Long-term testosterone use in females may induce early menopause, leading to pelvic dysfunction, increased mortality risk and many other challenges.

A 2024 study by da Silva et al. [1] found that 94.1% of 68 trans-identified females using testosterone experienced pelvic dysfunctions typically seen in postmenopausal women, including urinary (86.7%), sexual (52.9%), and bowel (45.6%) problems. These symptoms appeared as early as age 18, with an average onset age of 28.

This early onset of menopausal-like symptoms is particularly concerning given findings from another 2024 study by Haapakoski et al. [2], which demonstrated increased mortality risks associated with early menopause. The study found that women experiencing early menopause (n=5,800) were twice as likely to die from heart disease and four times more likely to die from cancer compared to those with typical menopause onset (n=23,000).

Testosterone use may induce early menopause by inhibiting ovarian function [3] and decreasing estrogen production in the body [4].

REFERENCES


