



Changeling Aspects

In affiliation with Agender (Aust.)

In affiliation with Transbridge

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Jenni Steinmetz

To whom it may concern,

I am a 75 year old Transsexual woman. I have now been on Progynova since 2001 and am now wondering what the possible side affects of long term usage are. I am extremely concerned at the use and the possibilities for bad side affects for the young Trans people who may start on hormone therapy as young as 16, and are expected to stay on it for life. This could mean anything up to 60+ years.

I note under the heading “**How Long to take it**” your printout states “**PROGYNOVA is only intended for short term use**” How long do you consider short term use to be? I have been informed that we are unable to use alternative oestrogen, such as “Remifemin” as we do not have the required receptors to make this work.

We are concerned, as several of my friends have shown worrying signs recently of clots, embolisms, DVT, cardiac problems and artery problems of the legs. Some have had to come off of this hormone completely, as their specialist deems it to be life threatening. Some are now on warfarin for life.

Weight gain is of major concern to many of us, as is increased appetite, as is fluid retention, with the occurrence of oedema, fatigue and bloating. Many of us are on a diuretic in order to help with fluid retention.

Currently, I am undergoing tests for leg problems, which includes oedema and swelling of both legs. I have had a period in the past, where I had to come off this hormone due to leg problems, but was deemed to be able to return to taking it after a 6 month lay off. I also have a heart condition which appears to have become worse over time. I am now

very short of breath, over weight and with leg problems. I wonder just how much of this is down to taking hormone replacements.

I wonder if there is any advice you can give me personally, as well as some understanding of the long term affects that the young Trans people will face. We are always told of the so called *“Benefits of taking hormones, but are never made aware of the possible long term affects of taking this hormone”*

To our knowledge there has been no research done into the affects of Trans women taking oestrogen for life. Is five years too long, or is 60+ years safe?

Yours Sincerely, Kathy Anne Noble.
President, Changeling Aspects
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