

Effects and Expected Time Course of Testosterone-based Hormone Therapy

Effect	Expected Onset^a	Expected Maximum Effect^a
Skin oiliness/acne	1-6 months	1-2 years
Facial/body hair growth	3-6 months	3-5 years
Scalp hair loss (alopecia)	>12 months ^b	Variable
Increased muscle mass/strength	6-12 months	2-5 years ^c
Body fat redistribution	3-6 months	2-5 years
Monthly bleeding stops (pregnancy may still be possible)	2-6 months	n/a
Erectile tissue growth (clitoris)	3-6 months	1-2 years
Drying and thinning to the lining of internal genitals (vagina)	3-6 months	1-2 years
Deepened voice	3-12 months	1-2 years

a Estimates represent published and unpublished clinical observations

b Highly dependent on age and inheritance; may be minimal

c Significantly dependent on amount of exercise

Sources: Hembree et al., 2009⁴¹, Feldman and Safer, 2009⁴⁰; Trans Care BC, 2023

Effects and Expected Time Course of Estrogen-based Hormone Therapy

Effect	Expected Onset^a	Expected Maximum Effect^a
Body fat redistribution	3-6 months	2-5 years
Breast growth	3-6 months	2-3 years
Decreased muscle mass/strength	3-6 months	1-2 years ^b
Softening of skin/decreased oiliness	3-6 months	Unknown
Thinned/slowed growth of body/facial hair	6-12 months	>3 years ^c
No hair regrowth, hair loss stops for pre-existing scalp hair loss	1-3 months	1-2 years
Decreased sex drive	1-3 months	1-2 years
Fewer unplanned erections	1-3 months	3-6 months
Fertility (decreased sperm production and erections)	Variable	Variable
Decreased gonad size (testes)	3-6 months	2-3 years

a Estimates represent published and unpublished clinical observations

b Significantly dependent on amount of exercise

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

Sources: Hembree et al., 2009⁴¹, Feldman and safer, 2009⁴⁰; Trans Care BC, 2023