

Informed Consent for Progesterone (Progestin) Therapy

Patient Name _____ Date of Birth _____

- I understand that there may be unknown long-term effects and risks with progestin therapy.
- Some transgender people choose to take progestin therapy for feminization because some report that progestins have caused increased breast growth; however, this is likely due to the known effects of progestin of weight gain and water retention. There have not been any well designed studies to assess the effectiveness of progesterone to improve breast development. (1)
- Known effects of progestins include weak androgen receptor stimulation (activating testosterone receptors which may increase masculinization), depression, weight gain, and cholesterol changes. (2, 3)
- Some studies also found increased risk of coronary heart disease, stroke, pulmonary embolism, and invasive breast cancer in postmenopausal cis-gender women taking combined estrogen and progestin hormone therapy. It is likely that the risk of breast cancer is increased further when cycling progesterone therapy. (4, 5, 6)

I, _____, have discussed the above with my provider and understand the potential risks associated with progesterone therapy.

Signed _____ Date _____

Witness Signature _____ Date _____

Witness Name (printed) _____

References:

- 1) Tangpricha, V., & den Heijer, M. (2017). Oestrogen and anti-androgen therapy for transgender women. *The Lancet Diabetes & Endocrinology*, 5(4), 291-300.
- 2) Feldman, J., & Safer, J. (2009). Hormone therapy in adults: Suggested revisions to the sixth version of the standards of care. *International Journal of Transgenderism*, 11(3), 146-182. doi:10.1080/15532730903383757
- 3) Tangpricha, V., Ducharme, S. H., Barber, T. W., & Chipkin, S. R. (2003). Endocrinologic treatment of gender identity disorders. *Endocrine Practice*, 9, 12- 21.
- 4) Rossouw, J. E., Anderson, G. L., Prentice, R. L., LaCroix, A. Z., Kooperberg, C., Stefanick, M. L., Jackson, R. D., Beresford, S. A., Howard, B. V., Johnson, K. C., Kotchen, J. M., & Ockene, J. (2002).
- 5) Risks and benefits of estrogen plus progestin in healthy postmenopausal women: Principal results From the Women's Health Initiative randomized controlled trial. *Journal of the American Medical Association*, 288, 321-333.
- 6) Colditz GA. Relationship between estrogen levels, use of hormone replacement therapy, and breast cancer. *J Natl Cancer Inst* 1998; 90:814.