

# AN OBSERVATIONAL STUDY OF HYPERTENSION AND THROMBOEMBOLISM AMONG TRANSGENDER PATIENTS USING GENDER-AFFIRMING HORMONE THERAPY

WE KNOW THAT CISGENDER PEOPLE USING  
SEX HORMONES (ESTROGEN, TESTOSTERONE)  
MAY BE MORE LIKELY TO HAVE SIDE EFFECTS OF  
BLOOD CLOTS OR HIGH BLOOD PRESSURE

WE DID THIS STUDY TO SEE IF TRANSGENDER  
PEOPLE IN OUR HEALTH SYSTEM USING  
GENDER-AFFIRMING HORMONES WERE ALSO  
AT HIGHER RISK OF GETTING BLOOD CLOTS  
OR HIGH BLOOD PRESSURE

THIS INFORMATION WILL HELP MEDICAL PROVIDERS AND THEIR PATIENTS COME TO DECISIONS  
TOGETHER AROUND HORMONE THERAPY PRESCRIBING IN THE SAFEST WAY POSSIBLE

## FINDINGS

IN REVIEWING OUR PATIENTS' DATA, WE FOUND  
THAT TESTOSTERONE PRESCRIPTIONS DID NOT  
RELATE TO HIGH BLOOD PRESSURE AMONG  
TRANSGENDER MEN

FOR TRANSGENDER WOMEN, WE FOUND THAT  
OVERALL, ESTROGENS, PROGESTINS, AND ANTI-  
ANDROGENS WERE NOT LINKED TO MORE BLOOD  
CLOTS OR HIGH BLOOD PRESSURE

## WHAT'S NEXT?

WE RECOGNIZE THERE IS A NEED FOR FURTHER  
RESEARCH THAT EXAMINES THE EXTENT TO WHICH  
PROGESTERONE-BASED TREATMENT IMPACTS THE  
HEALTH OF TRANSGENDER WOMEN

## WHAT THIS MEANS FOR TRANS PATIENTS

WE ARE HAPPY THAT THIS STUDY SHOWS THAT GENDER-AFFIRMING HORMONE  
THERAPY IS SAFE FOR PEOPLE SEEKING CARE IN OUR COMMUNITY HEALTH  
SYSTEM, AND WILL CONTINUE OUR WORK TO LEARN MORE TO SUPPORT OUR  
PATIENTS AND COMMUNITIES

Northwestern  Institute for Sexual  
and Gender Minority  
Health and Wellbeing  
Evaluation, Data Integration, and Technical Assistance Program (EDIT)

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