TESTOSTERONE-BASED HORMONE THERAPY
Thank you for choosing Cal Poly Health and Wellbeing as you take this step in your gender-affirming journey!

As you begin your testosterone-based hormone therapy, it's important to understand what changes to expect, how to take care of yourself, potential risks and health considerations to discuss with your provider.

Here's some information to help you prepare for your treatment:

WHAT TO EXPECT FROM HORMONE THERAPY:

The goal of hormone therapy is to produce physical changes that are more aligned with your gender identity, such as increased body hair growth, a deepening of the voice and a redistribution of body fat.

 useForm is the hormone that will be used to produce these changes. Testosterone can be administered in various forms, such as injections, gels and patches.

Hormone therapy is a slow process, and changes will occur gradually over time. Some changes may begin to occur within weeks or months, while others may take several years.

Changes that may occur include: increased body hair growth, particularly on the face, chest and stomach; increased muscle mass and strength; and a deeper voice.

Hormone therapy may also cause changes in the menstrual cycle, such as irregular periods or the cessation of menstruation altogether.

HOW TO TAKE CARE OF YOURSELF DURING HORMONE THERAPY:

It's important to maintain a healthy lifestyle during hormone therapy. This includes eating a balanced diet, exercising regularly and getting enough sleep.

Regular check-ups with your healthcare provider are important to monitor your progress and any potential side effects.

Hormone therapy may cause increased oil production in the skin, which can lead to acne. It's important to keep your skin clean and use non-comedogenic products.
Hormone therapy may cause an increase in cholesterol levels, which can increase the risk of heart disease. It's important to maintain a healthy lifestyle and monitor your cholesterol levels regularly.

Hormone therapy may cause an increase in oil production, which can lead to acne.

Hormone therapy may cause an increase in red blood cell production, which can increase the risk of blood clots, especially in folks that use tobacco. It's important to notify your healthcare provider immediately if you experience any symptoms of a blood clot, such as swelling, redness or pain in the legs.

Hormone therapy may cause emotional changes, such as increased irritability, mood swings or depression.

Hormone therapy may cause headaches, particularly during the first few weeks of treatment.

Hormone therapy may cause an increase in blood pressure, which can increase the risk of heart disease or stroke.

Hormone therapy may cause a temporary or permanent decrease in fertility.

Hormone therapy may cause inflammation of the liver, particularly if testosterone is taken orally. It's important to notify your healthcare provider immediately if you experience any symptoms of liver disease, such as jaundice or abdominal pain.

Hormone therapy may cause partial or complete baldness in some individuals, particularly those who have a family history of male-pattern baldness.

Hormone therapy may cause an increase in abdominal fat, which can increase the risk of metabolic disorders such as diabetes or heart disease. It's important to maintain a healthy lifestyle and monitor your weight regularly.

Additional health considerations to inform your provider about include:

Liver disease, high cholesterol, high red blood cell count, acne, tobacco use, personal or family history of breast cancer, personal or family history of heart disease, history of blood clots.

Remember, hormone therapy is just one aspect of your gender-affirming journey. It's important to also seek out support from friends, family and/or a therapist who understands gender identity issues. Best of luck on your journey!
Ovulation is possible even after several years of testosterone. Infertility secondary to taking testosterone is NOT guaranteed. Contraception must still be used for penetrative sex with a partner who was assigned male at birth for prevention of pregnancy.

