

# Testosterone Hormone Information 2

## Hormone Replacement Therapy

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Reviewed July 1<sup>st</sup> 2008

### Testosterone

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Testosterone is the main hormone prescribed to biological females who are undergoing hormonal therapy with the intention of living in a male gender role.

Testosterone therapy is potentially dangerous and can lead to high cholesterol and associated blood vessel diseases. For this reason it is vital to have regular medical checks and that these include a multiple analysis blood screen and a lipid profile. If these are not carried out and medication adjusted accordingly then damage to your blood vessels could result in a heart attack or even a stroke.

It is possible that androgen therapy may shorten an individual's life expectancy by about five years. Biological women tend to live an average of five years longer than men. This is due partly to the protective effect of female hormones.

Alcohol and hormone therapy can put added stress on the liver so care needs to be taken with alcohol consumption.

The risk of damage to health from smoking will also increase.

### The Masculinizing Effects of Testosterone

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**Breasts:** These will not significantly alter due to therapy, however slight reductions in size may occur initially due to a loss of fat.

**Genitals** The first noticeable changes will be clitoral enlargement and cessation of menses. The ovaries will stop working, resulting in permanent sterility. How quickly these changes occur will depend both on individual characteristics and upon the dose of testosterone therapy.

After these changes the ovaries will no longer produce effective quantities of female hormones. This will also happen if a total hysterectomy is performed, as this involves the removal of the ovaries.

With the agreement of your doctor it will be possible then to reduce the dose of testosterone given, without the risk of any feminine traits re-emerging. It is likely that the libido will increase while on androgen therapy.

The vagina may also become dry and the tissues harden in time, making intercourse difficult and painful. At times an unexpected blood loss could occur from the vagina and if so it should be reported to your doctor and may need investigating.

**Body Hair:** Body hair will increase in both extent and coarseness, full development taking place over a number of years. Although the rate of development will be affected by the dose of testosterone taken, the amount of hair that grows, the colour, its texture and location on the body will be influenced greatly by your genetic makeup.

Facial hair will develop over a period of several months and is often to the extent of a full beard. Just how much facial hair develops will depend largely on family traits and once established will be a permanent change.

A deepening of the voice will occur within the early months of therapy. This will be a permanent change.

Bones will not change dramatically. The size of the hands, feet, chest, hips and height will not alter. The main concern is the risk of osteoporosis later in life. This is a gradual thinning of bone-mass which can lead to fragile bones in old age. There is clear evidence that a deficiency of sex hormones contributes in both sexes to weaker bones.

To avoid this, individuals on long-term hormone therapy will need to continue on some hormone treatment for the rest of their lives. This risk is greater if the ovaries have been removed. Bones are also helped by a calcium rich diet, exercise and not smoking.

Skin Changes will occur in the skin of the face and body. The oil glands will become enlarged and acne could result. The soft layer of fat, characteristic of female skin will diminish slowly over many months. These changes will increase the body's ability to sweat.

Emotions Mood swings including uncharacteristic feelings of aggression may require an adjustment of the dose prescribed by the doctor. These side-effects are a potential hazard to health and need to be carefully observed and discussed with your doctor.

Starting hormone therapy can be a stressful time both emotionally and socially. These factors may contribute to emotional difficulties and changes. This may be a good reason in itself to avoid alcohol and "recreational" drug use, particularly in the early stages of treatment when high doses are usually prescribed.

Muscles: The effects of testosterone are both androgenic (which means that they are responsible for the development of male sexual characteristics) and anabolic (which means they help to build and repair muscle tissue). These anabolic effects mean that muscles will begin to develop according to the male family traits and will be enhanced by exercise.

Weight gain will usually occur and for this reason it would be beneficial to pay careful attention to diet and exercise.

## **Herbal Testosterone Hormone Information**

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The following information is from an internet search on herbal alternatives to testosterone and is not an endorsement by The Gender Centre Inc.

A small percentage of F.T.M. individuals find that they are unable to take anabolic steroids for a number of reasons.

This information is not intended to provide clinically proven herbal supplements or medical information for F.T.M.s. If your doctor has advised you that it is not in the interests of your health to proceed with the usual prescribed doses of testosterone for your gender issues, this information should be discussed with your doctor.

This short information is intended to provide some direction in your search for alternative medically-available testosterone.

### **Tribestan**

Tribestan is the closest and most potent of all natural herbal alternatives to synthetic anabolic hormones. This non-hormonal supplement increases testosterone levels in humans without any

clinically proven toxic effects. Since testosterone promotes protein synthesis and a positive nitrogen balance – the benefits of its diuretic effect promotes the lean, hard muscular look.

Other additional benefits are increased immunity, lowered cholesterol levels, increased self-confidence, improved workout attitude and better mood in general.

Tribestan is a completely natural product with no contra-indications, no toxicity and no side effects.

#### Supplement Facts:

- Tribulus terrestris extract: 250mg;
- Mirocell: 193mg;
- Cabosil (Aerosil): 100mg;
- Polyplasdone XL (Crospovidon): 40mg;
- Polyvinylpyrrolidone: 30 mg;
- Talc: 12mg;
- Film coating: 10mg; and
- Magnesium stearate: 5mg.

#### **Saw Palmetto**

Acts to tone and strengthen the male reproductive system. It may be used with safety to boost the male sex hormones. It also helps to ease enlarged prostate glands.

#### **Damiana**

Damiana is well known as a herb for helping with sexual impotency and infertility in both males and females. It strengthens reproductive organs.

#### **Yohimbe 1111**

This is a herbal extract that can help your body produce testosterone naturally. Your body produces a certain amount of testosterone on its own and Yohimbe 1111 can help increase that level. Increased testosterone levels, along with proper training and diet, can increase muscle size and strength dramatically. Yohimbe 1111 is a natural alternative to steroids, safely stimulates testosterone production and works in conjunction with the body's natural testosterone production process.

The suggested use of Yohimbe 1111 is to take two capsules daily. Each capsule contains 1111mg of Yohimbe Bark extract.

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