

Effects and Expected Time Course of Gender Affirming Hormones

Effects and Expected Time Course of Estrogen Based Hormones

Effect	Expected Onset	Expected Time to Maximum Effect ¹	Likely Reversibility
Body fat redistribution	3-6 months	2-5 years	Likely Reversible
Decreased muscle mass/ strength	3-6 months	1-2 years ²	Likely Reversible
Softening of skin/decreased oiliness	3-6 months	unknown	Likely Reversible
Decreased libido	1-3 months	1-2 years	Likely Reversible
Decreased spontaneous erections	1-3 months	3-6 months	Possibly Permanent
Sexual dysfunction	variable	variable	Likely Reversible
Breast growth	3-6 months	2-3 years	Possibly Permanent
Decreased testicular volume	3-6 months	2-3 years	Possibly Permanent
Decreased sperm production	variable	variable	Possibly Permanent
Thinning and slowed growth of body and facial hair	6-12 months	> 3 years ³	Likely Reversible
Male pattern baldness	No regrowth, loss stops 1-3 months	1-2 years	Likely Reversible

(WPATH Standards of Care Version 7)

¹ Estimates represent published and unpublished clinical observations.

² Significantly dependent on amount of exercise.

³ Complete removal of male facial and body hair requires electrolysis, laser treatment, or both.

Effects and Expected Time Course of Testosterone Based Hormones

Effect	Expected Onset	Expected Time to Maximum Effect ¹	Likely Reversibility
Skin oiliness/acne	1-6 months	1-2 years	Likely Reversible
Facial/body hair growth	3-6 months	3-5 years	Possibly Permanent
Scalp hair loss	>12 months ²	variable	Possibly Permanent
Increased muscle mass/strength	6-12 months	2-5 years ³	Likely Reversible
Body fat redistribution	3-6 months	2-5 years	Likely Reversible
Cessation of menses	2-6 months	N/A	Likely Reversible
Genital (clitoral) growth/enlargement	3-6 months	1-2 years	Possibly Permanent
Vaginal atrophy	3-6 months	1-2 years	Possibly Permanent
Deepened voice	3-12 months	1-2 years	Possibly Permanent

(WPATH Standards of Care Version 7)

¹ Estimates represent published and unpublished clinical observations.

² Highly dependent on age and inheritance; may be minimal.

³ Significantly dependent on amount of exercise.