

Hormone Replacement Therapy Estrogen for MtF

Live Authentically





What is HRT?

For transgender women assigned male at birth (AMAB), estrogen might be prescribed with the intention of lowering testosterone levels and increasing the effects typically associated with higher-level estrogen individuals.

If you choose hormone therapy (HRT) as part of feminizing male characteristics, the general approach of therapy is to combine an estrogen with an androgen blocker.

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 might 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 estrogen?

Estrogen is the main hormone responsible for promoting “female” or fem traits.

What is testosterone?

Testosterone is the hormone typically associated with cisgender male characteristics.

What types of estrogen are available?

- Injections: taken weekly
- Transdermal Form: gels, creams, spray, or skin patch
- Pill: inexpensive and effective, less safe if you smoke or are older than 35



What are testosterone blockers?

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

Effects from Estrogen HRT

This therapy can take several months for noticeable changes to occur, and up to two-to-four 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:

- Skin will become softer, pores will become smaller with less oil production
- Hair will begin to become more fine

3-6 months after starting HRT:

- Breasts grow (2-3 years to complete)
- Face and eyes will develop a female appearance
- Fat may redistribute to the hips
- Muscle mass may decrease

1 year or more after starting HRT:

- Voice may stop changing
- Size of the penis and testicles may be slightly reduced
- Erections and orgasms may be more difficult to achieve
- Potential to be permanently and irreversibly sterile



Important Considerations

HRT treatment at Desert AIDS Project 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 estrogen. Breast growth and sterility 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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