



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).