

# **West of England Specialist Gender Identity Clinic**

## **Trans man Fact sheet**

### **Hormone treatment**

## Trans man hormone treatment (female becoming male)

### 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 man (female becoming male) your cross sex hormone therapy would be **testosterone**.

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 male.

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 men taking testosterone may become less fertile and there is no guarantee that fertility will return to normal if hormones are stopped.

### **Changes to expect**

As a trans man, some of the changes that you may notice from testosterone hormone therapy include:

- You may develop more body and facial hair
- You may develop more muscle

- Your clitoris (a small, sensitive part of the female genitals) may get bigger
- Your periods may stop
- You may have an increased sex drive (libido)

Hormone therapy can also cause baldness and acne in trans men. Your voice may get slightly deeper, but it will not be as deep as other men's voices.

### Monitoring

While you are taking testosterone, 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 a deeper voice 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 NHS.

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.

The West of England Specialist Gender Identity Clinic  
The Laurels  
11-15 Dix's Field  
Exeter  
EX1 1QA

Tel: 01392 677077  
Email: [dpn-tr.TheLaurels@nhs.net](mailto:dpn-tr.TheLaurels@nhs.net)