

Okay, But What IS Gender Affirming Hormone Therapy?

Feminizing medications:	Masculinizing medications:
<p>Estrogen oral (pills) or transdermal (patch)</p>	<p>Testosterone injection or transdermal (gel)</p>
<p>Spironolactone antiandrogen pill to block testosterone</p>	

Common changes with feminizing hormones:	Common changes with masculinizing hormones:
Reduced body hair	Increased facial and body hair
Redistribution of facial/body fat	Redistribution of body fat
Breast development	Increased muscle mass
Libido changes	Voice changes
Reduced testicular size	Clitoral growth

Testosterone Injections:

Your provider will have you set up a nurse visit at SHS for your first injection. They will walk you through giving yourself the injection, and/or will give the injection for you for the first several doses.

Here is a pamphlet by Fenway Health that goes into more detail regarding intramuscular and subcutaneous testosterone injections:

[**Fenway Health Injection Guide**](#)