

Welcome to UT Gender Clinic

You are considering taking hormones, so you should learn about some of the risks, expectations, long term considerations and medications associated with transitioning. It is very important to remember that everyone is different, and that the extent of, and rate at which your changes take place depend on many factors. These factors include your genetics, the age at which you start taking hormones, and your overall state of health. It is also important to remember that because everyone is different, your medications or dosages may vary widely from those of your friends, or what you may have read in books or online. Many people are eager for change to take place rapidly. Please remember that you are going through a second puberty, and puberty normally takes several years for the full effects to be seen. Taking higher doses of hormones will not necessarily make things move more quickly; it may, however, endanger your health.

Our mission & philosophy is to provide a respectful, welcoming space to assist in healthcare for any gender incongruent individual, including health maintenance, hormone therapy and eventual surgical referral if desired.

Our Staff:

Rebecca Morgan, MD who is board certified Family Medicine and Sports Medicine.

Lori Turner, RN who will help with medication questions and handle phone calls.

Jessica Ott, Administrative Assistant who will help with scheduling and initial paperwork.

Contact Information:

Stop by the Sports Medicine Clinic in the Student Health Center or call **Jessica** at **865-974-5663** to get a gender clinic appointment scheduled!

We prefer that you do not use online scheduling for gender clinic.

In order to properly dedicate the time we need with each patient, please call to schedule your appointment.

Labwork

As you start on your gender journey, we will need to draw blood to get baseline levels and at least every 3 months. There may be additional times &/or additional tests that are also necessary. The UTSHC does not bill private insurances, so the following changes are a flat fee paid by students regardless of insurance status. Prices will change occasionally but are some common labs and prices.

Complete Metabolic Panel	\$6
Complete Blood Count	\$15
Total Testosterone	\$17
Estradiol	\$9
Fasting Lipid Panel	\$8

Gonorrhea/Chlamydia	\$33
Hepatitis C	\$13
Hepatitis Panel	\$36
Herpes Blood Test	\$45
HIV	\$30
RPR (Syphilis)	\$3

Immunizations

Gardasil protects against Human Papillomavirus (HPV). 3 dose series. Give first dose, wait 1 month after 1st dose for 2nd dose, 3rd dose is given 6 months after 1st dose.

Tdap protects against tetanus, diphtheria & pertussis. Give one dose as an adult.

Tetanus given every 10 years after Tdap.

Hepatitis A Vaccine 2 dose series. Doses are given at least 6 months apart.

Physical Changes

Testosterone Therapy Masculinizing Effects	Onset (months)	Maximum (yr)	Estrogen/Anti-Androgen Therapy Feminizing Effects	Onset (months)	Maximum (yr)
Skin oiliness/acne	1-6	1-2	Redistribution of body fat	3-6	2-3
Facial/body hair growth	6-12	4-5	Decrease in muscle mass and strength	3-6	1-2
Scalp hair loss	6-12		Softening of skin/decreased oiliness	3-6	unknown
Increased muscle mass/strength	6-12	2-5	Decreased libido	1-3	1/2 yr
Fat redistribution	1-6	2-5	Decreased spontaneous erections	1-3	1/2 yr
Cessation of menses	2-6		Male sexual dysfunction	variable	variable
Clitoral enlargement	3-6	1-2	Breast growth	3-6	2-3
Vaginal atrophy	3-6	1-2	Decreased testicular volume	3-6	2-3
Deepening of voice	6-12	1-2	Decreased sperm production	unknown	>3
			Decreased terminal hair growth	6-12	>3
			Scalp hair	No regrowth	
			Voice changes	None	

Sometimes when starting hormone therapy you will notice changes in your body odor and skin/acne. If you have any questions or concerns please ask us.

Emotional Changes

Your overall emotional state may or may not change, this varies from person to person. Puberty is a roller coaster of emotions, and the second puberty that you will experience during your transition is no exception. You may find that you have access to a narrower range of emotions or feelings, or have different interests, tastes or pastimes, or behave differently in relationships with other people. Most patients benefit from counseling while in transition to help you explore these new thoughts and feelings, and get to know your new self. UT Counseling Center phone: 865-974-2196.

Surgery

If you have questions regarding Gender Affirming Surgery, please ask during your visit. We can give you information and resources.

We are interested in your whole being. You are important to us. If you have questions or concerns please call us or schedule an appointment.

We are happy you are here!