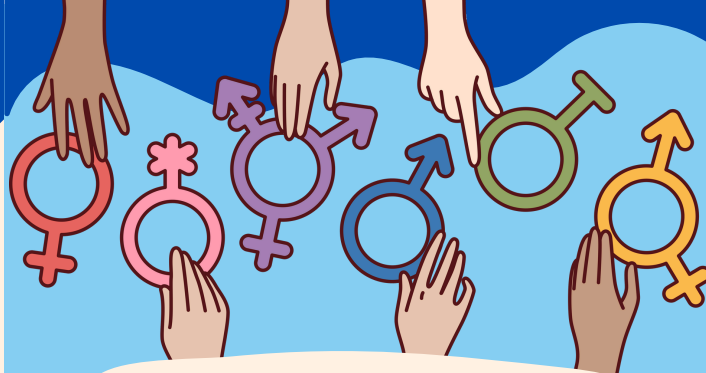


# Transmasc Influencers

Check out some of these awesome influencers who are sharing their gender journeys!

**Jamie Raines**  
**PrinceKyle25**  
**Meg Emiko Lee**  
**Mars Wright**  
**Chella Man**  
**Jesse Sullivan**  
**Miles McKenna**  
**Rafi Delly**  
**Hayden Ivings**  
**Kai Wes Bigwood**  
**Skyler Jay**



**WE ARE HERE FOR YOU - REACH OUT IF YOU HAVE MORE QUESTIONS!**

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## A Gender Affirming Care Info Guide



## Masculinizing Hormone Replacement Therapy (HRT)

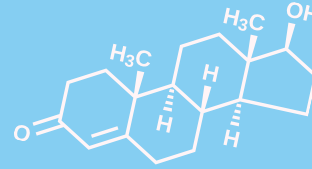


## Types of Masculinizing Hormone Therapy

- **puberty blockers:** usually used for pre-pubescent people who want to stop or slow the effects of puberty.
- **testosterone hormone therapy:** primary hormone used in HRT that results in physical, emotional, sexual, and reproductive changes.

**Did you know? Testosterone can be taken as an injection, gel, patches, pellets, or pill. Talk to your doctor to find out which is right for you.**

## Possible Timeline for Masculinizing HRT



1-6 months:  
skin oiliness  
and acne  
increase

1-6 months:  
libido  
increases

2-6 months:  
periods slow or  
stop

3-6 months:  
facial and bod  
hair growth  
begins

3-6 months:  
body fat begins  
to redistribute

3-6 months:  
clitoris growth  
and vaginal  
atrophy begins

3-12 months:  
voice begins to  
deepen

6-12 months:  
muscle mass and  
strength begins to  
increase

## Where can I go for more information about HRT?

- [healthline.com/health/transgender](https://www.healthline.com/health/transgender)
- [transcare.ucsf.edu/transition-roadmap](https://transcare.ucsf.edu/transition-roadmap)
- [folxhealth.com/library](https://www.folxhealth.com/library)

**Talk to your doctor or an endocrinologist before making any decisions about HRT!**

## Gender Affirming Care Providers in the NJ/PA Area

- Rutgers Babs Saperstein PROUD Gender Center
- Children's Hospital of Philadelphia (CHOP)
- Child Health Institute of NJ
- Main Line Health
- VNACJ LGBTQ Health Center