

CARDIOVASCULAR RISK FACTOR IN INDIVIDUALS WITH GENDER IDENTITY DISORDER ON CROSS-SEX HORMONE THERAPY

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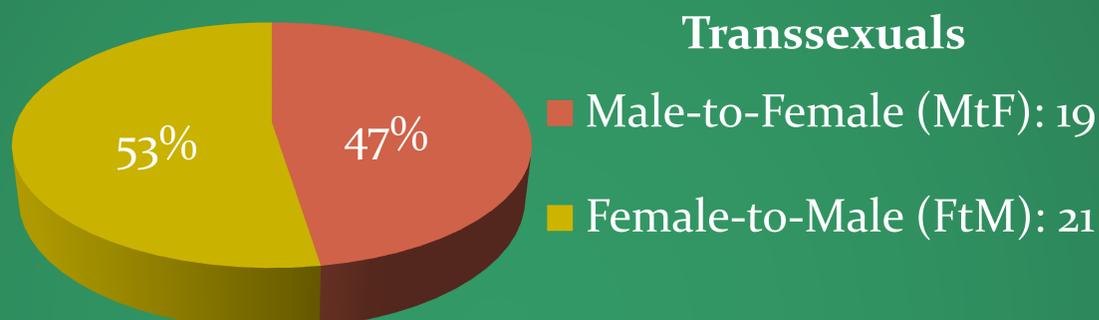
Objective

To assess changes in lipid profile and other cardiovascular risk factor (CVRF) in transsexual subjects receiving cross-sex hormone therapy (CHT).

Material and methods

- Retrospective longitudinal study from 2015 to 2017
- **Primary endpoint:** lipid profile change from baseline at 24 months
- **Secondary endpoints:** change in body mass index (BMI), weight, blood pressure (BP) and glycaemic parameters
- Statistical analysis (SPSS Statistics 20.0): t-Student to compare means for paired quantitative data and Chi-square for qualitative variables

Results



Mean age 23.86 ± 11.25 years

Mean duration of CHT 24.7 ± 39.9 months

Mean age and mean duration of CHT was similar in both group

MtF	Baseline	Alfter CHT	P value
Weight (Kg)	72.12 ± 19.04	75.17 ± 19.96	0.01
BMI (Kg/m ²)	23.84 ± 5.79	25.02 ± 5.85	0.02
DBP* (mmHg)	71.80 ± 15.59	75.60 ± 14.72	0.03
TG** (mg/dl)	102.90 ± 83.69	108.81 ± 88.37	0.035

* Diastolic blood pressure
** Triglycerides

FtM	Baseline	Alfter CHT	P value
Weight (Kg)	70.02 ± 11.14	72.17 ± 11.17	0.02
BMI (Kg/m ²)	24.03 ± 4.04	25.32 ± 4.11	0.035
DBP* (mmHg)	-	-	No significant differences
TG** (mg/dl)	-	-	NSD

Conclusions

- MtF transsexuals experienced alterations in weight, serum lipid profile and diastolic BP because of CHT
- FtM only experience changes in weight and BMI, although final levels were all within normal range
- No significant differences were observed with regard to gender (MtF vs. FtM)

We suggest that clinicians should monitor glucose and lipid metabolism and blood pressure regularly according to established guidelines