

## So You Want To Start Hormones!

(for folks under 18)

Schedule an appointment with a therapist for an assessment for hormone blockers. Your guardian or parent will need to attend this session if you are under 14, and it's highly recommended if you are over 14. Check out [www.oregontranshealth.com](http://www.oregontranshealth.com), or contact Brave Space for referrals. Identify the pediatric endocrinologist you want to work with.

The therapist will either give you a letter to take to your endocrinologist, or will fax it for you.

Your first endo appointment will include a physical exam, discussing your history, and possibly a blood test. Bring a support person and be emotionally ready for this exam!

You are not REQUIRED to continue therapy as you start hormones, but it's useful if you want it!

### If you have not started puberty

You need to be at Tanner stage 2 to start pubertal suppression. You may or may not be given pubertal suppression at this first appointment.

### If you have already started puberty

Endos generally want to start people on pubertal suppression, which is very good at stopping your natural hormones. They may want to see you on pubertal suppression for 3 months to 2 years before starting hormones, depending on your age. You have the right to decline the use of pubertal suppression because of expenses or detrimental effects.

Once you and the endo are ready to begin hormone therapy, they will start you on a low dose. You have the right to request that they or your PCP administer any shots, show you how to do it yourself, or have a guardian do it for you! You also have the right to request different forms of hormones, but they may not be covered by insurance.

You will be on low doses for at least 6 months, so the effects of hormones may take 1-2 years to fully achieve. BE PATIENT! It's like you're going through a natural puberty. You also have the right to advocate with your endo if they are going too slow.

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