*Onset and timing effects of testosterone-based hormone therapy*

<table>
<thead>
<tr>
<th>EFFECT</th>
<th>EXPECTED ONSET OF EFFECT</th>
<th>EXPECTED MAXIMUM EFFECT</th>
<th>REVERSIBILITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oiler skin/acne</td>
<td>1-6 months</td>
<td>1-2 years</td>
<td>Reversible</td>
</tr>
<tr>
<td>Increased muscle mass</td>
<td>6-12 months</td>
<td>2-5 years</td>
<td>Reversible</td>
</tr>
<tr>
<td>Redistribution of body fat (away from hips/buttocks to the abdomen)</td>
<td>1-6 months</td>
<td>2-5 years</td>
<td>Reversible/Variable</td>
</tr>
<tr>
<td>Voice cracking and deepening</td>
<td>3-6 months</td>
<td>1-2 years</td>
<td>Irreversible</td>
</tr>
<tr>
<td>Stopping of menstrual cycles*</td>
<td>1-6 months</td>
<td></td>
<td>Reversible</td>
</tr>
<tr>
<td>Decreased fertility</td>
<td>Unknown/variable</td>
<td>Unknown/variable</td>
<td>Unknown</td>
</tr>
<tr>
<td>Increased facial/body hair</td>
<td>6-12 months</td>
<td>3-5 years</td>
<td>Irreversible</td>
</tr>
<tr>
<td>Scalp hair loss**</td>
<td>6-12 months</td>
<td></td>
<td>Irreversible</td>
</tr>
<tr>
<td>Clitoral growth</td>
<td>1-6 months</td>
<td>1-2 years</td>
<td>Irreversible</td>
</tr>
<tr>
<td>Vaginal and cervical atrophy/decreased vaginal secretions</td>
<td>1-6 months</td>
<td>1-2 years</td>
<td>Reversible</td>
</tr>
</tbody>
</table>

**Prevention and treatment are recommended if experiencing hair loss or strong family history of scalp hair loss.**
Visits: No cost to students. (Included in tuition fees)

### TESTOSTERONE-BASED HORMONE THERAPY LABS:

<table>
<thead>
<tr>
<th>Test</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>CBC</td>
<td>No fee</td>
</tr>
<tr>
<td>CMP</td>
<td>$2.50</td>
</tr>
<tr>
<td>Total testosterone</td>
<td>$14.52</td>
</tr>
<tr>
<td>Lab handling fee</td>
<td>$3.00</td>
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</tbody>
</table>

### COMMON MEDICATIONS:

<table>
<thead>
<tr>
<th>Medication</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Testosterone cypionate 10mL vial</td>
<td>$23.00</td>
</tr>
<tr>
<td>(typically 5-6 month supply)</td>
<td></td>
</tr>
<tr>
<td>Testosterone gel 1.62% 88g bottle</td>
<td>$36.00 per bottle</td>
</tr>
<tr>
<td>Finasteride 1mg (90 tabs)</td>
<td>$7.00</td>
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</tbody>
</table>

All fees subject to change. Please check with your ordering provider if you have any questions.
COMMUNITY RESOURCES

MENTAL HEALTH PROVIDERS

Thrive SLO*
https://www.thriveslo.com
1530 Monterey St, Ste A, SLO

Hannah Roberts, PsyD
(805) 242-1304

Sarah Park, PsyD
(805) 242-2624
*also has trainees who work at a lower rate

Jay Bettergarcia, PhD
Provides services in SLO and Atascadero
JayBettergarcia@gmail.com

Susan Utter, LMFT
330 James Way, Ste 180
Pismo Beach
(805) 235-1080

Stacy Hutton, PhD
https://www.therapywithstacy.com
5975 Entrada Ave, Atascadero
(805) 858-9222

Jenilee Sneed, PhD C-IAYT
https://www.jenileeaphd.com
Telehealth in CA
(805) 888-2440

Kimberli Andridge, PsyD
1530 Monterey St, Ste A, SLO
Telehealth in CA or OR
(805) 556-8350
kimberlidandridge@gmail.com

Leslie Barton, LMFT
1414 S. Miller, Ste A-3
Santa Maria
(805) 541-7908

Kristin Read Campos, PhD
https://www.resiliencepc.com/
5955 Capistrano Ste E,
Atascadero
(805) 703-5330

Kris Roudebush, LMFT, CST
https://www.kristerapyslo.com/
1115 Toro St, Ste F, SLO
(805) 441-3845

Lauren Phelps, LMFT
https://www.laurenphelpsmft.com
945 Spring St. #7b Paso Robles
1060 Palm St, SLO
Telehealth in CA
(805) 369-1068

