Had an orchiectomy, surgeon refused implants because I am a woman I had an orchiectomy last week, and it went well. Excited about the changes. I wanted to get implants, to preserve the looks but was not allowed. The surgeon said he needed to take my wish up with the governmental transsexual healthcare (norway), and they decided I was not allowed. They argued that people should not be allowed to design themselves, and implants were simply not approved healthcare for patients like me. Mind you, if I was a man I wouldve gotten implants no questions asked. And also if I was sick with cancer this would not be a problem. I grieve for my autonomy. Having some old cishet man tell me how my body should and should not look hurts. Also, Im tired and fatigued with fighting for my right to exist on very basic terms. I can do without, which is why I had the surgery. And I think its going to work out just fine. Still, I just wanted to get this off my chest. Do you think I should complain to the discriminatory authorities, or just let it be? tldr; surgeon decides how a womans body should look against her wishes. What surprises me is that they 100% accept you being a woman, since that is the reason why you cant get implants, even though they just removed one of your testicels, which is a male organ to conservative people. I would def complain about this to the right department tho, sounds like transphobia to me ..

Slight identity crisis after my boobs shrunk I (19F) had been on an oestrogen only pill since I was 15 and as a result my boobs doubled in size to a DD. For a long time I considered them as my best quality and would show them off as much as possible in tight clothes etc. My friends used to joke around calling them my personalities, it was always the thing I was complimented most on and I got a lot of attention for them. In short, I heavily attached my identity with my breasts - they made me feel confident and redeemed me (in my eyes) for how horrible I felt about the rest of my body. 6 weeks ago I switched birth control to the implant, came off the pill and very quickly noticed my breast size reducing. Its made me feel awful about myself, Ive found myself turning back to old habits criticising everything about my body as Im suddenly aware what was once considered my best physical feature have gone. Im trying my best to understand and love this new body Im in but struggling very much, in a strange way I feel like less of a woman? I know how superficial it is, I know there is so much more to being a woman then having big breasts but Ive never felt like the most beautiful girl and this has knocked my self-esteem down massively. TLDR: Coming off the pill has made my boobs a lot smaller &amp; made me feel horrible about my appearance I have known several women who considered their breasts to be their best asset. Each and every one of them was wrong. You are becoming the woman you were meant to be without drug consequences. Many, many things make a woman attractive to men. The least, in the long term, is breast size. Did you REALLY just ask a person half your age for pics of her boobs?? This sub is supposed to be a safe space for women; if you cant be respectful of that, kindly see yourself out. OP, I get how easy it is to define ourselves by our bodies, but believe me when I say the people that care about you dont value you because of your breasts, they care about who you are as a person. [deleted]

Healthcare for Women is Fucking Crazy I am livid — my mom was diagnosed with breast cancer a while back and chose to go straight for a double mastectomy (it was caught early but with family history she didnt want to have to worry about it coming back). She was encouraged to get implants afterwards and that was that. However, over the last couple years she has had increasing discomfort and pain in her chest that is likely the result of her implants. She found a support group of women who have had similar experiences and called me crying but happy that she had decided to have her implants removed — she was scared but so excited at the thought of just feeling comfortable in her body again. She had a good conversation with her doctor who referred her to a plastic surgeon, which she was excited to meet today for a consultation and begin the process. The appointment went terribly — this fucking lunatic essentially dismissed everything she said, and recommended they look into different bra fitting options, getting injections for her ribs to help ease the pain, or working with an anesthesiologist for pain management. What in the actual fuck?! Theres a pretty simple problem here — how could any medical professional think additional implants or pain medication is a safer option than just removing the problem? Im nothing close to a healthcare professional, but that advice seems absolutely insane and I cannot understand how this plastic surgeon holds a medical license. (The plastic surgeon was even a woman, which makes it harder to grasp how they could have had such a complete lack of empathy and willingness to listen). I mostly just wanted to rant, but if anyone has advice Id be happy to pass it along. I would just see a plastic surgeon and request implant removal. Cosmetic surgeons do implant removal all the time. Dont tell them why. Breast implants have to be removed all the time. They expire every ten years even if everything is going well. What a terrible doctor.. This is not uncommon for breast cancer patients. We had an inservice a few years ago from a supply store that was staffed mostly by breast cancer survivors. They all said they wish someone had walked them through all the options and how it would feel, what the implants would be like, the infections, the pain with expanders, etc. Your moms issues are totally valid! Im not in the US, so it might be harder/more expensive, but see someone else. This doctor sounds terrible! Is it possible that the plastic surgeon, after listening to her story and examining her, felt that the pain may not be implant related? Breast cancer survivors (with or without implants) often struggle with unusual pain related to the cancer damage, the mastectomy and lymph node removal surgery and nerve related pain. Although obviously implants can cause pain too, if the surgeon felt that the pattern of pain didnt sound like implant related pain, he would be negligent in going ahead with the risks of surgery without exploring non-surgical options first. Your moms doctor needs to hear how the plastic surgeon treated her. Maybe that jerk will get fewer referrals. Sorry you both have to deal with this crap. First off, sorry that she is experiencing all of this and good on her for going the more extreme but safer route of prevention. As a nurse, this sounds like an actually decent doctor. Someone who is willing to go straight to surgery without first trying non-surgical inventions is super scary and should be avoided at all costs. Not sure if they discussed why the Drs plan of care was to first try these methods, though. Maybe poor communication? I know it sounds like her breast implants might be the root of all the issues, but doing some investigation on other things that could be causing these problems is very warranted! My advice is seek out a second appointment to discuss this with them, and maybe get a second opinion if what the Dr has to say doesnt match up with what was stated earlier. Best of luck and a speedy recovery on whatever is eventually decided. As a doc, I can tell you that for most patients, avoiding surgery is safest. Surgery is dangerous, and looking for non-surgical intervention for a patient who this doc has never seen is very reasonable. With surgery, going under anesthesia alone is dangerous, and there are also risks of further discomfort due to scarring, and infection. I cant speak on this provider, but it should also be mentioned this is your moms first appointment with her. This doc is trying less invasive options before cutting your mom open. Imagine the problem is fixed by doing something like changing a bra type? If these less invasive methods fail, then surgery is the option. All that said, Im sorry your mom is going through this, but I think from the information provided, this doctor is being cautious with your moms body and her safety. Does your Mum have textured implants? https://www.bbc.co.uk/news/world-europe-47824312 Id file a complaint with your State licensing bureau if youre in the US - that kind of behavior is unacceptable from a medical professional. Your mom has every right to have the removal, and if that surgeons going to be so difficult, I highly suggest someone else. Be sure to check their ratings on HealthGrades and check for patient complaints with the licensing bureau. Also, if your mom has a support group, ask for recommendations?

