

The Standards of Care

7th Version

World Professional Association for Transgender Health

Table 1b: Effects and Expected Time Course of Feminizing Hormones^a

Effect	Expected Onset ^b	Expected Maximum Effect ^b
Body fat redistribution	3-6 months	2-5 years
Decreased muscle mass/strength	3-6 months	1-2 years ^c
Softening of skin/decreased oiliness	3-6 months	Unknown
Decreased libido	1-3 months	1-2 years
Decreased spontaneous erections	1-3 months	3-6 months
Male sexual dysfunction	Variable	Variable
Breast growth	3-6 months	2-3 years
Decreased testicular volume	3-6 months	2-3 years
Decreased sperm production	Variable	Variable
Thinning and slowed growth of body and facial hair	6-12 months	> 3 years ^d
Male pattern baldness	No regrowth, loss stops 1-3 months	1-2 years

No voice change

a Adapted with permission from Hembree et al. (2009). Copyright 2009, The Endocrine Society.

b Estimates represent published and unpublished clinical observations.

c Significantly dependent on amount of exercise.

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