

Feminizing Hormone Therapy

Care Pathway Center (CPC)

To ensure you are getting a safe dose of hormones to help meet your goals of gender affirmation, your Care Pathway Center (CPC) team will check on you often to help you understand your body's response to the hormones.

During your first year on hormone therapy (HT) **lab work must be done every 3 months**. CPC staff will remind you when it is time for lab work. It is important that you complete your lab work when required.

If you are receiving estrogen shots, your labs need to be drawn halfway between your shot dates. To make sure we have an accurate result, your labs should be drawn in the morning, before 9 a.m. CPC will contact you to review the results. At that time, your hormone dose may be adjusted to help you continue to reach your gender affirming goals.

After your first year on HT, you may need less frequent lab work.

Effect	When You May Begin to Feel Effect	When You May Most Feel or Experience the Effect
Mood changes	1-3 months	Varies
Decreased sex drive	1-3 months	1-2 years
Decreased erections	1-3 months	3-6 months
Male pattern baldness	Hair loss stops after 1-3 months; no regrowth	1-2 years
Body fat redistribution	3-6 months	2-5 years
Decreased muscle mass	3-6 months	1-2 years
Softening of skin	3-6 months	Unknown
Breast growth	3-6 months	2-3 years
Decreased testicle size	3-6 months	2-3 years
Less facial, body hair	6-12 months	After 3 years
Decreased sperm, infertility	Varies	Varies

Note: Some effects may not be reversible when stopping HT.



For more information, contact **Care Pathway Center** at **808-432-7263**.