



Testosterone

| Effect | Onset | Maximum |
|--|-------------|-----------|
| Skin oiliness/acne | 1-6 months | 1-2 years |
| Facial/body hair growth | 6-12 months | >5 years |
| Scalp hair loss | 6-12 months | >5 years |
| Increased muscle mass/strength | 6-12 months | 2-5 years |
| Redistribution of body fat | 1-6 months | 2-5 years |
| Cessation of menses (stopping of period) | 1-6 months | 1-2 years |
| Clitoral enlargement (bottom growth) | 1-6 months | 1-2 years |
| Vaginal atrophy (dryness) | 1-6 months | 1-2 years |
| Deepening of voice | 1-6 months | 1-2 years |

Estrogen and Androgen Blockers

| Effect | Onset | Maximum |
|---|-------------|------------|
| Softening of skin/decreased oiliness | 3-6 months | Unknown |
| Decreased terminal hair growth (decrease in body/facial hair thickness/growth) | 6-12 months | >3 years |
| Increased scalp hair | Variable | Variable |
| Decrease in muscle mass/strength | 3-6 months | 1-2 years |
| Redistribution of body fat | 3-6 months | 2-5 years |
| Decreased sexual desire | 1-3 months | Unknown |
| Decreased spontaneous erections | 1-3 months | 3-6 months |
| Decreased sperm production | Unknown | 2 years |
| Decreased testicular volume/size | 3-6 months | Variable |
| Breast growth | 3-6 months | 2-5 years |
| Voice changes | None | None |

*These tables list the physical changes that may happen during gender affirming hormone treatment. Every body is different and will respond to hormones differently. Time of onset and time of maximum effect may vary from person to person and not every person will experience each change. Talk with your healthcare provider if you have any questions or concerns.

Adapted from Hembree et al., 2017 and WPATH SOC8 (World Professional Association for Transgender Health Standards of Care Version 8).