

FAQ's for Trans Care

Why is Planned Parenthood offering Trans Care?

Planned Parenthood of Pasadena and San Gabriel Valley (PPPSGV) understands that sexual health care includes having access to Trans health care. As the most trusted provider of sexual and reproductive healthcare, PPPSGV's vision is to provide non-judgmental, inclusive, evidence-based health care to transgender, gender non-conforming and non-binary individuals, and to empower them on their journey in becoming the healthiest, most authentic version of themselves.

What is Hormone Therapy?

Hormone therapy is one way for transgender, gender non-conforming and non-binary individuals to feel more like the gender they identify with. Some folks may feel that their body does not reflect their gender identity. Hormone therapy is one of many options folks can use. It is almost like a second puberty where your body will undergo changes to your primary and secondary sex characteristics. It is important to note that not all transgender, non-binary, and gender non-conforming folks will want to undergo hormone therapy, and that is OK. Their identities are valid.

How old do I have to be to receive hormones from PPPSGV?

PPPSGV currently offers trans hormone treatment to people ages 18+ years and older. If you or someone you know is under 18 and is interested in learning more about hormone therapy, you can contact our Patient Navigator at (626) 798-0706 ext. 126. They can help find resources.

What hormone therapy options do you offer at PPPSGV?

We have both feminizing and masculinizing hormone treatments available. That includes testosterone, estrogen, and anti-androgens. Your clinician will talk with you about an individualized care plan.

What will my appointments include?

Before your appointment, we ask you to complete a Gender History Intake form. This is to help the clinician find out a little more about you and how we can provide you with the best care. Your initial appointment will include a review of medications and informed consent, an assessment of past and current health status, a physical exam based on your individual needs, and education about how to administer the treatment if that is something you are comfortable with. We then ask patients to come back at 3, 6, and 12 months, and once a year (or as needed) after that, if you choose to continue taking hormone treatment at our affiliate. At those appointments, we will conduct routine lab work and will be monitoring how the medication is working, and we will refill your prescription(s). If you feel you need to come in sooner, you can book an appointment or check in with the Patient Navigator.

What if I am not comfortable with self-injection method?

We do offer education at the initial visit on how to self-administer the medication correctly, but if you are a patient who needs medication injected and aren't comfortable with doing so, you may schedule appointments with a clinician or a registered nurse so that they can administer the medication for you. There may be a fee associated with an injection-only visit.

If I choose hormone therapy, how will I get my medication?

That will depend on the prescription you are given. We will have estrogen and the anti-androgen medication at our clinics. For testosterone, you will have to pick up the prescription from the pharmacy. We have pharmacies close by that will have hormones and supplies in stock, as well as pharmacies who will mail the prescription to your door (talk to your clinician and Patient Navigator for more information). We also recommend GoodRX (either online or download the app) and FamilyWize. They will provide you with what you will need to bring to the pharmacy to get their discounted rates.

Do not buy or sell hormones online or from other people. Not only is it a felony, but it can also be medically dangerous.

Can I still become pregnant or get someone else pregnant while on hormones?

Although the treatment may not affect everybody in the same way, for folks taking testosterone, there is a potential risk of infertility. However, while testosterone may make you infertile, some people continue to ovulate, and there is a risk of pregnancy, especially in the early months of starting testosterone. If you do not want to become pregnant, you should always use a birth control method to prevent pregnancy. PPPSGV can help you with this.

The risk of infertility also comes with taking estrogen. Although changes from hormones are theoretically reversible, not enough research with fertility has been done once someone stops taking estrogen. One effect of taking estrogen and anti-androgens is that they decrease sperm production. If you are worried and are thinking of having children in the future, you can discuss the possibility of egg/sperm banking with the Patient Navigator.

Hormones do not protect against STI/STDs and HIV. PPPSGV has condoms and PrEP/PEP (HIV prevention) available to you.

What are some possible changes I might notice when taking estrogen?

For people taking estrogen and anti-androgens, some changes to expect can include body fat redistribution, including breast growth, testicular atrophy, lowered sex drive, and changes in mood.

We also have a separate chart of possible changes if you would like to learn more. The changes can even vary from person to person. They can depend on age, genetics, and more. It is essential to be patient and careful with your body once you begin the medication.

What are some possible changes I might notice when taking testosterone?

With testosterone, some common changes reported are oily skin, more facial/body hair, scalp hair loss, increased muscle mass, and body fat distribution, clitoral enlargement, deepening of the voice, higher sex drive, and cessation of menses (periods may stop). We also have a separate chart of possible changes if you would like to learn more.

We also have a separate chart of possible changes if you would like to learn more. The changes can even vary from person to person. They can depend on age, genetics, and more. It is essential to be patient and careful with your body once you begin the medication.

Will my insurance cover Trans Health Care?

Most likely yes, but it can be complicated. We are here to help you get your care covered. We currently accept straight Medi-Cal, cash (sliding scale), credit cards and Flex Spending Accounts. You can call our Contact Center at (626) 798-0706 for more information on your coverage and fees.

What if I don't have insurance?

PPPSGV provides these services on a sliding fee scale, based on your family size and income. We can also provide you with information on how to apply for Covered California and Medi-Cal insurances.

Apart from hormone treatment, what other services does PPPSGV offer to transgender, non-binary, and gender non-conforming patients?

Our Trans Care includes hormone therapy and wrap around services. Our Patient Navigator can help link you to other resources in the community. You can give them a call at (626) 798-0706 ext. 126

All our other services are open to everyone along the gender spectrum as well. That includes birth control, sexually transmitted infection testing & treatment, HIV testing, PrEP & PEP, breast/chest & cervical cancer screening, Colposcopy & LEEP Procedures, Gardasil Vaccine (HPV), emergency contraception, pregnancy testing, abortion care, mammograms, and more.