

The doctor will talk with you about which hormones suit you best.

How much does hormone therapy cost?

Depending on which hormones you take, in Bangladesh, the hormones cost US\$ 15-30 per month and, in Thailand, US\$30-75 per month.

Hormone Therapy for Male to Female Transgender people



Do I have to visit the doctor to get hormone therapy?

You can buy hormones at the pharmacy without seeing a doctor in many Asian and Pacific countries, but this is not recommended. It is safer to see the doctor first. The doctor will talk with you about which hormones suit you best, how the hormones will affect you, what to expect and how to care for yourself when you take the medicine. The doctor will care for you while you take the hormones.

This series of 12 fact sheets including:

- Male Anogenital anatomy
- Anogenital ulcer
- What infections am I at risk of when having sex?
- How to put on a condom?
- Male to Female Genital surgery
- Genital warts
- **Hormone Therapy for Male to Female Transgender People**
- Proctitis
- What can happen to me if I am raped?
- Scrotal swelling
- What does an STI & HIV check up involve?
- Urethral discharge



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What is hormone therapy?

Hormone therapy is medicine given to transgender males to help them become more like women. The medicines include both female hormones and a chemical that blocks the effects of the male hormones already in the body.

How long does it take for the hormone effects to work?

Breast nodules can start after 2 months but most body changes can take up to 2 years to develop. Your height, feet, hands, hips and penis length will not change on hormone therapy.



Some people gain weight, because moody and unhappy after taking hormone.

What can go wrong when taking hormone therapy?

If you have the correct doses of hormone therapy, problems are not common. Some people put on weight, become moody and unhappy. Serious problems include bleeds in the brain, clots in the lungs, heart attacks, breast cancer. A hormone-producing gland in your head can become larger and cause the breasts to produce milk.

What can I expect hormone therapy to do to my body?

The hormones will make your breast grow, your skin softer, reduce your body hair and stop your head hair falling out, change the shape of your body so it is more like a woman and reduce the strength in your upper body. Your fertility is reduced and you will have fewer erections. Except for the breast growth, all of the changes can be reversed if you stop the medicine. Your voice will not change and your penis will not become shorter. As you become more female in appearance, you will probably feel happier about yourself.