TREASURY MEDICAL CENTRE
2896 Dundas Street West
Toronto, ON M6P 1Y8
P 647-977-5447 · F 416-572-7118
info@treasuryhealth.ca

GENDER-AFFIRMING HORMONE THERAPY

Feminizing Hormone Therapy — Your Pathway

Starting estrogen at Treasury Medical Centre takes three short visits with us, plus reading at home. Keep this sheet: it tells you what happens at each step, what we need from you, and what to expect once you start.

YOUR PATH AT A GLANCE

1	2	3	4	5
Information visit today	**Read at home** your pace · ask questions	**Consent appointment** 15 min · online or phone	**Wait 24 h, sign, send** email or drop off	**Prescription visit** choose route · start

1

TODAY

Information visit

At this visit your doctor will:

- Talk through your goals and your relevant medical history.
- Give you this sheet and the three readings on the last page.
- Outline, at a high level, what estrogen does, what is reversible and what is not, the main risks, fertility, and how we monitor you.
- Offer a referral for **fertility preservation** (egg or sperm banking). This happens **before** hormones start, because hormones can reduce fertility permanently.
- Order baseline bloodwork so your results are back for your consent appointment.

No prescription is written at this visit.

> **WHAT YOU DO**
> Read the Trans Care BC guide (last page). Get your bloodwork done.

2

YOUR PACE

Read at home — ask as much as you need

Take the time you need with the reading. If questions come up, book as many regular appointments as you like before your consent appointment — in person, by phone or by video. There is no limit and no rush.

> **WHAT YOU DO**
> Book a regular appointment for any question. The consent appointment goes better when your questions are already answered.

3

15 MINUTES · BOOK ONLINE OR BY PHONE · IN PERSON, PHONE OR VIDEO

Consent appointment

Once you have finished the reading, book this yourself. Your doctor will:

- Check your understanding of the reading and answer anything still open.
- Go through the risks, expected effects and complications in detail.
- Review your baseline bloodwork.
- Cover fertility, mental-health supports, lifestyle factors (especially smoking) and long-term monitoring.
- Confirm you have what you need to decide, and that nobody is pressuring you either way.

> **WHAT YOU DO**
> You will leave with the consent form. **Do not sign it at the appointment.**

4

AT LEAST ONE DAY LATER

Wait 24 hours, sign, send it back

Take the form home and sit with it for at least 24 hours. This is deliberate: a decision this size should not be made in the room.

When you are ready, sign and date it, then return it either way:

- Email a clear photo or scan to **info@treasuryhealth.ca**, or
- Bring the original to the clinic.

> **WHAT YOU DO**
> We will not prescribe until the signed form is in your chart. If you decide not to go ahead, or want more time, that is fine — just tell us.

5

ONCE YOUR SIGNED FORM IS IN · IN PERSON, PHONE OR VIDEO

Prescription visit

Book a short appointment to choose how you will take estrogen (injection, patch, gel or tablet, plus a testosterone blocker if needed) and settle the starting dose. Your prescription goes to your pharmacy at this visit.

> **WHAT YOU DO**
> If you are starting injections, we will offer a teaching appointment so you give the first one with someone watching.

AFTER YOU START

Follow-up and bloodwork. We see you and repeat bloodwork at about 3, 6 and 12 months after starting, then once a year if things are stable. Doses are usually adjusted at these visits.

Paying for your medication. Most hormone medications are covered by the Ontario Drug Benefit (including OHIP+ for people under 25 without private insurance) and by most private plans. Some forms need a special authorization — we handle that paperwork. Tell us if cost is a barrier and we will find a covered option.

What is permanent. Some changes do not reverse if you stop — for feminizing therapy that includes breast development. Estrogen can raise the risk of blood clots, especially if you smoke. Sperm production usually stops and may not return.

Call us, or go to an emergency department, if you notice:

- Chest pain, sudden shortness of breath, or a painful swollen calf
- Sudden severe headache, vision change, weakness or trouble speaking
- Yellowing of the skin or eyes, or dark urine
- A serious change in mood, or thoughts of harming yourself — call **9-8-8** (24 hours) or 911

For anything else — side effects, a missed dose, running out, an injection question — call **647-977-5447** or email **info@treasuryhealth.ca**. You can stop, pause or change your treatment at any time; please tell us so we can keep your care safe.

GOOD TO KNOW IN ONTARIO

- **Informed consent, not gatekeeping.** In Ontario your family doctor or nurse practitioner can prescribe hormone therapy directly. You do not need a psychiatrist, psychologist or specialist letter to start.
- **There is no age of consent for medical treatment in Ontario.** What matters is that you can understand the risks and benefits and make the decision yourself. If you are under 18 we may spend more time on this and encourage involving a supportive adult, but it is your decision.
- **Fertility preservation can be funded.** Ontario's fertility program can cover egg or sperm freezing for people starting hormone therapy, at participating clinics. Ask at your information visit.
- **Your consent is ongoing.** Signing the form does not lock you in. You can change your mind, your dose, your route, or stop entirely at any point.

