

Twitter Thread by [Emma Hilton](#)



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[@FondOfBeetles](#)



Systematic review from Joanna Harper on muscular changes in transwomen.

‘These findings suggest that strength may be well preserved in transwomen during the first 3 years of hormone

Her conclusions mirror those of a recent review by me and Tommy Lundberg [@tlexercise](#)

‘These longitudinal data comprise a clear pattern of very modest to negligible changes in muscle mass and strength in transgender women suppressing testosterone for at least 12 months.’

Link to our review here:

<https://t.co/GseD8W2rUp>

I am biting my tongue to prevent me bitterly reflecting on the years of abuse I have received for disseminating this data.

Pictures of kittens welcome.

I will say this:

When two groups of scientists that have been cast on ‘opposing sides’ of an issue reach the same conclusions about a dataset, perhaps we might be able to accept what that dataset shows and move forward with solutions.

Thoughts from [@TLexercise](#) here. <https://t.co/GeWYz3XYq9>

A new systematic review on the effects of cross-hormone therapy on physical parameters relevant for sport performance in transgender women. My brief thoughts are summarised in a thread: 1/6 <https://t.co/eHmcCnt63H>

— Tommy Lundberg ([@TLexercise](#)) [March 3, 2021](#)