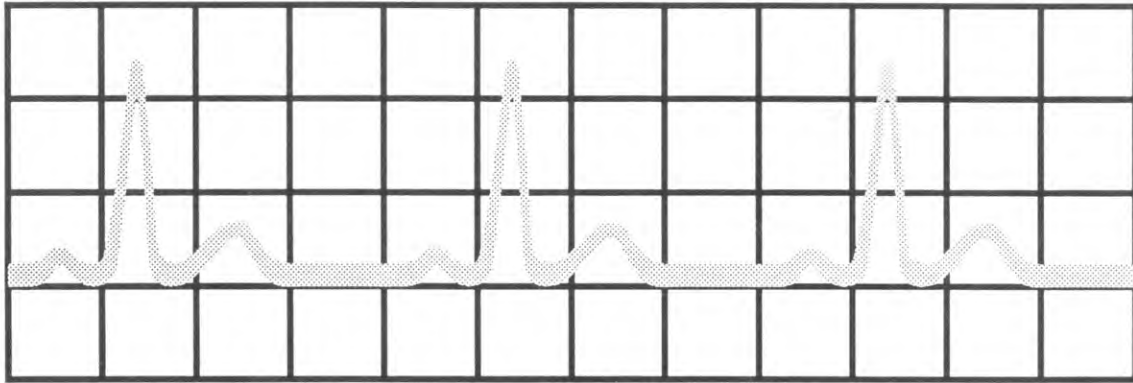


## This is your Heart.



## This is your Heart on hormones.



## This is your Heart on too many hormones.

Hormones can change your life—for good, or for bad.

If taken under the supervision of a physician, they will, over the course of years, cause significant changes in the way you look and feel.

If taken recklessly, they can be harmful, or even fatal.

With hormones, more does not necessarily equal better. Taking excessive dosages of hormones will not feminize or masculinize you any faster than the proper dose, but will greatly increase health risks. To minimize your health risks, follow these simple guidelines.

- You should never buy hormones on the street, or take hormones meant for another person.

- You should take hormones only when prescribed by a physician, and only in the amount prescribed. Your physician should periodically monitor your blood chemistry, and if he or she does not, you should ask for blood levels to be taken.

- You should not take hormones without approval by a licensed mental health professional.

- Never withhold any portion of your medical history or any adverse reactions from your physician.

Abusing your body by overusing hormones will not get you from Point A to Point B any faster—but it just might get you to the morgue.

Remember: Too much of a good thing can be a bad thing.

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