

# Effects of estradiol therapy

This resource gently outlines common physical effects of estradiol therapy and the general timeframes in which changes may begin and continue. These timelines are meant as a general guide, as different people's experiences can vary.

Effect	Expected onset	Expected maximum effect
<b>Skin and hair</b>		
Softening of skin	3 to 6 months	Unknown
Thinning and slowed growth of body and facial hair	6 to 12 months	3 years +
<b>Body shape</b>		
Body fat distribution	3 to 6 months	2 to 5 years
Breast development	3 to 6 months	2 to 3 years
Decreased muscle mass / strength	3 to 6 months	1 to 2 years
<b>Sexual health</b>		
Decreased spontaneous erections	1 to 3 months	3 to 6 months
Decreased libido	1 to 3 months	1 to 2 years
Decreased testicular volume	3 to 6 months	2 to 3 years

Adapted from *WPATH* and Endocrine Society guidelines