

Additional studies needed to evaluate CVD risks of hormone therapy for transgender patients

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A new narrative review authored by Carl Streed Jr., MD, at Brigham and Women's Hospital, published in the *Annals of Internal Medicine*, discusses how more research is needed to better understand cardiovascular disease (CVD) and CVD risk factors in transgender patients receiving long term cross-sex hormone therapy.

Researchers at BWH and Johns Hopkins Hospital reviewed 13 studies on the effect of cross-sex hormone therapy on CVD among transgender persons. In transgender men, cross-sex hormone therapy was associated with worsening cardiovascular risk factors, such as increased blood pressure and insulin resistance. In transgender women, cross-sex hormone therapy increased potential thromboembolic risk. For both transgender men and women, the researchers say it is critical to reduce [cardiovascular risk factors](#) to prevent CVD, but especially in older transgender women.

According to the authors, cross-sex hormone therapy is associated with potential risks, but its psychosocial benefits cannot be denied. Use of cross-sex hormone therapy requires continued, shared decision making between patients and clinicians. To evaluate the difference among various cross-sex hormone therapy regimens, they note future research should be based on large prospective cohort studies that include cisgender men and women, transgender men and women receiving cross-sex hormone therapy, and [transgender men](#) and women not receiving cross-sex hormone therapy.

Provided by Brigham and Women's Hospital

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