

- Some trans men, after being on testosterone for a number of months, may develop pelvic pain; often this will go away after some time, but it may continue; the cause of this is not known.
- The lining of the cervix and walls of the vagina may become more dry and fragile; this may cause irritation and discomfort; it also may make you more susceptible to sexually transmitted infections and HIV if you have unprotected penetrative sex
- The effects on the risk of breast, uterine and ovarian cancer is not known
- Possible changes in cholesterol, increased blood pressure, and other changes to your body may lead to an increased risk of cardiovascular disease (e.g. heart attacks, strokes and blockages in the arteries)
- Possible increased risk of developing diabetes
- Increased appetite and weight gain from increased muscle mass and fat redistribution in your body
- Increased risk of sleep apnea (breathing problems while you are sleeping)
- Possible changes in blood tests for the liver; testosterone may possibly exacerbate liver damage from other causes
- An increase in the hemoglobin and hematocrit (the number of red blood cells); if this increases to levels higher than is normal in males, it may cause problems with circulation, such as blood clots, strokes, and heart attacks.
- Increased sweating
- Weakening of tendons and increased risk of musculoskeletal injury
- May cause or worsen headaches and migraines
- Possible increase in frustration, irritability or anger; possible increased aggression and worsened impulse control
- Possible worsening of bipolar disorder, schizophrenia and psychotic disorders or other unstable moods
- Testosterone will result in changes that will be noticeable by other people, and some transgender people in similar circumstances have experienced harassment, discrimination, and violence, while others have lost support of loved ones.

\_\_\_\_ I have additional questions about the risk of testosterone treatment

\_\_\_\_ My medical provider or a member of the medical team answered my questions about the risks of testosterone

### Alternatives to Hormone Therapy

- Hormone therapy is not the only way that a person may appear more masculine and live as a male; your medical provider and/or a mental health provider can help you think about these other options.

### You Should Understand

- Smoking cigarettes may increase some of the risks of taking testosterone therapy

\_\_\_\_ I would like to discuss ways to help me quit smoking



### Masculinizing Therapy

- Taking testosterone in doses that are higher than recommended will increase the risks of testosterone treatment; higher doses will not necessarily work better to masculinize the body; in fact, abnormally high amounts of testosterone can be converted to estrogen that may interfere with masculinization
- Testosterone treatment is expected to be lifelong; suddenly stopping testosterone after a long time on the medication may have negative health effects
- You may choose to stop hormone therapy at any time and for any reason. You are encouraged to discuss this decision with your medical provider
- Your provider may decrease the dose of testosterone or stop prescribing testosterone because of medical reasons and/or safety concerns; you can expect that the medical provider will discuss the reasons for all treatment decisions with you.

#### You Agree To

\_\_\_\_ Take testosterone only at the dosage and in the form that your medical provider prescribes

\_\_\_\_ Inform your medical provider if you are taking or start taking any of the following, so that you can discuss possible interactions with and effects on your hormone treatment

- Other prescription drugs
- Dietary supplements
- Herbal or homeopathic drugs
- Street/recreational drugs or alcohol

\_\_\_\_ Inform your medical provider of any new physical symptoms or any medical conditions that may develop before or while you are taking testosterone and discuss the evaluation of these conditions; inform your provider if you think you are having bad side effects from the testosterone

\_\_\_\_ Not share your hormones with other people as this can be harmful to your health as well as other people's health.

\_\_\_\_ Keep regular follow up appointments; this may include appointments for Pap smears, pelvic (cervical) exams and mammograms

\_\_\_\_ Have regular monitoring blood testing done; your provider will discuss with you what tests are necessary in order to monitor for potential harmful effects and to ensure that your testosterone treatment is safe and effective

By signing this form you acknowledge that you have adequate information and knowledge to be able to make a decision about hormone therapy and that you understand the information your medical provider has given you.

Based on this information (write initials in corresponding area):

\_\_\_\_ My medical provider has discussed my questions and concerns with me.

\_\_\_\_ I choose to begin testosterone therapy

\_\_\_\_ I do not want to begin testosterone therapy

\_\_\_\_ I have additional questions about my rights and responsibilities with taking hormone therapy.

\_\_\_\_  
Patient's name on health insurance

\_\_\_\_  
Patient's preferred name, if different

\_\_\_\_  
Patient's signature

\_\_\_\_  
Date

\_\_\_\_  
Time

\_\_\_\_  
Parent's signature (if applicable)

\_\_\_\_  
Provider name

\_\_\_\_  
Provider signature

\_\_\_\_  
Date

\_\_\_\_  
Time