

Cross-sex hormones appear to be safe for transgender teens

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among the 44 subjects taking estrogen.

"The findings support the short-term safety of cross-sex hormones in transgender adolescents," the authors write.

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(HealthDay)—Cross-sex hormones appear to be safe for transgender adolescents, according to a study published online April 6 in *Pediatrics*.

Jason Jarin, M.D., from the University of Texas Southwestern Medical Center in Dallas, and colleagues retrospectively analyzed data from [transgender](#) adolescents (aged 14 to 25 years) seen at clinical sites between 2008 and 2014 for cross-sex hormone therapy. Subjects were divided into 72 affirmed male (female-to-male) patients taking testosterone and 44 affirmed female (male-to-female) patients taking estrogen. Metabolic parameters were measured before the start of therapy, at one to three months after initiation, at four to six months, and at six [months](#) and beyond.

The researchers found that of the 72 subjects taking testosterone, at each visit significant increases in hemoglobin/hematocrit levels and BMI were recorded, as was a decrease in high-density lipoprotein level. There were no statistically significant changes noted in metabolic parameters

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