



KNOX COLLEGE D2C PEER EDUCATOR SEX ED SCIENCE FAIR

Tuesday- October 26, 2021, 6:00 pm - 8:00 pm

Ferris Lounge, Seymour Union

Hormone Replacement Therapy (HRT)

HRT OVERVIEW	“Masculinizing” Hormones	“Feminizing” Hormones	Puberty Blockers
Description (all must be prescribed by a doctor)	Masculinizing hormone therapy for AFAB (assigned female at birth) people usually consists of testosterone .	Feminizing hormone therapy for AMAB (assigned male at birth) people usually consists of spironolactone and estrogen .	Puberty blockers usually consist of either histrelin acetate or leuprolide acetate , and sometimes anti-androgens for AMAB people.
Purpose	Testosterone enhances masculine secondary sex characteristics.	Spironolactone inhibits androgen receptors, blocking testosterone, and precedes estrogen therapy by a few weeks. Estrogen enhances feminine secondary sex characteristics.	Puberty blockers inhibit the production of testosterone and estrogen temporarily, preventing the growth of some secondary sex characteristics.

Forms	Testosterone can come in gel, cream, patch, or injection form, rarely pill.	Spironolactone is a daily pill. Estrogen can come in gel, patch, cream, pill, injection, or spray.	Histrelin acetate is a flexible rod placed under the skin of the arm for 1 year. Leuprolide acetate is a shot that works for 1, 3, or 4 months. Anti-androgens are generally pills.
Effects (SOME, these may vary person to person) hormones do NOT change bone structure, height (past puberty), or work as contraceptives	<ul style="list-style-type: none"> ● Change in mood (aggression) ● Clitoral growth ● Loss of breast elasticity ● Growth of facial/body hair ● Redistribution of body fat ● Easier to gain muscle ● Voice deepening ● Skin changes/acne ● Increase in libido ● Decrease/cessation of menstruation ● Weight gain 	<ul style="list-style-type: none"> ● Change in mood (less aggressive) ● Genital shrinking ● Breast growth ● Loss of body/facial hair ● Redistribution of body fat ● Harder to gain muscle ● Softer skin ● Decreased spontaneous erections ● Slowing of scalp hair loss ● Decreased risk of prostate cancer 	<p>Puberty blockers can help inhibit:</p> <ul style="list-style-type: none"> ● Vocal change ● Growth of body/facial hair ● Change in body odor ● Increased acne ● Increased sex drive ● Menstruation ● Other permanent biological changes that come with puberty
Risks	<ul style="list-style-type: none"> ● Fertility risks ● Liver exhaustion ● Mood changes ● Permanent bodily changes (voice, genitals) ● Possible (inconclusive) increased risk of cancers ● Increased risk of heart disease and high cholesterol 	<ul style="list-style-type: none"> ● Fertility risks ● Liver exhaustion ● Mood changes ● Permanent bodily changes ● Increased risk of breast cancer 	<ul style="list-style-type: none"> ● Liver exhaustion ● Slowing of puberty ● Social issues (looking younger than peers, not experiencing the same changes) <p>PUBERTY BLOCKERS ARE PREVENTATIVE AND THUS REVERSIBLE</p>

For more information, visit revelandriot.com, plannedparenthood.org, mayoclinic.org, or email sex.ed.answers@gmail.com to ask questions anonymously