

## TIMELINE OF EXPECTED EFFECTS OF FEMINIZING HORMONES

The Standards of Care  
VERSION 7

TABLE 1B: EFFECTS AND EXPECTED TIME COURSE OF FEMINIZING HORMONES <sup>a</sup>

Effect	Expected onset <sup>a</sup>	Expected maximum effect <sup>a</sup>
Body fat redistribution	3–6 months	2–5 years
Decreased muscle mass/ strength	3–6 months	1–2 years <sup>c</sup>
Softening of skin/decreased oiliness	3–6 months	Unknown
Decreased libido	1–3 months	1–2 years
Decreased spontaneous erections	1–3 months	3–6 months
Male sexual dysfunction	Variable	Variable
Breast growth	3–6 months	2–3 years
Decreased testicular volume	3–6 months	2–3 years
Decreased sperm production	Variable	Variable
Thinning and slowed growth of body and facial hair	6–12 months	> 3 years <sup>d</sup>
Male pattern baldness	No regrowth, loss stops 1–3 months	1–2 years

Permanent changes (even if you stop taking hormones) may include:

- Breast growth and development

Things that WON'T change if taking hormones:

- Voice
- Adam's apple
- Facial bone structure
- Height