

All About **T** Testosterone for **FTMs**

Presented by John Otto, MLIS

Who?

Anyone thinking about transitioning

Those who have transitioned,
but want to know more

Empowerment from self-managing transition

Allies

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Topics to be covered:

Social perceptions about T

Body Changes

Types of T

Dosing Philosophies

Needles and Syringes

Side Effects

Emotional and Mental Changes

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Emotional and Mental Changes

Social perceptions about T

Raging Maniac

Evil of T

????

Body Changes

Permanent

Non-permanent

Body Changes

Permanent

voice deepening

phallus growth

body & facial hair growth

**male hairline & possible
balding**

Non-permanent

Body Changes

Permanent

voice deepening

phallus growth

body & facial hair growth

male hairline & possible balding

Non-permanent

muscle development

fat redistribution

skin texture

face shape

menses stops

infertility

Types of T:

Injectable

Gel

Patches

Cream

Pellets

Buccol

Oral

Types of T:

Injectable

Gel

Patches

Cream

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Buccol

Oral

Testosterone cypionate

Testosterone enanthate

Types of T:

Injectable

Gel

Patches

Cream

Pellets

Buccol

Oral

Testosterone cypionate

Depo-Testosterone *name brand*

cottonseed oil

Two concentrations

- 200 mg/ml

- 100 mg/ml

10 ml vial & 1 ml vials

\$130 - \$190 per 10 ml vial

generic **\$70 - \$120**

Testosterone Enanthate

Delatestryl *name brand*

sesame seed oil

\$95 - \$120 per **5 ml** vial

generic **\$65 - \$105**

Types of T:

Injectable

Androgel

Gel

Testim

Patches

apply daily

avoid skin to skin contact for 1 hour
minimum

Cream

\$275 - \$350 per month

Pellets

Buccol

Oral

Types of T:

Injectable

Gel

Patches

Cream

Pellets

Buccol

Oral

apply daily

adhesive allergies

- Androderm

\$275 - \$350 per month

- Testoderm

\$135 - \$145

discontinued?

Types of T:

Injectable

Gel

Patches

Cream

Pellets

Buccol

Oral

apply daily

avoid skin to skin contact

Types of T:

Injectable

Gel

Patches

Cream

Pellets

implanted like Norplant
lasts about 3 to 4 months

Buccol

Oral

Types of T:

Injectable

Gel

Patches

Cream

Pellets

Buccol

Oral

attaches to gum

2x per day

\$275 – 350 per month

Types of T:

Injectable

Gel

Patches

Cream

Pellets

Buccol

Oral

dangerously hard on liver

not used, except in Europe, where a safe form is available

Types of T:

Injectable

Gel

Patches

Cream

Pellets

Buccol

Oral

Compounding Pharmacies

manufactured in small batches

to insure sterility/quality control

Types of T:

| injectable | average cost per month | April 2010, Seattle |
|-------------------|-------------------------------|----------------------------|
| | Depo-T | \$31 |
| | t. cypionate (generic) | \$19 |
| | Delatestryl | \$44 |
| | t. enanthate (generic) | \$33 |

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Stroheckers Pharmacy \$53 + \$6 shipping

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| | t. cypionate (generic) | \$19 |
| | Delatestryl | \$44 |
| | t. enanthate (generic) | \$33 |
| gel | Androgel (packets) | \$302 |
| | Androgel (pump) | \$312 |
| | Testim (gel tubes) | \$322 |

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| | Androgel (pump) | \$312 |
| | Testim (gel tubes) | \$322 |
| patches | Androderm (patch) | \$309 |
| | Testoderm (patch) | \$138? |

Dosing Philosophies

“Standard” full dose

└── 200 mg every two weeks

Dosing Philosophies

“Standard” full dose

└── 200 mg every two weeks

Low dose

└── 50 mg every two weeks

Dosing Philosophies

“Standard” full dose

└── 200 mg every two weeks

Low dose

└── 50 mg every two weeks

High dose

└── variable

Dosing Philosophies

“Standard” full dose

└── 200 mg every two weeks

Low dose

└── 50 mg every two weeks

High dose

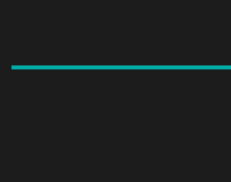
└── variable

Length of cycle

└── 14, 10, 7 day cycles

Needles & Syringes

Needle size

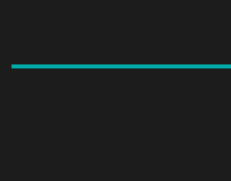


18 gauge to draw

22 gauge to inject

Needles & Syringes

Needle size



18 gauge to draw

22 gauge to inject

3 ml syringes



Side Effects

Possible problems



acne

polycythemia

cholesterol

high blood pressure

liver impairment – milk thistle

water retention, ankle swelling

allergy to testosterone or oil

depression

moodiness

Side Effects

Good “Side Effects”



- change in secondary sex characteristics
- reduced depression
- increase in energy

Side Effects

Lab Tests

testosterone levels

normal male range 300 - 900 ng/dl

normal female range 15 - 75 ng/dl

timing of tests for FTMs

CBC – multiple blood quality tests

hematocrit – red blood cell count (RBC)

polycythemia

liver function

frequency

1st year – every 3 - 6 months

2nd year – every 6 - 12 months

3 year & up – annually

Side Effects

Longterm Side Effects



unknown

cancer risks

ovaries atrophy

uterine lining atrophy

tinkering with hormonal system

Emotional & Mental Changes

Very individual

**Decreased
ability to cry**

Libido

pronounced increase (may decrease)

less emotionally engaged,
more mechanical

more visually stimulated

sexual orientation may change

Emotional & Mental Changes

Very individual

**Decreased
ability to cry**

pronounced increase (may decrease)

Libido

less emotionally engaged,
more mechanical

More focused

more visually stimulated

sexual orientation may change

**Less
multi-tasking**

impact of major life change

Anger

reduced freedom – dependency
on injectable hormone

Social Shifts

financial commitment

lack of prior “training”

Resources

Web

www.jotto.info

Hudson's FTM Resource Guide *highly recommended*

www.ftmguide.org

**Medical Therapy and Health Maintenance for Transgender Men:
A Guide for Health Care Providers**

by Nick Gorton, MD, Jamie Buth, MD, & Dean Spade, Esq.

www.nickgorton.org

Books

Woman: An Intimate Geography *by Natalie Angier*

Trouble With Testosterone *by Robert Sapolsky*

Journals

Journal of Clinical Endocrinology and Metabolism

<http://jcem.endojournals.org>

PubMed – National Institute of Health

www.ncbi.nih.gov/pubmed

Thank you!

Self Empowerment

be in charge of your medical treatment
educate your health providers