

# The effects of cross-sex hormone therapy on bone microarchitecture in transgender individuals

ACTRN12617000584336

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Status	RECRUITING
Sponsor	Austin Health
Enrollment	160 participants

## Plain Language Summary

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This study looks at how hormone therapy for transgender individuals affects their bones, muscles, fat, and heart health over two years. If you are an adult who is about to start hormone therapy for gender dysphoria and have never used gender hormones before, you may be able to join. The study will involve regular scans, blood tests, and health surveys.

You may be eligible if:

- You are 18 years old or older
- You have a diagnosis of gender dysphoria
- You are about to start cross-sex hormone therapy for the first time

You may NOT be eligible if:

- You have ever used cross-sex hormone therapy or anti-androgen medicines before
- You have established osteoporosis, liver disease, or a history of blood clots
- You are pregnant
- You have any serious illness likely to affect the study

Talk to your doctor about whether this trial might be right for you.

## Key Eligibility Criteria

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### Inclusion (6)

- Adults ages over 18 years
- Gender dysphoria using DSM-V criteria
- About to commence treatment with cross-sex hormone (CSH) therapy
- Control/comparator group
- Adults aged over 18 years
- ... and 1 more (see full listing online)

### Exclusion (13)

- Any prior CSH therapy or anti-androgen use
- Any contraindication to CSH or anti-androgens
- Prior hypogonadism including previous oophorectomy or orchidectomy
- Established osteoporosis, metabolic bone disease, glucocorticoid therapy, prior bisphosphonate therapy, pregnancy, thromboembolic disease, liver disease, or any disease likely to lead to impairment in bone health
- Any serious illness or likelihood of death within the study period
- ... and 8 more (see full listing online)

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## Locations (1 total)

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12617000584336>

Austin Health - Heidelberg Repatriation Hospital - Heidelberg West, VIC, Australia