Alvares, Santos, Souza, Santos, et al. "Cardiopulmonary capacity and muscle strength in transgender women on long-term gender-affirming hormone therapy: a cross-sectional study." *Br J Sports Med* 56 (2022): 1292-1298.

Auer, Cecil, Roepke, Bultynck, Pas, Fuss, Prehn, et al. "12-months metabolic changes among gender dysphoric individuals under cross-sex hormone treatment: a targeted metabolomics study. *Sci Rep* 6 (2016): 37005.

Auer, Ebert, Pietzner, Defrayne, et al. "Effects of sex hormone treatment on the metabolic syndrome in transgender individuals: focus on metabolic cytokines". *J Clin Endocrinol Metab* 103 (2018): 790-802.

Boogers, Wiepjes, Klink, Heilinga, van Trotsenburg, den Heijer, Hannema. "Trans girls grow tall: adult height is unaffected by GnRH anaolgue and estradiol treatment." *J Clin Endocrinol Metab* (2022).

Bruusgaard, J.C., I.B. Johansen, I.M. Egner, et al.. "Myonuclei acquired by overload exercise precede hypertrophy and are not lost on detraining." *Proceedings of the National Academy of Sciences of the United States of America*, (2010) 10.1073/pnas.0913935107

Chiccarelli, Aden, Ahrendt, and Smalley. "Fit transitioning: when can transgender airmen test in their affirmed gender?" *Mil Med* (2022).

Clark, Richard V., Jeffrey A. Wald, Ronald S. Swerdloff, Christina Wang, Frederick C.W. Wu, Larry D. Bowers, and Alvin M. Matsumoto. 2018. "Large divergence in testosterone concentrations between men and women: Frame of reference for elite athletes in sex-specific competition in sports, a narrative review." *Clinical Endocrinology* 90 (2018): 15–22. doi:10.1111/cen.13840.

Elbers, Asscheman, Seidell, Gooren. "Effects of sex steroid hormones on regional fat deposits as assessed by magnetic resonance imaging in transsexuals." *Am J Physiol* 276 (1999): E317-325.

Gava, Cerpolini, Martelli, Battista, et al. "Cyproterone acetate vs leuprolide acetate in combination with transdermal oestradiol in transwomen: a comparison of safety and effectiveness." *Clin Endocrinol (Oxf)* 85 (2016): 239-246.

Ghelani, Lim, Brain, Fewtrell, Butler. "Sudden sex hormone withdrawal and the effects on body composition in late pubertal adolescents with gender dysphoria." *J Pediatric Endocrinology Metab* 33 (2020): 107-112.

Gooren, LJ and Bunck, MC. "Transsexuals and Competitive Sports". Eur J Endocrinol 151 (2004): 425-429.

Handelsman "Sex differences in athletic performance emerge coinciding with the onset of male

puberty." Clinical Endocrinology 87, 1 (2017): 68-72. doi:10.1111/cen.13350.

Handelsman, Hirschberg, Bermon, et al. (2018). "Circulating testosterone as the hormonal basis of sex differences in athletic performance." *Endocrine Reviews* 39, 5 (2018): 803–29. doi:10.1210/er.2018-00020

Haraldsen, Haug, Falch, Egeland, Opjordsmoen. "Cross-sex pattern of mineral bone density in early onset gender identity disorder." *Horm Behav* 52 (2007): 334-343.

Harper, O'Donnell, Sorouri Khorashad, McDermott, Witcomb. "How does hormone transition in transgender women change body composition, muscle strength and haemoglobin? Systematic review with a focus on the implications for sport participation." *Br J Sports Med* 2021.

Heather, AK. "Transwoman elite athletes: their extra percentage relative to female physiology." *Int J Environ Res Public Health* 19 (2022).

Hilton and Lundberg. "Transgender Women in the Female Category of Sport: Perspectives on Testosterone Suppression and Performance Advantage." *Sports Medicine* (2020). doi:10.1007/s40279-020-01389-3.

Klaver, de Blok, Wiepjes, Nota, Dekker, et al. "Changes in regional body fat, lean body mass and body shape in trans persons using cross-sex hormonal therapy: results from a multicenter prospective study." *Eur J Endocrinol* 178 (2018): 163-171.

Klaver, de Mutsert, Wiepjes, Twisk, den Heijer. "Cross-sex hormone therapy in transgender persons affects total body weight, body fat and lean body mass: a meta-analysis. *Andrologia* 49 (2017).

Klaver, de Mutsert, Wiepjes, Twisk, den Heijer, Roteveel, Klink. "Early Hormonal Treatment Affects Body Composition and Body Shape in Young Transgender Adolescents". *Journal of Sex Med* 15 (2018): 251-260.

Knox, Anderson, and Heather. (2019). "Transwomen in elite sport: scientific and ethical considerations." *Journal of Medical Ethics* 45, 6.

