

# General advice on hormones

1. **Be informed** - understand how Estradiol works, the risks and do ask questions.
2. **Smoking status** - stop smoking or cut down.
3. **Deal with problems early on** - Most concerns or adverse reactions can be dealt with in a creative way without Estradiol needing to be stopped.
4. **Don't change medication on your own** - Before starting new medications or stopping medication, it is important to let us know.
5. **Take a holistic approach** - Build a circle of care that includes healthcare professionals, friends, partners or people who care about you. Reach out to us if you need help with that.
6. **Mood changes** - Sometimes after starting new medication you can experience mood changes, or you might not feel how you thought you would. You can talk to us about this.
7. **Contact us** - Reach out if you have any questions at any point or want to discuss aspects of your personal, social, medical or legal transition.

## What we monitor

Blood tests will be needed to check levels and effects of Oestrogen. Prostate and breast checks will be needed as recommended by your gender team. If you have any questions, then please contact us to discuss.

## CONTACT US



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# ESTRADIOL

## OESTROGEN

### Information Booklet

# What is Estradiol?

Estradiol is a hormone medication which can help to affirm your gender. Estradiol can help to feminise (develop a more female body type) and also help to reduce some more masculine aspects of your body.

## How is it taken?

Estradiol can be taken in different ways:

1. A tablet (oral preparation)
2. A gel or patch applied to the skin (transdermal application)

Estradiol is not available in this service as an injection or implant

## When is it not advised to take Estradiol?

Estradiol should not be used by anyone who has ever had an estrogen-dependent cancer (a cancer that grows more quickly when estrogens are present). Breast cancer is the most common type of estrogen dependent cancer.

# What Estradiol will do to your body

*Changes vary from person to person. This is a rough guide of possible changes*

Effects of Estradiol	Expected start of effects	Expected end of changes
Stop losing more hair from your head (scalp hair that has been lost will not grow back)	1-3 months	1-2 years
Lower libido (less interest in sex)	1-3 months	1-2 years
Fewer erections when not involved in sexual activity	1-3 months	3-6 months
Reduced level of haemoglobin (oxygen carrying red blood cells)	2-4 months	2-4 months
Difficulty in achieving an erection for use in sexual activity	Variable	Variable
Softer skin and less oiliness of your skin	3-6 months	1-2 years
Less muscle bulk and less strength	3-6 months	1-2 years
Body fat moves generally from tummy to hips and thighs	3-6 months	2-3 years
Breast Growth	3-6 months	2-3 years
Smaller testicles	3-6 months	2-3 years
Fewer sperm are produced – affects fertility	Variable	Variable
Less hair on body and face	6-12 months	Over 3 years

## What Estradiol will not effect

- Estradiol will not effect the pitch of your voice. However, we can refer you for speech and language therapy to help with this.
- Estradiol will not shrink your "Adam's apple".
- Estradiol is not expected to cause hair regrowth.

# Risk

*Use of Estradiol should be used with caution if a person :*

- Has had blood clots in the veins (deep vein thrombosis) which could have or did travel to the lungs (pulmonary embolism) or other parts of their body
- has a blood clotting disorder
- has had a stroke or TIA (transient ischaemic attack or sometimes called a mini stroke)
- has a strong family history of breast cancer or other estrogen-dependent cancer
- has heart disease or cardiovascular risk factors such as high cholesterol or high blood pressure
- has migraines or seizures
- has a family history or a diagnosis of liver disorders

*A member of the team will advise and support you if you have any of the above conditions*