

ALL ABOUT

HORMONAL Therapy: TESTOSTERONE

You may be considering testosterone as part of your transition. In this information sheet, you will find information on what testosterone can and can't do some possible side effects as well as answers to some common questions.

Testosterone will cause these permanent changes:

- Lower, or change your voice.
- Cause body hair to grow on your thighs, abdomen, chest, back, and arms.
- Cause facial hair to grow. The facial hair you grow will depend on your body and what you've inherited from your family.
- Cause scalp hair loss and, possibly, complete baldness.
- Cause your Adam's apple to thicken and look more "masculine".
- Cause your clitoris to become larger.

What Testosterone Won't Do:

- Your breasts will not go away.
- You won't grow a penis.

How long do I have to take hormones before they start working?

The effects of testosterone may take several months to become noticeable and up to five years to be complete.

Testosterone can also cause these changes that should go away when you stop taking it:

- Decrease of fat in breasts, buttocks and thighs and increase of fat in abdomen.
- More red blood cells in your blood .
- Make it easier to build muscle if you work out.
- Increase your sex drive.
- Cause weight gain.
- Stop your periods. Some FTMs start having some bleeding later in their life. If this happens, talk to your health care provider.

Why do some TG youth prefer not to take hormones?

There are many reasons to decide not to take hormones, if you are not sure you want to change your body, if you're happy with what your body is like now, if you have health concerns or if you want to have children. There are many transgendered people who decide on the "NoHO, NoOp" option (no hormones no operation).

Hormones will not make you any more or less of a "real" transgendered man or woman. They will change what you look like, but not who you are inside.

<p>Whether or not you want to take hormones is your choice. We want to help you figure out for yourself which decision is right for you.</p>	<p>Testosterone should not be used to prevent pregnancy.</p> <p>Even if you have stopped having periods, you should still use some form of birth control if you are having sex where your partner's semen could contact your vagina. And, as always, you should practice safer sex.</p>
<p>What about the side effects and dangers of taking testosterone?</p> <ul style="list-style-type: none"> • If you experience hives, swelling, or vomiting, call your health care provider immediately. For trouble breathing, call 911. • Taking hormones can cause problems with your liver. You should get regular blood tests to check your liver function. • Taking testosterone can increase your risk for breast cancer. Even people who have had top surgery (chest reconstruction) can still have some breast cells that can be affected. You should examine your breasts or chest regularly. Your health care provider can show you how to do this. • It may increase your risk of uterine cancer. Talk to your health care provider about how to prevent this. • Many people get acne (pimples) when starting testosterone. Make sure to wash your face regularly with a mild soap. Some people will have very bad cases of acne that could cause scarring if not treated. If this happens, talk with your health care provider about treatment options. • Taking more testosterone than your health care provider recommends will not make your body change any faster. If you take too much testosterone, your body can change it into estrogen, which can stop the effects of the testosterone. It is very important to talk with your health care provider about the right dosage for your body. • There is a very small chance that it may put you at risk for diabetes. • Testosterone may increase your risk of getting heart disease or stroke later. This risk will be the same as it is for non-transgendered men. 	<p>Some TG youth should not receive hormonal treatment</p> <p>You should <u>not</u> use hormones if:</p> <ul style="list-style-type: none"> • You are still exploring • You have a liver problem • You are pregnant <p>How are hormones given?</p> <p>At Dimensions, testosterone is given by injection every other week. After a while, you may be able to learn how to give yourself these shots.</p> <p>How will the effects and side effects of hormones affect my emotional state?</p> <p>The way hormones affect people can be very different. Some people feel that they become more aggressive when taking testosterone, while other people feel that it calms them down. Changing your injection schedule may cause mood swings and irritability (crankiness).</p> <p>Whom can I talk to if I have problems or questions?</p> <p>The clinic staff can refer you to resources.</p> <p>You may also want to check out some of the groups listed on the transgender resource sheet.</p>