



ESTROGEN-BASED HORMONE THERAPY



CAL POLY
Campus Health
& Wellbeing

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

As you begin your estrogen-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 breast development, a redistribution of body fat and a decrease in body hair growth.

- Estrogen and/or anti-androgens are the hormones that will be used to produce these changes. They can be administered in various forms, such as pills, patches, gels and injections.
- 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: breast development, softening of skin, a redistribution of body fat generally to the hips and thighs, a decrease in muscle mass and strength and a decrease in body hair growth.

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 an increase in skin dryness, which can lead to itching and discomfort. It's important to keep your skin moisturized with non-comedogenic products.

POTENTIAL RISKS OF HORMONE THERAPY:

- >>> Hormone therapy may cause an increase in the risk of blood clots especially in those who use tobacco containing products. 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 also 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 decrease in muscle mass and strength. This is dependent on exercise and diet habits of each individual as well.
- >>> Hormone therapy may also cause a decrease in fertility.
- >>> Hormone therapy may cause a decrease in libido or sexual function.

Additional health considerations to inform your provider about include:

Liver disease, high cholesterol, high blood pressure, migraines, seizures, breast cancer (family or personal history), high red blood cell count, tobacco use, blood clot (personal or family history), heart disease (personal or family history).

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!

ONSET AND TIMING EFFECTS OF ESTROGEN-BASED HORMONE THERAPY

EFFECT	EXPECTED ONSET OF EFFECT	EXPECTED MAXIMUM EFFECT	REVERSIBILITY
Decreased Libido	1-3 months	3-6 years	Variable
Decreased Spontaneous Erections	1-3 months	3-6 months	Variable
Breast growth	3-6 months	2-3 years	Irreversible
Decreased Testicular Volume	3-6 months	2-3 years	Variable
Decreased Sperm Production*	Variable/Unknown	Variable/Unknown	Variable
Redistribution of Body Fat	3-6 months	2-3 years	Reversible/Variable
Decrease in Muscle Mass	3-6 months	1-2 years	Reversible
Softening of Skin	3-6 months	Unknown	Reversible
Decreased Terminal Hair**	6-12 months	>3 years	Reversible
Scalp Hair	No regrowth: loss stops 1-3 months	—***	Reversible****

*Sperm count and motility is variable while taking estrogen. Infertility secondary to taking estrogen is NOT guaranteed. Birth control (e.g. condoms) must still be used for penetrative sex with a partner who was assigned female at birth for prevention of pregnancy.

**The thicker, longer, darker hair which is noticeable during and after puberty when the thinner hair is affected by increased androgen (e.g. testosterone) in the body.

***Familial scalp hair loss may occur if estrogens are stopped.

****No regrowth, loss stops.

COSTS OF HRT AT CAL POLY CAMPUS HEALTH & WELLBEING

Visits: No cost to students. (Included in tuition fees)

ESTROGEN-BASED HORMONE THERAPY LABS:

CBC	No fee for enrolled students
CMP	\$2.50
Estradiol	\$7.58
Total testosterone	\$14.52
Lab handling fee	\$3.00

COMMON MEDICATIONS:

Estradiol oral tablets (90 tabs)	1mg: \$10.00	2mg: \$16.00
Estradiol valerate 5mL vial	\$147.00 per vial (currently unavailable)	
Spironolactone (90 tabs)	50mg: \$15.00	100mg: \$16.00

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.jenileephd.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.kristtherapyslo.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/UCkjmPkHoQVu21VMzSCSg6lw/videos>
- <https://www.youtube.com/channel/UCBYlEnfAUbrYSwF0VujcmHA>
- <https://www.deepstealth.com/film-tv-video/instructional-videos/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/

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

SURGEON DIRECTORY

<https://www.transhealthcare.org/>
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. 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/>

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

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

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