Lapauw, Taes, Simoens, et al. "Body composition, volumetric and areal bone parameters in male-to-female transsexual persons." *Bone* 43 (2008): 1016-1021.

Mobilia Alvares, L.A., Rodrigues Santos, M., Ribeiro Souza, F., Marcela Santos, L., Bilharinho de Mendonça, B., Frade Costa, E.M, Nunes Alves, M.J.N, Domenice, S., 2022. Cardiopulmonary capacity and muscle strength in transgender women on long-term genderaffirming hormone therapy: a cross-sectional study, *British Journal of Sports Medicine*, Vol. 56, pp. 1292-1298.

Mueller, Zollver, Kronwitter, Oppelt, Claassen, Hoffmann, Beckmann, Dittrich. "Body composition and bone mineral density in male-to-female transsexuals during cross-sex hormone therapy using gonadotrphin-releasing hormone agonist." *Exp Clin Endocrinol Diabetes* 119 (2011): 95-100.

Navabi, Tang, Khatchadourian, and Lawson. "Pubertal Suppression, Bone Mass, and Body Composition in Youth with Gender Dysphoria". *Pediatrics* 148 (2021).

Nokoff, Scarbro, Moreau, Zeitler, Nadeau, Juarez-Colunga, Kelsey. "Body Composition and Markers of Cardiometabolic Health in Transgender Youth Compared with Cisgender Youth". *J Clin Endocrinol Metab* 105 (2020): e704-714.

Nokoff, Scarbro, Moreau, Zeitler, Nadeau, Reirden, Juarez-Colunga, Kelsey. "Body Composition and Markers of Cardiometabolic Health in Transgender Youth on Gonadotropin-Releasing Hormone Agonists." *Transgender Health* 6 (2021): 111-119.

Roberts, T.A., Smalley, J. and Ahrendt, D. "Effect of gender affirming hormones on athletic performance in transwomen and transmen: implications for sporting organisations and legislators", *British Journal of Sports Medicine*, Vol. 55(11) (2020): 577-583.

Sax. (2002) How common is Intersex? A response to Anne Fausto Sterling, *The Journal of Sex Research*, 39:3, 174-178, DOI: 10.1080/00224490209552139

Schagen, Cohen-Kettenis, Delemarre-van de Waal, Hannema. "Efficacy and Safety of Gonadotropin-Releasing Hormone Agonist Treatment to Suppress Puberty in Gender Dysphoric Adolescents." *J Sex Med* 13 (2016): 1125-1132.

Scharff, Wiepjes, Klaver, et al. "Change in grip strength in trans people and its association with lean body mass and bone density." *Endocr Connect* (2019): 1020-1028.

Schulmeister, Millington, Kaufman, Finlayson, Kennedy, Garofalo, Chan, Rosenthal. "Growth in Transgender/Gender-Diverse Youth in the First Year of Treatment with Gonadotropin-Releasing Hormone Agonists." *J Adolescent Health* 70 (2022): 108-113.

Senefeld, Hunter, Coleman, Joyner. "Case Studies in Physiology: Male to Female Transgender Swimmer in College Athletics". *J Applied Physiology* (2023): 1985.

Tack, Craen, Lapauw, et al. "Proandrogenic and Antiandrogenic Progestins in Transgender Youth: Differential Effects on Body Composition and Bone Metabolism" *J Clin Endocrinol Metab* 103 (2018): 2147-2156.

Van Caenegem, Wierckx, Taes, Schreiner, et al. "Preservation of volumetric bone density and geometry in trans women during coss-sex hormonal therapy: a prospective observational

study. Osteoporos Int 26 (2015): 35-47.

Van Caenegem, Wierckx, Taes, Schreiner, et al. "Body composition, bone turnover, and bone mass in trans men during testosterone treatment: 1-year follow-up data from a prospective case-controlled study (ENIGI)." *Eur J Endocrinol* 172 (2015): 163-171.

Wierckx, Van Caenegem, Schreiner, et al. "Cross-sex hormone therapy in trans persons is safe and effective at short-term follow-up: results from the European network for the investigation of gender incongruence." *J Sex Med* 11 (2014): 1999-2011.

Wiik, Lundberg, Rullman, et al. "Muscle strength, size and composition following 12 months of gender-affirming treatment in transgender individuals." *The Journal of Clinical Endocrinology & Metabolism* (2019): dgz247. doi:10.1210/clinem/dgz247.

Willemsen, Boogers, Wiepjes, Klink, van Trotsenburg, den Heijer, Hannema. "Just as tall on testosterone: a neutral to positive effect on adult height of GnRHa and Testosterone in trans boys". *J Clin Endocrinol Metab* 108 (2023): 414-421.

Yun, Kim, and Lees. "Effect of cross-sex hormones on body composition, bone mineral density, and muscle strength in trans women." *J Bone Metab* 28 (2021): 59-66.