

Effects and Expected Time Course of Gender Affirming Hormone Therapy

Effects and Expected Time Course of Estrogen/Anti-Androgen (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	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	No regrowth, loss stops 1 - 3 months	1 - 2 years

(WPATH 2021 7th version)
¹Estimates represent published and unpublished clinical observations.
²Significantly dependent on amount of exercise.
³Complete removal of male facial and body hair requires electrolysis, laser treatment, or both.

Effects and Expected Time Course of Testosterone (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	2 - 6 months	N/A
Genital (clitoral) growth/enlargement	3 - 6 months	1 - 2 years
Vaginal atrophy	3 - 6 months	1 - 2 years
Deepened voice	3 - 12 months	1 - 2 years

(WPATH 2021 7th version)
¹Estimates represent published and unpublished clinical observations.
²Highly dependent on age and inheritance; may be minimal.
³Significantly dependent on amount of exercise.