

OKLAHOMA DEPARTMENT OF CORRECTIONS
Female to Male (FtM)
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 risks associated with hormone treatment.

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.

Testosterone can be prescribed for transgender men diagnosed with gender dysphoria and is often helpful in making their appearance more masculine. Noticeable changes may include:

- Your voice may get deeper and may be irreversible
- Your body may redistribute body fat into a more male shape
- You may have more muscle tone
- You may develop male pattern body and facial hair growth
- You may have an increased sex drive
- Your clitoris (a small, sensitive part of the female genitals) may get bigger
- Your periods may stop or may be persistent
- You will continue to need periodic breast and cervical cancer screening for early cancer detection
- Your breasts may lose glandular tissue permanently

Testosterone side effects may also include:

- Liver complications or failure that may or may not be reversible and could result in premature death
- Acne or other undesirable cosmetic skin appearance changes
- Male pattern baldness
- Allergic reactions
- Increased risk of heart disease, heart attack, stroke, cancer, and blood clots. Hearing loss, ringing in the ears
- Diarrhea abdominal pain or bloating, nausea, or vomiting
- New or abnormal generalized or localized swelling
- Blood glucose level changes or worsening of diabetes with related future health risks
- Elevation of blood pressure or worsening of high blood pressure with related future health risks
- Elevation of cholesterol and/or triglycerides causing heart, pancreas or liver problems
- Musculoskeletal pain
- Excessive production of red blood cells increasing the risk of heart disease, heart attacks, and blood clots
- Adverse changes in mood and personality with associated behavioral complications
- Increased potential for rare cancers to occur
- Decreased fertility which may be irreversible
- Increased risk of hormone related cancers
- Increased risk of bone fractures
- Worsening of sleep apnea

These potential effects and side effects make it important to have regular medical check-ups.

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
(Last, First)

ODOC #