

By raising parvalbumin levels in ovariectomized rats, estrogen replacement therapy enhances skeletal muscle function.

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Introduction

The medical procedure known as testosterone therapy, also known as androgen replacement therapy, is used to treat a number of disorders brought on by low levels of the hormone testosterone in the body. The essential hormone testosterone is involved in many physiological processes, such as the growth of muscle tissue, preservation of bone mass, generation of red blood cells, and control of mood and cognitive abilities. Although testosterone levels naturally fall as people age, some people have clinically substantial impairments that call for medical attention [1].

To treat the symptoms of hypogonadism, a disorder marked by low testosterone levels, doctors frequently recommend testosterone therapy. It can be given via injection, topical gel, transdermal patch, and oral medication, among other methods. This treatment is utilized for transgender people who want to match their physical traits with their gender identification, not just for medical reasons but also in the context of gender-affirming care [2].

For many people, Hormone Replacement Treatment (HRT) has been an essential part of managing menopausal symptoms and gender transition. Estrogen replacement therapy is quite effective at reducing symptoms and raising general quality of life, whether it is given orally or topically. For a thorough evaluation of the safety and effectiveness of estrogen therapy, it is essential to comprehend the long-term effects of the treatment on other sex hormones, particularly free testosterone and Sex Hormone Binding Globulin (SHBG) [3].

The main female sex hormone estradiol rapidly decreases throughout menopause, resulting in a number of uncomfortable symptoms as hot flashes, mood swings, and bone density loss. By restoring estrogen levels in the body, estrogen therapy—whether it takes the form of oral tablets or transdermal patches and gels—helps reduce these symptoms. Additionally, estrogen medication is a critical part of providing transgender women with care that is gender affirming and helps them acquire secondary sexual traits [4].

It is essential for healthcare professionals and patients receiving HRT or gender-affirming treatment to understand

the impact of continuous estrogen therapy on free testosterone and SHBG. The objectives and expected results of therapy can differ greatly from person to person. In order to maintain the ideal hormonal balance while reducing potential negative effects, careful monitoring and individualized treatment programs are required [5].

Conclusion

There are long-term consequences on free testosterone and SHBG levels of estrogen replacement therapy, whether it is given orally or topically. In addressing menopausal symptoms, gender transition, and numerous endocrine problems, these alterations are crucial. Healthcare professionals should be consulted before selecting the administration method in order to account for specific health preferences and goals. To guarantee the security and efficacy of continued medication, regular hormone level monitoring is essential.

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