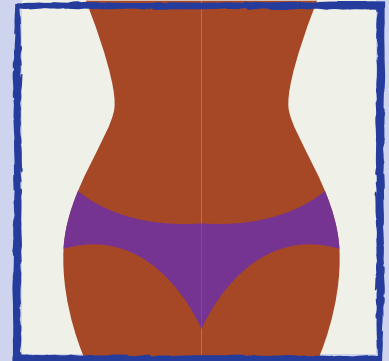


# CHANGES THAT MAY OCCUR ON OESTROGEN THERAPY

The Effects of Hormone Replacement Therapy  
for Trans and Gender Diverse People

## PHYSICAL

- Softer, drier, less acne prone skin
- Less sweating
- Change in smell of sweat and urine
- Breast development (varies person to person)
- Body fat redistribution: bigger hips, thighs
- Softening of facial features
- Lose muscle mass
- Body and facial hair growth slows and thins
- Any 'male pattern baldness' stops
- Shoe size and height can change slightly



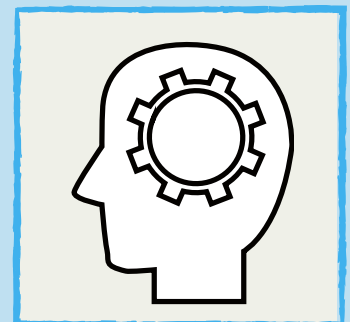
## SEXUAL

- Decreased sex drive
- Erections less often and less hard
- Sexual pleasure 'all over the body' instead of only in the penis
- Orgasms last longer, but more difficult to reach
- Testicles shrink to half their original size
- No ejaculation or only a small amount of fluid
- Sterility (inability to produce sperm)



## EMOTIONAL

- Experience emotions more intensely
- Mood swings
- Wider range of emotions
- Increased empathy
- Easier to cry



This is a general guide of effects that may occur whilst taking oestrogen. Everyone has different reactions to hormone therapy. This is not an exhaustive or definitive list. This is not intended as medical advice. Discuss individual concerns with a medical professional.

Adapted from the University of California, San Francisco's "Transgender Care" Information.

Found at: <https://transcare.ucsf.edu/hormone-therapy>.

This resource was also developed in consultation with young trans and gender diverse young people