

# Effects of hormone therapy

**Below is information about the results you may see if you start hormone therapy. But it's important to remember that everybody is different and will respond to hormone therapy in different ways. If you have any concerns about the effect your hormone therapy is having, then speak to your GP.**

Effects of transmasculine hormone therapy	When you may start to see a difference	How long it may take to get the full effect
Oily skin, and possibly acne (you may have acne for up to a couple of years)	1–6 months	–
Hair growth on your face and body increases	3–6 months	3–5 years
Balding (this will vary and depends on factors such as your age and genes)	>12 months	-
Increased muscle and strength (this will depend on how much exercise you do)	6–12 months	2–5 years
Fat is redistributed (less fat on your hips and thighs and more around your stomach)	3–6 months	2–5 years
Changes in your menstrual cycle and decreased fertility (this can affect your chances of conceiving in the future)	2–6 months	–
Your clitoris gets bigger	3–6 months	1–2 years
Changes in your vagina, such as dryness and thinning of the vagina wall	3–6 months	1–2 years
Voice gets deeper	3–6 months	1–2 years

Effects of transfeminine hormone therapy	When you may start to see a difference	How long it may take to get the full effect
Fat is redistributed to your hips and thighs	3–6 months	2–5 years
Muscles and strength decreases (this will depend on how much exercise you do)	3–6 months	1–2 years
Skin becomes soft and less oily	3–6 months	Unknown
Libido (sex drive) decreases	1–3 months	1–2 years
Random erections become less common	1–3 months	3–6 months
Difficulty getting an erection and/or difficulty ejaculating	Variable	Variable
Breast growth	3–6 months	2–3 years
Testicles shrink	3–6 months	2–3 years