YOUR READING — SCAN WITH YOUR PHONE CAMERA

REQUIRED READING

Trans Care BC

Estrogen-based hormones — changes, timelines, risks, medication options

OPTIONAL

UCLA Gender Health

Feminizing Hormone Therapy (Estrogen) patient guide

MORE DETAILS

Fenway Health

Hormone therapy resource library — guides, injection how-tos, FAQs

We will ask you about the Trans Care BC guide at your consent appointment — it is the most complete plain-language account of what to expect, when, and the risks. UCLA and Fenway are there if you want more detail.

TREASURY MEDICAL CENTRE
2896 Dundas Street West
Toronto, ON M6P 1Y8
P 647-977-5447 · F 416-572-7118
info@treasuryhealth.ca

GENDER-AFFIRMING HORMONE THERAPY · CONSENT FORM

Feminizing Hormone Therapy — Informed Consent

Patient name (legal)	Name you go by	Date of birth (YYYY-MM-DD)
Health card number	Phone	Date form received (clinic use)

WHAT I AM CONSENTING TO

Gender-affirming hormone therapy with **estrogen, with or without a testosterone blocker (for example spironolactone or cyproterone) or a progestin**, prescribed and monitored by my family doctor at Treasury Medical Centre. The exact medication, route and dose will be chosen with me at my prescription visit and written on my prescription.

STATEMENT OF UNDERSTANDING — INITIAL EACH LINE

☐ I have read the Trans Care BC hormone guide I was given, in full, and I have had at least 24 hours since my consent appointment to think it over.

☐ I have had the chance to ask questions at my information visit, at any extra appointments I chose to book, and at my consent appointment, and they have been answered.

☐ **Expected effects:** breast growth; softer skin; redistribution of body fat; less body hair; slower facial-hair growth; smaller testicles; fewer erections and less sperm; changes in mood and libido. These happen gradually over months to years, and the timing and extent vary from person to person and cannot be guaranteed.

☐ **What is permanent:** Breast growth is permanent. Testicular shrinkage and loss of sperm production may be permanent even if I stop.

☐ **Risks and complications include:**

- Blood clots in the legs or lungs, and stroke. The risk is higher if I smoke, am over 40, or have a clotting history.
- Raised prolactin, high triglycerides, gallstones, liver changes, and changes in blood pressure or blood sugar.
- With spironolactone: high potassium, low blood pressure, frequent urination. With cyproterone: liver effects, low mood, and a rare risk of meningioma with long-term use.
- Loss of fertility, which may not return. Fertility preservation (sperm banking) was offered to me before starting.
- Mood changes, including low mood, especially early in treatment.

☐ **Fertility and contraception:** Estrogen is not contraception for a partner, and testosterone blockers do not prevent pregnancy in a partner.

- [ ] There may be rare or unknown risks that the reading materials do not fully describe.
- [ ] My doctor may recommend lifestyle changes, mental-health support, stopping smoking, and regular follow-up, and my results may lead to a change in dose or a pause in treatment.
- [ ] I can decline, pause or change treatment at any time. Starting does not commit me to continuing.
- [ ] **Monitoring:** I agree to bloodwork and follow-up at about 3, 6 and 12 months after starting and then yearly, and to tell my doctor about new symptoms or any other medication I start.
- [ ] I am making this decision for myself. Nobody is pressuring me to start, or to stop.

CONSENT

I have reviewed the educational materials provided and the points above. I understand the expected effects, the risks, what is reversible and what is not, and the monitoring required. I consent to start feminizing hormone therapy as prescribed by my doctor, and I understand I can withdraw this consent at any time.

Patient signature

Date signed (YYYY-MM-DD)

Patient name (print)

Physician review: entry of this signed form into the patient's electronic medical record by Dr. Jason Latsky, MD (CPSO 143244) confirms that the physician has reviewed it with the patient. No separate physician signature is required.

How to return this form

Sign it at least 24 hours after your consent appointment, then email a clear photo or scan to **info@treasuryhealth.ca** or bring it to the clinic. Once it is entered into your chart, your doctor has reviewed it.

Capacity note (Ontario)

Under Ontario's *Health Care Consent Act* there is no minimum age for consenting to treatment. Consent is valid when the person can understand the information relevant to the decision and appreciate its reasonably foreseeable consequences. Your doctor confirms this at the consent appointment.