Ruisenor Psychological
501 S McClelland St.
Santa Maria, CA
(805) 235-1080

VOICE THERAPY

Simone Huis, PhD, CCC-SLP
5975 Entrada Ave.
Atascadero, CA 93422
(805) 858-9222

Recommendations from Simone Huls:
•https://www.youtube.com/channel/UCkjmPkH0v21VMzSCSg6Iw/videos
•https://www.youtube.com/channel/UCBY1EnfA5BrYSwF0VuvcMcHA
•https://www.deepstealth.com/film-tv-video/instructional-vides/voicetutor/

PYSCHIATRY

Murat Akalin, MD
895 Aerovista Pl, Ste 106
San Luis Obispo CA 93401
(760) 684-8773
**HORMONE PRESCRIBERS**

**Andrea Angelucci, DO**  
Primary Care Partners SLO  
84 Santa Rosa St, SLO  
(805) 591-4727

**Denise Taylor, MD**  
Community Health Center  
1551 Bishop St Suite B-260, SLO  
(805) 269-1350

**Planned Parenthood SLO**  
743 Pismo St, SLO  
888-549-0749

**Cal Poly Campus Health and Wellbeing** (for students only)  
Jennifer Bobell, MD  
Rich Luciano, NP  
Cookie Roberts, FNP  
Joey Langowski, FNP

**Krystal Valdez, MD**  
1220 Las Tablas Road, Ste 1418, Templeton  
(805) 395-3277

**Carrie Brothers, PA-C**  
Jackson Medical Group  
Goleta, SB, Carpinteria  
(805) 683-0055  
https://jacksonmedicalgroup.com/jmg_team/carrie-brothers-pa-c/

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**Bay Area: UCSF, USF Health**  
**Los Angeles: LA UCLA Health, CHLA**

**PHARMACIES**

Many students opt to use their insurance and can fill prescriptions at any local pharmacy. The following are great options for low cost prescriptions, including options to not use insurance.

- **Anazao**  
  Mail Order, affordable and doesn’t bill insurance

- **Community Health Center Pharmacy**  
  77 Casa Street, SLO

- **Cal Poly Campus Health & Wellbeing** (for students only)

- **Cost Plus Drug Company**  
  Online, affordable, doesn’t bill insurance

https://www.transhealthcare.org/

**SURGEON DIRECTORY**

Directory allows clients to look for specific surgeries and providers

**MASSAGE THERAPY**

Caitlin Couture, CMT  
612 13th St Ste B  
Paso Robles, CA 93446 (805) 423-8970 (ask for Caitlin)  
https://www.caitlincouture-cmt.com/
**SELECT CALIFORNIA SURGEONS***

*This list is not comprehensive and is based on recommendations by clients who have accessed services.*

Dr. Marc Soares - Feminizing and Masculinizing Top Surgery  
5333 Hollister Ave #195  
Santa Barbara, CA 93111  
(805) 399-0751  
https://www.soaresplasticsurgery.com

Dr. Joel Beck  
1241 E Hillsdale Blvd #190  
Foster City, CA 94404  
https://www.bayareaaestheticsurgery.com/transgender-surgery/

Transgender Surgery Institute of Southern California  
1551 Ocean Ave Suite 200,  
Santa Monica, CA 90401  
http://transgendersurgeryinstitute.com/

Dr. Scott Mosser  
Suite 1010, 450 Sutter St,  
San Francisco, CA 94108  
https://www.genderconfirmation.com/

Dr. Joel Beck  
1241 E Hillsdale Blvd #190  
Foster City, CA 94404  
https://www.bayareaaestheticsurgery.com/transgender-surgery/

Dr. Marci Bowers  
345 Lorton Ave Suite 101,  
Burlingame, CA 94010  
https://marcibowers.com/

Drs. Brownstein & Crane  
575 Sir Francis Drake Blvd #1,  
Greenbrae, CA 94904  
https://cranects.com/san-francisco-office/

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**CRYO BANKING**

Cryochoice  
https://cryochoice.com/pricing_sperm_banking.html  
$595 start-up, $149 each year after for storage

**COMMUNITY ORGANIZATIONS**

Tranz Central Coast  
Access Support Network

Santa Barbara Transgender Advocacy Network  
GALA