

Trans Health Services

- General primary care & HIV primary care
- Hormone therapy
- Referrals to TGNC-sensitive specialists & surgeons
- Transgender Sexual Health Clinic (routine sexual health screenings, clinical chest/breast exams, SRS follow up, pap tests, STI screening & treatment, and safer sex counseling)
- Health education
- HIV testing and counseling
- Alternative Insemination Clinic
- Mental Health Services

Resources

Vancouver Coastal Health Trans Health Library: transhealth.vch.ca/resources/library/
Love Your Body!: transequality.org/PDFs/HealthFacts.pdf
Hudson's FTM Guide: ftmguide.org/
Trans-health.com
Mazzoni Center Resources: mazzonicenter.org/resources

Safety First!

Why get hormones from a provider?

By getting your hormones from a provider you can be sure that you're taking the right dosage for your body, that you are certain about the quality of your hormones, and that your health is being monitored.

What about sharing?

Sharing hormone vials and syringes can increase your risk of getting HIV or Hepatitis C and increase scarring at the injection site. If you do share hormones, it is best to use your own syringe. Talk to your provider or the Transgender Case Manager for resources for syringes.

Hormones @ Callen-Lorde

Callen-Lorde uses an informed-consent process.

- (1) **Make an appointment to start hormone therapy.** If you're already a patient, make an appointment with your medical provider. If you are under 21, see the HOTT Clinic.
- (2) **Tell your provider you want to start hormones.** If you already take them & want to have them monitored by your provider, discuss the hormones you currently take.
- (3) Your provider will give you a **physical** and take your **medical history**, then you will give blood for **labwork**, and have a **counseling/education** appointment.
- (4) Follow up with your provider to review labs and discuss hormone risks, benefits, doses, alternatives, address concerns, and **discuss next steps towards starting hormones.**
- (5) **Follow up with regular labwork** and provider's appointments to **monitor your health** and progress.



356 W. 18th Street
New York, NY 10011

212-271-7200

<http://www.callen-lorde.org>



Services for Transgender &
Gender Non-Conforming
(TGNC) People

All About Testosterone



Callen-Lorde Community Health Center



Testosterone, what is it?

Hormones are like messengers. They tell your body how to work and they regulate many of your body's functions, like growth, sex drive, hunger, thirst, digestion, metabolism, blood sugar, cholesterol, fat placement, hair growth, breast growth, voice changes, bone growth. Taking hormones encourages your body to take on some of the sex characteristics that are associated with testosterone.

If I stop hormones, are the changes permanent?

Most changes are not fully reversible. Menstrual periods will probably return, and fat will redistribute, but most other changes will not completely reverse such as deeper voice and "male" pattern baldness. Testosterone may also affect your ovaries and result in infertility.

What won't testosterone do?

Testosterone won't make you grow taller, make your breasts disappear, cause your body to start producing more of its own testosterone, create a perfect body, make everything better, or make immediate changes to your body.

Are there risks?

Some of the risks of taking testosterone may include: unhealthy changes in cholesterol (decreased HDL and increased LDL); high blood pressure; weight gain; infertility; male pattern hair loss; acne; increased risk of heart disease, stroke, and diabetes; headache; ovarian problems; liver disease and liver cancer. Your provider will discuss with you in more detail about health risks specific to your medical history.

BODY Body fat redistributes from thighs, hips, chest, and butt to stomach; thin layer of fat that softens features disappears; upper body strength and muscle development may increase; increased sweat and oil production; acne; coarser skin; menstruation ceases; enlargement of clitoris; vocal chords thicken and voice becomes deeper; may experience a phase where you feel bloated; potential atrophy of cervix; possible infertility.

Facial hair growth; loss of hair at temples and crown, possibly resulting in pattern baldness; coarsening of body hair; increased body hair growth, including on back, legs, and butt. **HAIR**

MOOD & ENERGY Increased energy, metabolism, and hunger; potential changes in sex drive and/or sexual functioning; some people report experiencing their emotions and feelings differently.

Transitioning takes time, and your timeline might be different from others you know. In general it will take a few years to see the full extent of hormone therapy's effects on your body, but you will see changes happen before that, too! In the first 6 months, you might notice fat redistribution and increased upper body strength, your period slowing or ending, increase in clitoris size, oilier skin and acne. For a couple years after that, you might notice voice changes, increased facial hair development, and possibly pattern baldness. **TIME**

What? How? How Much? Cost?

WHAT? There are two different kinds of injectible testosterone that people are regularly prescribed, cypionate and enanthate. The difference is mainly in the oil the hormone is suspended in (cottonseed and sesame seed, respectively). Discuss any allergies with your provider.

All bodies are different, so everyone experiences hormones differently. Talk with your provider about your progress, questions, or concerns to be sure you are finding the right treatment and dose for you.

While hormones can come in different **HOW?** forms, we prescribe injections and gel. Your provider will help you decide which is best for you.

HOW MUCH? Hormone doses vary; you and your provider will agree upon the treatment that is best for you based on your goals and other medical history. The most important rule of hormone therapy, though, is **more is not better**. Taking more than your recommended dose can increase risks and in some cases may have feminizing effects.

Some, but not all insurance covers **COST?** hormones, and Medicaid will not cover it if your Medicaid card has an "F" on it. Talk to our Pharmacy about greatly reduced hormone prices.