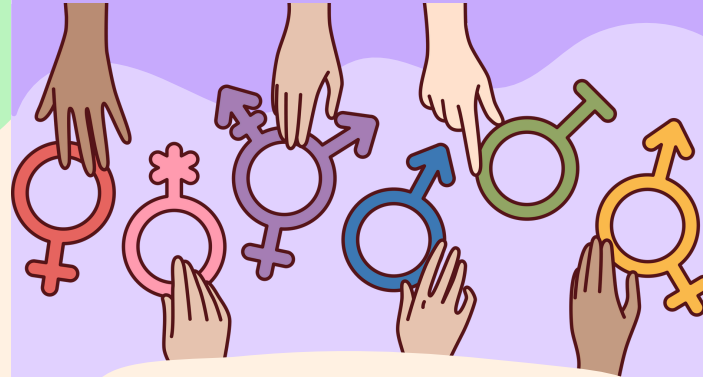


Transfemme Influencers


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


Mathilda Högberg
Zaya Perysian
Dylan Mulvaney
Bel Priestley
Big Icky
Rose Montoya
Kissy Duerré
Angel Flores
Shaye Scott
Vivek Shraya
Angelica Ross



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

 rainbowconnectedllc@gmail.com

 732-930-0363

 rainbowconnectedllc.com

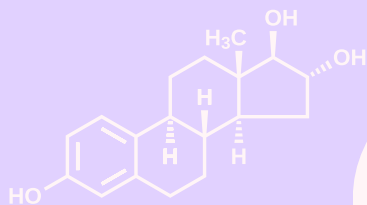


A Gender Affirming Care Info Guide

Feminizing Hormone Replacement Therapy (HRT)



Possible Timeline for Feminizing HRT



1-3 months:
decreased
libido and
erections

1-3 months:
hair loss
decreases

3-6 months:
testicular
volume
decreases

3-6 months:
muscle mass
decreases

3-6 months:
body fat begins
to redistribute

3-6 months:
breast growth
begins

3-6 months:
skin begins to
soften and
become less oily

6-12 months:
body and facial
hair begins to
thin

Types of Feminizing Hormone Therapy

- **puberty blockers:** usually used for pre-pubescent people who want to stop or slow the effects of puberty.
- **estrogen hormone therapy:** primary hormone used in HRT that results in physical and emotional changes.
- **anti-androgen medications:** blocks the production of testosterone; spironolactone is most commonly used. Used alongside estrogen.

Did you know? Estrogen can be taken as pills, patches, injections, gels, or sprays. Talk to your doctor to find out which is right for you.

Where can I go for more information about HRT?

- [healthline.com/health/transgender](https://www.healthline.com/health/transgender)
- 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