

Welcome to Planned Parenthood!

We want you to have the best patient care experience possible. For far too many in the transgender community, high-quality, affirming, and culturally competent health care is hard to find.

Providing gender affirming care services aligns with our mission of enabling all people to make empowered, informed decisions about their bodies and lives. Nationally, Planned Parenthood is the second largest provider of hormone therapy.

We are committed to providing care that is supportive of transgender and gender non-conforming patients. We welcome your comments and feedback.

Yours in good health,

-- Dr. Joel Lebed, Medical Director  
*Planned Parenthood Southeastern Pennsylvania*

### **Medical Services**

Planned Parenthood Southeastern Pennsylvania offers Hormone Therapy (HT) services for trans and gender nonconforming (TGNC) identified patients 18 and older\*.

- We offer HT to patients with existing prescriptions in addition to those beginning HT.

Additionally, we provide compassionate reproductive and sexual care, backed by medical experts and more than 100 years of research in reproductive health.

- All FDA-approved forms of contraception
- Cervical, chest, and breast cancer screening
- STI screening and treatment
- HIV testing
- UTI screening and treatment
- Gynecological Care
- HPV vaccinations
- Pre-exposure prophylaxis (or **PrEP**)

## WHAT TO KNOW ABOUT YOUR APPOINTMENT

- Planned Parenthood Southeastern Pennsylvania uses an informed consent model. We'll review the benefits and risks of HT with you and answer any questions you may have. Patients do not need to provide a letter of consent or a prescription from another provider to receive care at PPSP.
- New patients will participate in an initial counseling session with a social worker. Together they will review our informed consent process and identify any additional resources needed.
- After meeting with their social worker, new patients will be seen by their clinician who will support patients in addressing all medical concerns pertaining to initiating hormone therapy.
- For patients who choose injectable hormones, an in-person self-injection training will be provided at one of our three locations.
- Patients can use accepted insurance plans and/or be seen on our sliding scale. PPSP strives to keep the cost of our services as affordable as possible.

### \* **Why don't we offer HT to patients younger than 18?**

*We're not offering HT services for those under 18. Helping a teen transition medically is a process that involves not only medical providers, but also mental health professionals and possibly legal services. It also requires the involvement of the family in terms of education and consent. PPSP is not able to offer this service at this time and we will reassess offering HT to patients under 18 in the future.*

If you have questions about these health care services, please call 215-351-5585.

#### **Pottstown Health Center**

2081 East High Street  
Pottstown, PA 19464

#### **Elizabeth Blackwell Health Center™ at**

**Locust Street**  
1144 Locust Street  
Philadelphia, PA 19107

#### **West Chester Health Center**

8 South Wayne Street  
West Chester, PA 19382

We look forward to seeing you at your appointment,

*Planned Parenthood Southeastern Pennsylvania*

## Effects of Masculinizing Hormone Therapy

Masculinizing hormone therapy is medicine that can be used as part of your gender transition process. The medicine is called testosterone. Some of the changes may be permanent while others may be reversible and go away when medication is stopped.

| Effect                             | Expected Onset  | Expected Maximum Effect | Reversibility |
|------------------------------------|---|-------------------------|---------------|
| Facial and Body Hair Growth        | 1-6 months  | 1-2 years               | Permanent     |
| Increased Muscle Mass and Strength | 6-12 months<br><i>*significantly dependent on amount and type of exercise</i> | 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               | 3-6 months  | 1-2 years               | Permanent     |
| Body Fat Redistribution            | 3-6 months  | 2-5 years               | Reversible    |
| Skin Oiliness/ Acne                | 1-6 months  | 1-2 years               | Reversible    |
| Male Pattern Baldness              | >12 months  | Variable                | Permanent     |
| Increased Sex Drive                | Variable  | Variable                | Reversible    |

Information for Informed Consent  
MASCULINIZING HORMONE (FEMALE TO MALE) THERAPY

**What is masculinizing hormone therapy?**

Masculinizing hormone therapy is medicine that can be used as part of your gender transition process. The medicine is called testosterone.

**What is testosterone?**

Testosterone is the sex hormone that causes the development of masculine characteristics. It can be given as a shot or put on the skin as a gel, a cream, or a patch.

**Before taking testosterone, you need to know the most common benefits, risks, side effects, and other choices you have. We are happy to answer any questions you have.**

**What are the benefits?**

Testosterone will change your body in the following ways:

- Your voice will become deeper.
- You may grow a moustache and beard.
- Hair on your body will be thicker and will grow faster.
- Your clitoris will get bigger.
- Your muscles may get bigger and stronger.
- You will probably stop having a period.
- You will notice less fat on your buttocks, hips and thighs and more on your belly.

**What are the risks?**

Testosterone can

- Increase your red blood cell count
- Increase the amount of fat and/or cholesterol in the blood
- Increase the chance of getting diabetes (sugar)
- Harm the liver (rare)

There may be long-term risks that we don't know about.

The risks of testosterone may be higher for people who

- Smoke
- Are overweight
- Have a family history of heart disease

**What are the side effects?**

- Acne
- Thicker and more oily skin
- The hair on your head may get thinner or fall out (male pattern baldness)
- Mood changes
- Increased sex drive
- Vaginal dryness

**Besides testosterone therapy, what are my other choices?**

You could do nothing. Another way to masculinize is to have surgery. If you are interested in other options, talk to your doctor or nurse.

You can choose to stop taking testosterone at any time. If you decide to do that, talk to your doctor or nurse.

**What else do I need to know?****How long does it take to work?**

It can take a month or longer. Some of the changes can take 2 to 5 years. No one can tell how fast — or how much — change will happen.

**How long do I need to take testosterone?**

You will need to take the medicine forever to keep some of the changes in your body. The following changes are usually not permanent – they will probably go away if you stop taking the medicine:

- Increased sex drive
- Changes to your body fat
- Changes to your strength
- Faster hair growth

Some of the changes will probably not go away even if you stop taking testosterone. These include:

- Bigger clitoris
- Lower voice
- Moustache and beard
- Male pattern baldness
- Thicker body hair

**Can I get pregnant?**

No one can tell you for sure if taking testosterone will affect your ability to get pregnant. You could get pregnant or you may never be able to get pregnant in the future, even if you stop the testosterone.

If you have sex with a person who makes sperm, you need to use birth control to prevent pregnancy, just in case. If you do get pregnant, you must stop the testosterone.

If you think you may want to be pregnant in the future, you should talk to your doctor or nurse about your options before you start testosterone.

**Your health is important to us.** If you have any questions or concerns, please call us. We are happy to help you.

- I want to take testosterone.
- I do not want to take testosterone at this time.

\_\_\_\_\_  
Signature of Patient (and person authorized to sign for patient when required)

\_\_\_\_\_  
Date

Relationship to Patient:  self  parent  legal guardian  other \_\_\_\_\_

I witness that the patient received this information, said it was read and understood, and there was an opportunity to ask questions.

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Date