

Oestrogen prescription

There are a few ways to get prescribed oestrogen but the best place to start is by talking to your GP.

If you are under the age of 18, consent is required from both parents/guardian for a person to be prescribed puberty blockers or gender affirming hormonal treatment including oestrogen or the Family Court has to rule in favour for this to occur.

Please be aware that the following process only applies to people aged 18 years and over.

In order to prescribe oestrogen, your GP/doctor may refer you to an endocrinologist or sexual health physician to manage your hormone levels and ensure you're healthy.

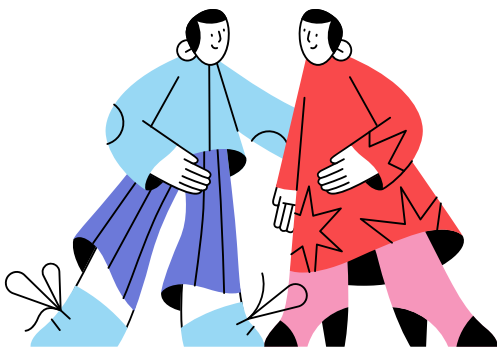
Sometimes, your GP will refer you to a psychologist or psychiatrist to assess you for a 'gender dysphoria' diagnosis. While this is not strictly necessary, some health practitioners prefer it for peace of mind.

It's important to keep in contact with your prescribing doctor, this includes for any follow up blood tests to ensure everything goes smoothly.

Another option is pursuing a GP or specialist that uses the 'informed consent' model of care which means you will be given clear information about your choices so you can make the right decisions about your health and healthcare. Part of this is knowing what effects oestrogen will have on you.

Some GPs may need you to have seen an endocrinologist or sexual health physician before prescribing oestrogen.

Tip: A copy of the informed consent form for oestrogen can be found on transhealthsa.com



Finding a doctor

To find a health professional that can prescribe oestrogen, you can check out the *SA Practitioner's List* on www.transhealthsa.com, speak to community members about doctors they recommend, or contact trans-specific services such as SHINE SA's Gender Connect Country SA or the Gender Wellbeing Service. Remember, the process of accessing oestrogen can be stressful and frustrating, so make sure to reach out for support if needed.

Note: GPs/doctors have varying degrees of understanding of hormones and TGD medical care.

Gender Connect Country SA

Phone **08 7099 5390**

Email
genderconnectcountrysa@shinesa.org.au

Website shinesa.org.au/gender-connect

SHINE SA

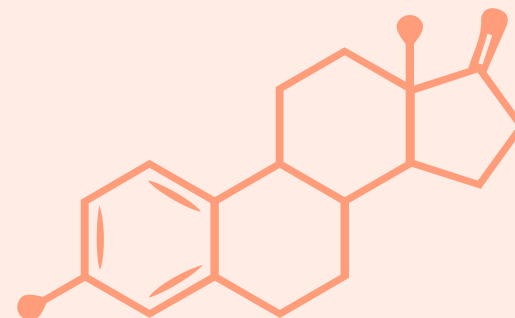
Phone **08 8300 5300**

Website shinesa.org.au

GENDER CONNECT COUNTRY SA

Gender Affirming Hormone Treatments: Oestrogen

This brochure looks at oestrogen (also known as E) and how it works for people who are trans or gender diverse.



SHINEsa

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Gender Affirming Hormone Treatment

Oestrogen (also known as E) is often prescribed to trans or gender diverse (TGD) people who are assigned male at birth (AMAB) who wish to alter their hormonal and physical makeup.

Some of these folks may identify as trans feminine but not always!



Oestrogen is a hormone developed in the ovaries and adrenal glands and can be found in fat tissue. It is found in all humans but is usually in much higher quantities in those who are assigned female at birth (AFAB). It's responsible for bone and muscle mass, body fat distribution, body hair growth patterns, and the regulation of mood.

Remember: TGD folks who can't or don't want to access hormones are just as valid in their identity as those who do.

All bodies react to oestrogen differently. Affecting factors include genetics, overall health, how long you take it for, and how old you are when you start.

Possible effects on the body from taking oestrogen:

- Body fat distribution changes
- Decreased muscle mass
- Decreased skin oiliness
- Decreased libido
- Decreased facial/body hair growth
- Sexual dysfunction
- Decreased spontaneous erections
- Decreased testicular volume
- Decreased sperm production
- Breast growth

Remember: taking oestrogen puts your body through a second puberty. Some changes will come quicker than others. Allow your body and yourself time.

Considering children in your future?

The continual use of oestrogen can reduce your fertility making it hard for potential pregnancy in the future. One option that you may want to consider is the freezing of your sperm with a licensed professional, which you could then gain access to when the time is right. It is important to do your research first before taking that step to determine if this action is right for your own individual circumstances.

Types of oestrogen available

- Topical: absorbed through the skin via patches, gels or creams
- Ingestible: taken orally in tablet form

There are risks and benefits from each type of E, even including other less common types of oestrogen delivery methods.

Your doctor will work with you to find which would be best for you.



Taking oestrogen

If you accidentally miss a dose or take it late or are feeling unsure, contact your prescribing doctor for instructions or refer to your medication leaflet.

Do not take a double dose to 'make up' for a forgotten dose as it is dangerous for your health. If you stop taking oestrogen entirely, depending on what changes have occurred, most things will revert over time as your body continues to create testosterone if you still have testes. Breast growth is non-reversible and requires surgery to remove.