

Timeline for Hormone Changes

Testosterone Effects	Onset (Months)	Maximum (Years)
Skin oiliness/acne	1 to 6	1 to 2
Facial Hair	6 to 12	4 to 5
Androgenic Hair loss (scalp)	6 to 12	
Increased muscle mass	6 to 12	2 to 5
Fat redistribution	1 to 6	2 to 5
Cessation of menses	2 to 6	
Clitoral enlargement	3 to 6	1 to 2
Vaginal Atrophy	3 to 6	1 to 2
Deepening of voice	6 to 12	1 to 2
Estrogen and Anti-Androgen Effects	Onset (Months)	Maximum (Years)
Decrease in muscle mass and strength	3 to 6	1 to 2
Softening of skin	3 to 6	unknown
Decreased erections	1 to 3	3 to 6
Breast growth	3 to 6	2 to 3
Decreased testicular volume	3 to 6	2 to 3
Decreased sperm production	unknown	>3
Voice changes	none	

Adapted from The Endocrine Society Clinical Practice Guidelines, 2009