

# Gender Affirming Hormone Treatment - Testosterone

- Clinical Goal: Virilization or development of secondary male characteristics.
- The speed of virilization depends on age, genetics, and physiologic variation.
- Monitoring frequency of blood levels: Baseline, 3-, 6-, 12-month, and annually
- No fasting required
- Blood can be drawn in the afternoon.

## Contraindication against GAHT- Testosterone

The goal of GAHT is to improve the wellbeing of patients with gender dysphoria. Two contraindications against GAHT are:

- Pregnancy
  - » Testosterone is known to be a teratogen
- Hormone-related cancers

## Consideration for patients in GAHT-Testosterone

- No fasting is needed
- No diurnal variation in testosterone for patients GAHT-T esto.
- Blood can be drawn afternoon.
- Mid-cycle monitoring of testosterone is adequate for those who are using the injectable form of testosterone.

## Monitoring GAHT Testosterone

### Total Testosterone

- Recommended measurement in transgender care by Endocrine Society.
- Decreased in the presence of androgens, prolactin, and high levels of insulin and growth hormone

### Bioavailable Testosterone

- Guide testosterone dosing in complicated cases
- Determine if side effects exist in the setting of a normal range of total testosterone.

### Sex-Hormone Binding Globulin

- Elevated in the presence of estrogen and thyroxine (T4).
- Decreased in the presence of androgens, prolactin, and high levels of insulin and growth hormone

### Free Testosterone

Free testosterone represents the portion of testosterone unbound to serum proteins and depends on levels of sex hormone binding globulin (SHBG)

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