



Written by [Michael Tennant](#) on October 9, 2023

## Cross-sex Hormones Carry Increased Risk of Heart Disease, Other Ailments: Danish Study

Young men taking hormones to “become” women are nearly twice as likely to develop heart disease as young men not taking hormones, a Danish study found.

In fact, reported [The Telegraph](#), “the study revealed that all transgender people, regardless of the sex they were born or the gender they were transitioning to, were at ‘significantly increased risk’ from deadly conditions like heart attacks, strokes, high blood pressure and high blood fat and cholesterol levels.”

Published in the *European Journal of Endocrinology* in September 2022, the [study](#) went unreported by the media at the time for obvious reasons. It has only received widespread attention since The Telegraph’s Friday report.



angelp/iStock/Getty Images Plus

Researchers reviewed the medical records of 2,671 transgender Danes over a five-year period. The subjects were young, with trans men averaging 22 years of age and trans women averaging 26. The researchers then compared the incidence of cardiovascular disease among the trans folks with that of a control group of 26,700 individuals.

Transgender women — men taking estrogen to develop female characteristics — were found to be 93 percent more likely to develop cardiovascular disease than men not taking estrogen and 73 percent more likely than biological women. “The incidence rate was around three per cent for trans women, up from around 1.5 per cent for men and 1.7 per cent for women,” wrote The Telegraph.

The situation wasn’t much better for women taking testosterone in a futile effort to become men. Their likelihood of developing heart disease was 63 percent higher than that for non-trans women and more than 100 percent higher than that for men. “In this group,” penned the paper, “the incident rate was around 1.7 per cent for trans men up from 1.1 per cent in women and 0.8 per cent in men.”

According to The Telegraph:

Dr. Dorte Glintborg, lead author from Odense University Hospital, Denmark, said “around a third” of the increased risk in trans men was due to taking hormones.

She said: “Hormone treatments such as estrogen will increase fat mass and lower lean body mass, and increased estrogen is usually associated with increased risk of autoimmune disease and inflammation.”

Dr. Glintborg said this meant there was also a higher risk of developing type 2 diabetes as a result but this was not confirmed by all studies.



Written by [Michael Tennant](#) on October 9, 2023

---

However, the contribution of hormones in trans women to their risk of heart disease was not as clear cut, she said.

(The story is a little unclear as to whether Glintborg was addressing risk to trans men and, subsequently, to trans women, or vice versa. The linguistic contortions the transgender movement has forced on us all can get confusing.)

Glintborg told the [Daily Caller](#) that the risks associated with hormone therapy “should not result in no medication, but we should screen for risk factors for cardiovascular disease and discuss risk ... with the patients.”

“She also expressed concern about trans women [probably *men*] self-medicating with cyproterone acetate to suppress the side effects of hormone (testosterone) therapy and called for more research into the effects of medications used by trans people,” wrote The Telegraph.

Glintborg’s study is just one among several to document the cardiovascular risks of hormone therapy. A 2014 [study](#), also published in the *European Journal of Endocrinology*, found that estrogen therapy could be the cause of the increased incidence of heart disease in trans women and explicitly called for a halt to prescribing oral estrogen treatments for men. A Swedish [study](#) published a year ago in the *European Journal of Preventive Cardiology* found that individuals receiving “gender-affirming hormone therapy” had a higher risk of heart disease than those not suffering from gender dysphoria, though it said researchers could not find a “causal relationship between treatment” and cardiovascular risk. It did, however, recommend “larger studies with longer follow-up.”

These and other studies were dismissed by proponents of so-called “gender-affirming therapy.” The [British Heart Foundation](#), for example, admitted that “trans people, whether or not they take hormones, are at higher risk of heart attacks and strokes,” but cautioned that “the research [is] often contradictory” and that “some of [the risk] is likely to be due to stigma and social factors” — in a world in which being transgender is treated as the highest form of self-actualization.

The Danish study will be harder to wish away, which is probably why it has simply been ignored up to now.

Of course, there are plenty of other studies revealing the dangers of medical “transitioning,” noted the Daily Caller:

In June, researchers [found](#) that a cross-sex hormone treatment typically used by transitioning females can lead to dementia. A [study](#) from the Journal of the American Medical Association also determined that transitioning biological males who get sex-change surgeries are at a higher risk of suicidal behavior, and psychiatric morbidity.

Those dangers, combined with the fact that teenagers are [increasingly undergoing such transitions](#), are why so many states are attempting to restrict or prohibit these treatments for minors. Meanwhile, the Left, which once claimed Big Business was the people’s enemy, now enthusiastically stumps for enriching Big Pharma and demonizes anyone who opposes risky, untested medical interventions.

This is also the [modus operandi](#) of the Covid cult.

Similarly, the trans cult will continue to push its agenda ever more aggressively, oblivious to or dismissive of the mounting evidence of the harm it is doing. Only vigilant, engaged citizens committed



Written by [Michael Tennant](#) on October 9, 2023

---

to truth and liberty can stand in its way.



## Subscribe to the New American

Get exclusive digital access to the most informative,  
non-partisan truthful news source for patriotic Americans!

Discover a refreshing blend of time-honored values, principles and insightful perspectives within the pages of "The New American" magazine. Delve into a world where tradition is the foundation, and exploration knows no bounds.

From politics and finance to foreign affairs, environment, culture, and technology, we bring you an unparalleled array of topics that matter most.



**Subscribe**

### What's Included?

- 24 Issues Per Year
- Optional Print Edition
- Digital Edition Access
- Exclusive Subscriber Content
- Audio provided for all articles
- Unlimited access to past issues
- Coming Soon! Ad FREE
- 60-Day money back guarantee!
- Cancel anytime.