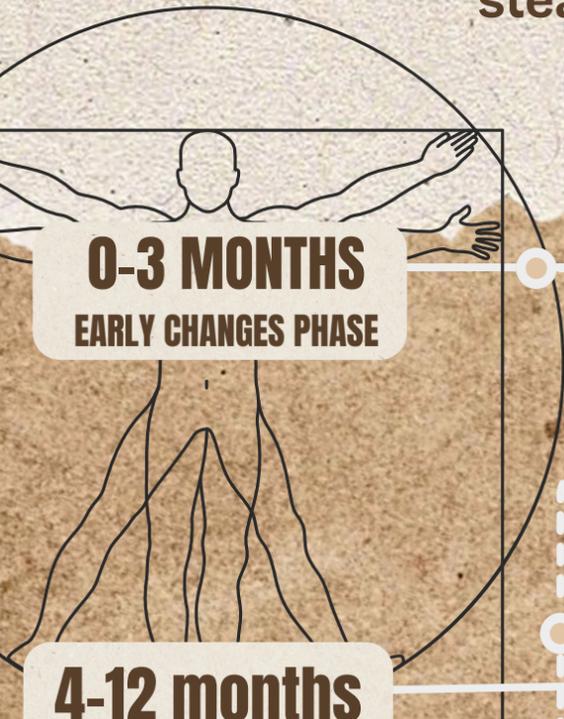


Testosterone Time Line

Testosterone works gradually, and every person's response is unique. Genetics plays the largest role in how quickly and to what degree changes occur. Most physical and emotional shifts happen in waves rather than in a straight line.

Consistent dosing and routine lab monitoring are key to steady, healthy progress.



0-3 MONTHS EARLY CHANGES PHASE

- Clitoral enlargement (often the first noticeable change)
- Oily skin and acne may develop
- Increased libido
- Menstrual changes (lighter, less frequent, or stopping)
- Increase in hunger
- Body odor changes (even pets may notice)
- Early voice changes may begin
- Subtle shifts in mood and energy
- Acne may start before facial hair becomes noticeable.

4-12 months Visible Change Phase

- Potential Ability to gain muscle becomes easier and quicker
- Body and Facial Hair changes continue more - Full density can take several years depending on genetics
- Many individuals report increased comfort in social settings
- Greater congruence between physical appearance and identity

- Voice Changes become more noticeable
- Body and facial hair have potential to increase
- Body Contour Changes from fat and muscle redistribution and shifts.
- Menstrual cycle changes should stabilize - Communicate these changes with your provider
- Acne may peak in severity (first comes acne then comes hair)
- Possible recession or hair thinning (masculinization of hair line)
- Increased confidence or alignment with identity

1 - 1 1/2 Years Consolidation Phase

- Vaginal Dryness and atrophy may become a concern
- Voice Changes begin to mature and stabilize full depth of changes may take years. Voice training can help with dysphoria if need be.
- Physique changes now depend more on nutrition and exercise than hormones alone
- Acne often improves significantly compared to earlier years
- Fertility potential varies and should be discussed with the provider before starting HRT as many fertility options are costly and out of reach for most individuals

2-4 years Long-Term Stabilization Phase

Aging with Testosterone

Hormone therapy is a powerful tool – but it is only one part of your overall journey. Every body responds differently, and your timeline will be uniquely your own. Progress may feel fast at times and slower at others. That is normal.

Testosterone is not an antidepressant, and it is not a cure for life's challenges. It does not automatically resolve relationship stress, trauma, anxiety, or depression. What it can do is help reduce the distress caused by gender dysphoria, allowing your body to align more closely with your identity.

For many people, that alignment creates space – space for confidence to grow, for goals to feel attainable, and for meaningful life changes to take shape.

Your care works best when hormone therapy is combined with ongoing medical follow-up, mental health support when needed, healthy lifestyle habits, and a strong support system.

This is a process, not a race. Stay consistent. Stay communicative with your provider. And give your body the time it needs to become its most authentic version of you.

Your preventive care should always be based on the organs you currently have, your age, your personal risk factors, and your family history – not solely on your gender marker.

Ongoing priorities include:

- Routine lab monitoring
- Cardiovascular health
- Bone health support
- Consistent medication adherence

**HORMONES ARE
A TOOL – NOT
THE WHOLE
TOOLBOX.**