

Hormone Replacement Therapy for FtM

Live Authentically





What is HRT?

For trans men assigned female at birth (AFAB), testosterone is prescribed with the intention of lowering estrogen levels and increasing the effects typically associated with higher-level testosterone individuals. Options available if you choose hormone replacement therapy (HRT) during your transition could be one or a mixture of prescribed medicines such as testosterone and / or estrogen blockers.

Your age, state of health (physically and emotionally), and genetics will all have an impact on your experience with HRT. Your DAP clinician can give you guidance on what you can expect from HRT.

How can I begin HRT?

The first step is to reach out to us by calling (760) 323-2118 to schedule an appointment with a DAP Trans Navigator. You can also email us at transcare@desertaidsproject.org

What is testosterone?

Testosterone is the hormone typically associated with cisgender male characteristics. It causes physical and emotional changes.

What types of testosterone are available?

- Injections: taken weekly
- Transdermal Form: gels, creams, spray, or skin patch
- Pill: least effective, unlikely to be prescribed



What are estrogen blockers?

These medicines that block estrogen fall into two categories; those that block the action of estrogen and those that prevent the production.

Effects from Testosterone HRT

This therapy can take several months for noticeable changes to occur, and up to three-to-five years for noticeable effects to completely fill in. Some effects can remain permanent, even if you decide to stop HRT. Potential side effects include but are not limited to high blood pressure, blood clots, liver problems, stroke, and diabetes.

1-3 months after starting HRT:

- Increased sex drive
- Increased muscle mass
- Fat may redistribute to abdomen (from hips)
- Some may develop acne
- Increased growth, coarseness, and thickness of hairs on arms, legs, chest, back, and abdomen
- Growth of clitoris (1-3 cm)

1-6 months after starting testosterone:

- Menstrual cycle may end, although there may be some breakthrough bleeding
- Face and eyes will develop a masculine appearance

3-6 months after starting testosterone:

- Voice starts to deepen but can take a year to finish changing

1 year or more after starting testosterone:

- Gradual growth of facial hair (1-4 years to reach full growth)
- Androgenetic alopecia (baldness) possible



Important Considerations

HRT treatment at DAP is managed through informed consent. This means you and your clinician will work together to develop the best action plan and care during the course of your gender journey based on your health care needs, understanding of treatment, and your goals.

The degree to which effects can be reversed depends on how long you've taken testosterone. Clitoral growth, facial hair growth, and male-pattern baldness are not reversible.



Cost Assistance

Our care team is ready to help you understand costs for insured and uninsured patients. If you would like to make an appointment to discuss costs prior to your initial visit, you can do so by calling (760) 323-2118.

We accept Medi-Cal, Medicare, most major insurance plans, and some HMOs. If you are currently not insured, we can help you find a way to get into care through Covered California or determine your eligibility for medical and drug assistance programs.

Potential Treatment Schedule

First Visit: Meet with the Trans Navigator and Gender Affirming Care Team at DAP and discuss the care you would receive and the community resources available to you. During your meeting you can identify the next steps in your transition journey and get linked to care. If you choose, one of the members of the Gender Affirming Care team can enroll you at DAP and also schedule your first medical visit with one of our Specialist Clinicians.

Second visit: Your Clinician will conduct a medical evaluation, request a physical if necessary and meet with you to outline your overall transition goals: Hormones, Surgery, Behavioral Health, etc.

Third Visit/ Follow-ups: Any needed additional test or assessments, discussion of risk and benefits of treatments and or referrals will take place at this visit.

Please know that everyone's journey is different. This is a general outline but not everyone will have the same steps in their transition. We personalize your care based on what is important to you.

Gender and Sexuality Affirming Care

DAP offers high quality, culturally competent services to our transgender, intersex, and gender diverse clients.

We empower and engage our clients in ongoing relationships with their primary care clinicians, addressing their full spectrum of health and wellness needs. Our medical team works closely with other disciplines in behavioral health, community health, nutrition services, and social services to provide all of our clients with compassionate and comprehensive care.

Our clinicians follow World Professional Association for Transgender Health (WPATH) guidelines and obtain WPATH training and continuing education in the assessment and treatment of gender dysphoria.



Patient Rights & Responsibilities

You have the right to:

- Be heard and understood by your provider and care team
- Be fairly evaluated for treatment and referrals
- Access an equal standard of care as any other patient
- Be provided with assistance or referrals to manage psychological and physical health issues that might impact your hormone therapy
- If appropriate, to be given access to gender affirming hormone therapy

You have a responsibility to:

- Accurately convey your symptoms (story and history) of gender dysphoria and gender identity development to your clinician
- Follow your treatment plan and take medications as prescribed
- Follow up with care as recommended and express your concerns to your clinician

**Schedule an Appointment with our
Trans Navigation team by calling**

760-323-2118 or email TransCare@desertaidsproject.org

Transgender Health Services
Desert AIDS Project
1695 North Sunrise Way
Palm Springs, CA 92262

For more information visit
desertaidsproject.org/transgenderhealth



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