

OKLAHOMA DEPARTMENT OF CORRECTIONS
Male to Female (MtF)
Hormone Therapy Risk and Information Form

Hormone therapy may be all the treatment you need for your gender dysphoria. While you are being treated with hormones, you will be monitored to determine if the hormone treatment is benefiting you. Before starting hormone treatment, you are encouraged to exercise regularly and stop smoking. Exercise improves the benefits of hormone treatment, while smoking causes increased risk of thromboembolic disease (blood clots) associated with hormone treatment. These blood clots can cause stroke, heart attack, lung damage, and/or death. To reduce the risk of forming blood clots, daily aspirin may be recommended for persons taking estrogen.

Blood tests will be taken to determine your health and suitability to begin hormone therapy. Some people may be unable to take hormones due to other health conditions.

You may be frustrated with how long hormone therapy takes to produce results, and you will need to be realistic about the extent of changes you can expect. For example, hormones cannot change the shape or height of your skeleton.

Estrogen can be prescribed for transgender women diagnosed with gender dysphoria and is often helpful in making their appearance more feminine.

Noticeable changes may include:

- your penis and testicles may get smaller, softer and the ability to have erections may cease
- your body may redistribute body fat into a more female shape
- you may have less muscle mass and strength
- you may have some breast enlargement and development, which may be permanent

There may be side effects, although some transgender women report feelings of calm and well-being after starting on hormone treatment.

Estrogen side effects may include:

- Increased risk for fatal and non-fatal heart attacks with possible subsequent heart failure
- Increased risk for strokes that can result in permanent loss of bodily functions and persistent disability
- Increased risk for formation of abnormal blood clots inside blood vessels that can be fatal or disabling
- Increased risk for or worsening of migraine headaches
- Liver failure or onset of injury to liver reducing normal liver function and causing symptomatic or fatal illness
- Increased generalized swelling with discomfort throughout your body
- Increased risk for breast cancer and need for breast cancer screening after a few years on medication
- Sterility – inability to have children
- Adverse changes in mental performance or function and mood
- Reduced interest in sexual activity and impaired sexual performance ability

Less serious side effects of estrogen may include:

- mild nausea, vomiting, bloating, stomach cramps;
- breast pain, tenderness, lumps or swelling;
- freckles or darkening of facial skin;
- increased hair growth or loss of scalp hair;
- changes in weight or appetite;
- problems with contact lenses;
- mild headache, nervousness, dizziness, tired feeling; or
- mood swings.

These potential effects and side effects make it important to have regular medical check-ups. You may experience additional side effects that are not listed and agree to notify your medical provider if you experience any side effects.

Inmate Name
(Last, First)

ODOC #

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Medications known as androgen suppressants help to lessen the effects of your body's own androgens (male sex hormones). Spironolactone is an androgen suppressant and is sometimes used as part of treatment for gender dysphoria.

Spironolactone side effects may include:

- Excess buildup of potassium in your blood causing multiple organ system dysfunction or failure
- Abnormal heart beat activity and rhythm that can be fatal.
- Improper nerve function causing abnormal uncomfortable sensations in limbs and muscle weakness
- feeling drowsy, lightheaded, nervous, or restless, and other changes in mood and behavior
- Contribution to progressive kidney failure, potentially requiring permanent dialysis Harmful changes in blood chemistry or more alkalotic blood pH adversely affecting breathing, mental function and performance, and reduced sense of wellness and energy
- Liver injury or failure with nausea, upper abdominal pain, itching, loss of appetite, dark urine yellow skin or eyes
- Hair loss or thinning that may become permanent
- Breast enlargement and tenderness/pain
- Loss of desire for sex and sexual performance ability
- Weight gain and new abnormal swelling tendencies

I have read the effects and side effects of the medication(s) which are being prescribed to me for gender dysphoria. You may experience additional side effects that are not listed and agree to notify your medical provider if you experience any side effects. I accept the potential risks inherent in this treatment. I have been given the opportunity to ask questions and discuss my treatment with my health care provider. By signing below, I acknowledge the risks, verify my understanding of the information provided, and consent to treatment with the medication(s) prescribed to me for gender dysphoria.

Signature: _____ Date: _____

Printed Name: _____ ODOC#: _____

Witness: _____ Title: _____ Date: _____

Witness: _____ Title: _____ Date: _____

Inmate Name _____ ODOC # _____
(Last, First)
