

Masculinizing Hormone Therapy

Care Pathway Center (CPC)

To ensure you are getting a safe dose of hormones to help meet your goals of gender affirmation, Care Pathway Center (CPC) 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 testosterone shots, your labs need to be drawn halfway between your shot dates. To make sure we have an accurate result, your blood test 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
Increased sex drive	1-3 months	Varies
Skin oiliness, acne	1-6 months	1-2 years
Periods stop (no menses)	2-6 months	Not applicable
Clitoral enlargement	3-6 months	1-2 years
Vaginal thinning, dryness	3-6 months	1-2 years
Body fat redistribution	3-6 months	2-5 years
Facial, body hair growth	3-6 months	3-5 years
Deepened voice (varies)	3-12 months	1-2 years
Increased muscle mass	6-12 months	2-5 years
Scalp hair loss	After 12 months	Varies

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



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