

Effects of Feminizing Hormone Therapy

Feminizing hormone therapy is medicine that can be used as part of your gender transition process. 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
Breast Growth	2-6 months	2-3 years	Permanent
Thinning/Slowed Hair Growth (face and body)	6-12 months	>3 years	Reversible
Softening of Skin and Decreased Oiliness	3-6 months	Unknown	Reversible
Body Fat Redistribution	3-6 years	2-5 years	Reversible
Decreased Muscle Mass and Strength	3-6 months	1-2 years	Reversible
Decreased Sex Drive	1-3 months	1-2 years	Reversible
Decreased Spontaneous Erections	1-3 months	3-6 months	Reversible
Male Sexual Dysfunction (Less Firm Erections)	Variable	Variable	Reversible
Decreased Sperm Production; 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 regrown, Loss stops 1-3 months	1-2 years	Reversible