

# HRT

## for people assigned female at birth

Your voice will start to get lower after between 3 to 6 months. Your voice may continue to get lower for up to 2 years.

Gaining muscle mass will become easier starting between 6 to 12 months. Changes may continue for 2 to 5 years before complete. The amount of muscle mass gained will depend on how much you work out.

The smell of your urine and sweat may change.

Regular periods typically stop after between 2 to 6 months.

Vaginal atrophy will start between 3 to 6 months. As a result there may be less fluid production during arousal. Changes may continue for 1 to 2 years before complete.

## MEDICATIONS

Testosterone is available as intramuscular or subcutaneous injection, skin gel or in adhesive patch form with injection being the most commonly prescribed method.

Testosterone is very rarely offered orally because it is very hard on your liver.



There are other medications available to help stop your period if you are unable to take testosterone.

In some cases, the body converts testosterone into estrogen. There is medication available to stop this from occurring if so.

Medications can also be prescribed to help lessen hair loss if needed.

## RISKS

Testosterone can increase the risk of heart disease, stroke, and diabetes. It can also increase blood pressure.

Testosterone also increases fat deposits around organs and the mid abdomen, which can lead to an increased risk of unhealthy weight gain.

Any medication should only ever be taken under the supervision of a physician or qualified healthcare provider.

## CHANGES

Your hairline may start receding after about 12 months. This typically happens around the temples, and its extent is dependent on your age and genes.



Your skin may become more oily and acne-prone starting after between 1 to 2 months. This will often last between 1 to 2 years.

Your jawline may become stronger or more well-defined.

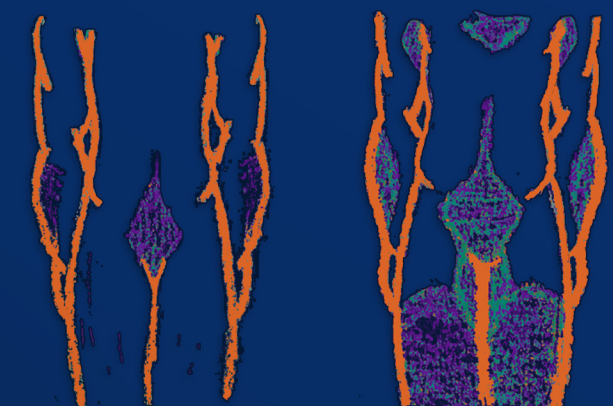
Fat will begin redistributing between 3 to 6 months. It will move from hips and thighs to the stomach area. It may take between 2 to 5 years for fat to fully redistribute.



Your clitoris will begin to enlarge at between 3 to 6 months. This can continue for 1 to 2 years before complete.



Facial and body hair will begin to grow more quickly, thickly, and darker somewhere between 3 to 6 months. Hair growth will likely continue to increase for 2 to 5 years before changes are complete.



Libido will start to increase after 1 to 3 months.

For more resources visit us at: [www.skippingstone.ca](http://www.skippingstone.ca)

Or email us at: [info@skippingstone.ca](mailto:info@skippingstone.ca)

Illustrations by Eva Janke-Furman. Portrait of Sullivan from Calgary, AB.

