

# Pubertal Blockade and Estradiol Effects on Cardiometabolic Health for Transitioning Youth

NCT04596592

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**Status** RECRUITING  
**Sponsor** University of Colorado, Denver  
**Enrollment** 90 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Identify as a transgender female
- Age 13-16 years at the time of enrollment
- If on a gonadotropin releasing hormone analogue,  $\geq$  6 months exposure
- Plan to start estradiol clinically in  $\leq$  4 months
- Males and females ages 13-16 years

### Exclusion (8)

- Cognitive, psychiatric, or physical impairment resulting in inability to tolerate the study procedures
- Antipsychotic medication use
- Type 1 or 2 diabetes (by medical history)
- Polycystic ovarian syndrome (PCOS for cisgender females)
- Hypertension (resting BP  $\geq$  140/90 mm/Hg)
- ... and 3 more (see full listing online)

## Locations (1 total)

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Children's Hospital Colorado, Aurora, Colorado, United States