



### 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
- Mood changes
- Increased sex drive
- Vaginal dryness

(male pattern baldness)

**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.

\_\_\_\_\_  
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