

Gender Affirmation Therapy

Estrogen

- Causes feminizing changes throughout the body and suppresses testosterone.
- May cause irreversible changes which include the ability to produce sperm.
- Blood monitoring is done at 3, 6, and 12 months, and every year.

Estrogen Hormone Therapy

- This medical aspect of gender affirming care aims to achieve an internal hormone environment aligned with one's gender identity.
- Estrogen hormone therapy can result in physical changes that will result in the gender affirmation of a patient.

Factors affecting treatment

- Age at start of treatment
- Medical History
- Family History
- Medications

Estrogen is taken by:

- Pill
- Convenient and safe
- Less safe if you smoke, or if over 35
- Injection
- Comfort issues and mood swings
- Skin Preparations
- Gel, spray, or patch

Laboratory

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Hormone Treatment Options

- Estrogen + Anti-Androgen
- Estrogen
- Progesterone
- Testosterone Blockers
- Progeste

Risks

- Most effects are reversible within 3-6 months of stopping therapy but are dependent on the length of treatment .
- Breast growth may not be reversible.
- The ability to reproduce may be affected.
- Cigarette smoking increases the risk for blood clots

Laboratory Tests

Blood draw at initial, 3 mos, 6 mos, after 1 year, and every year for the following:

- Estradiol
- Total Testosterone
- BUN/Creatinine, Potassium
- For patients on spironolactone
- ALT/AST (Transaminase)
- Al C, Lipid (only as needed)

Important Notes

- The effects of estrogen therapy are not related to the dose of estrogen.
- Taking high doses of estrogen does not necessarily make changes happen quickly .
- Taking high doses may in fact endanger your health .
- No evidence that injections lead to a greater degree of feminization.
- Suppression of testosterone to premenopausal levels is an indication that gender affirmation is attained.
- It is recommended that Testosterone levels are drawn before noon.