



Devon Partnership
NHS Trust

West of England Specialist Gender Identity Clinic

Trans woman Fact sheet

Hormone treatment

Trans woman hormone treatment (male becoming female)

Overview

Hormone therapy will be offered when it is appropriate to your individual needs and circumstances but, as some of the effects are irreversible, it is important for you to understand and accept the changes that you might experience. Your clinic doctor will fully explain the effects of hormones and their suitability for you.

The maximum physical effects of hormones may not be evident until after two years of continuous treatment. The final effect of hormonal therapy varies from client to client and is determined by their genetic inheritance from their parents.

Cross-sex hormone therapy means taking the hormones of your preferred gender and play an important role in the anatomical and psychological transition process. Hormones are often medically necessary for successful living in the new gender and improve the quality of life as clients feel and appear more like members of their preferred gender.

As a trans woman (male becoming female) your cross sex hormone therapy would be **oestrogen**.

The aim of hormone therapy is to make you more comfortable with yourself, both in your physical appearance and how you feel psychologically. These hormones start the process of changing your body into one that is more female.

Hormone therapy may be all the treatment you need to enable you to live with your gender dysphoria. The hormones may improve how you feel and mean that you do not need to start living in your preferred gender or have surgery.

Fertility

Before you start hormone therapy, your specialist should discuss with you what it can mean for your fertility. Trans women who take oestrogen may become less fertile because oestrogen can lower sperm count and reduce the quality of the sperm. Some trans women choose to put sperm in a sperm bank before they start hormone therapy, so that they can use this sperm if they want to have children later.

There is no guarantee that fertility will return to normal if hormones are stopped.

Changes to expect

If you are a trans woman, some of the changes that you may notice from hormone therapy include:

- Your penis and testicles may get smaller
- You may have less muscle
- You may develop more fat on your hips
- Your breasts may become lumpy and may slightly increase in size

- The amount of facial and body hair may decrease

Hormone therapy will not affect the voice of a trans woman. To make the vocal pitch higher, voice coaching may be required. Hormone therapy may make it harder to get an erection and have an orgasm.

Monitoring

While you are taking oestrogen, you will need to go for regular check-ups at the clinic. You will be assessed to find out whether the hormone treatment is benefiting you, as some people may find the effects of hormone treatment unpleasant.

If you do not think that hormone treatment is right for you, discuss it with your clinic doctor who is treating you. If necessary, you can stop taking the hormones, although some changes such as breast growth are irreversible.

Alternatively you may be frustrated with how long hormone therapy takes to produce results, as it can take a few months for some changes to develop. Hormones will not change the shape of your skeleton, for example, the width of your shoulders or hips neither can it change your height.

Hormones purchased on the Internet

The clinic strongly advises you not to purchase hormones on the Internet. It may be tempting to buy them from here or other sources instead of through the clinic or your GP.

Hormones from other sources may not be licensed and, therefore may not be safe. If you decide to use these hormones, let the clinic know so that they can monitor you.

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