

Effects and Expected Time Course of Feminizing Hormones

Effect	Expected Onset	Expected Maximum Effect^a
Body fat shape change	3-6 months	2-5 years
Less muscle mass/strength	3-6 months	1-2 years ^b
Softening of skin/less oily	3-6 months	Unknown
Lessening Sex Drive	1-3 months	1-2 years
Less unplanned erections	1-3 months	3-6 months
Erectile dysfunction	Variable	Variable
Breast growth	3-6 months	2-3 years
Less testicular volume/size	3-6 months	2-3 years
Less sperm production	Variable	Variable
Thinned/slowed growth of body/facial hair	6-12 months	>3 years ^c
Male Pattern Baldness (no regrowth; hair loss stops)	1-3 months	1-2 years

a Estimates represent published and unpublished clinical observations

b Significantly dependent on amount of exercise

c Complete removal of male facial and body hair requires electrolysis, laser treatment, or both

Sources: Hembree et al., 2009⁴¹, Feldman and safer, 2009⁴⁰