Severe cramps after masturbation with dildo with IUD Do you have any signs of vaginal stenosis? (basically that the pathway is shorter and/or narrower) Nope. That sounds really really bad, Im sorry. Is it possible that something got knocked out of place? That kind of pain doesnt sound normal. This submission was removed: Please see a doctor, nurse or pharmacist. Nobody commenting here is qualified to give you advice. [Medical Advice on 2XC](http://www.reddit.com/r/TwoXChromosomes/wiki/moderationpolicy#wiki\_medical\_advice) --- [2X FAQ](http://www.reddit.com/r/TwoXChromosomes/wiki/faq) | [2X Rules](http://www.reddit.com/r/TwoXChromosomes/wiki/rules) | [2X Moderation Policy](http://www.reddit.com/r/TwoXChromosomes/wiki/moderationpolicy) | [reddiquette](https://www.reddithelp.com/en/categories/reddit-101/reddit-basics/reddiquette) | [reddits rules](/rules)

Contraception ( implant) Hello everyone im hoping someone here could help my worried sister shes had her implant put in today but heres in a complete different place to where mine is its almost under her arm rather than at tbe side shes also worried she cant feel anything where with my implant i had the worst pain in the world im happy to share photos so you get an idea of where hers is compared to mine! Does she need to get it looked at or is the placement ok! [deleted] They have recently changed the location of the implants insertion. If it has been a while since you got yours that makes sense that they are in different locations. I know the last time i got mine replaced they moved it to the new location and due to my excess skin (i have history of being severely over weight) they had to change it back a few weeks later because the new location caused pain with how my skin moves. Okay thankyou for that!!! I had it years ago and it was on the underside of my arm. Never fell pregnant 👍

How could the guy accused of murdering 3 women who has a long history of misogyny be fired for sexism?? That doesnt sound right As someone with Terminal True Crime Brain, Ive been following the Idaho 4 murders pretty closely. I think its really interesting to watch this case play out in real time. So sue me. The most recent bit of news about the accused murderer, Bryan Kohberger, is that hed been fired from his teaching assistant position for having a blatantly misogynistic attitude towards female students, i.e. making sexist comments at work, grading papers from female students unfairly, acting belligerent towards the women around him, etc. Hed been confronted by the male professor hed been assisting, was told to shape up or lose his TA position (which likely covered the cost for his PhD program and on-campus living accommodations, like, there were stakes involved), was given multiple chances by the school, he still refused to improve, and was ultimately fired for it. Before this news came out, classmates had commented on his aggressive contrarian tendencies towards female peers, people noticed hed talk over and try to correct his female professors, hed loudly shared anti-LGBTQ+ opinions in class, he had a past of harassing female staff at a bar until being confronted by the owner, he was pushy with a tinder date, h\*es most likely guilty of murdering a house full of women\*. Like...this is a guy who has a long storied history of being a shithead towards women and has no problem loudly sharing prejudiced views. Its not fucking surprising, in the least, that he also got fired for being an openly sexist weirdo. Yet the first thing I see on Reddit are people finding this implausible, enough so that theyre trying to \*defend him\*. Well, before this, people said he harshly graded \*all\* of the students, nobody said anything about him only doing it to the \*female\* ones, I doubt he was grading the female students any harsher than the male ones. Mmm no sounds made up. The bit about him unfairly grading female students, specifically, is brand new info, sure, but this is far from the first time weve heard about his misogyny from the people around him! Theres a very clear pattern of behavior! This isnt implausible! At all! What the fuck! Its been authenticated! I threw my two cents into the ring by noting that a lot of men are often oblivious to misogyny until its painfully obvious, so if male professors, classmates, students, business owners, etc. are noticing and semi-regularly confronting him about his biased attitude towards women: its safe to assume his sexism was \*pretty fucking bad\*. Nope. Downvoted. Jesus fucking christ. Its exhausting. EDIT: I know from experience that institutions and places of employment are often way more eager to downplay misogyny and suggest that youre just being sensitive when you complain. I had to literally \*scream\* IM NOT WORKING WITH HIM ANYMORE at a boss to get him to stop dismissing my discomfort about working shifts with an extremely sexist incel-type. People in positions of authority would much rather gently shame women into believing theyre overreacting than actually admit theres a problem, let alone \*do\* something about a misogynist. So the fact this school confronted him after receiving complaints and followed through on firing him? His sexism had to have been bad enough that it was impossible to ignore. So many of us of had this experience in different ways- well essentially see a train wreck of a sexist interaction or as in this case lengthy history of sexist behavior and some guy will go What!?! That little fender bender? And you end up getting whiplash looking at people - going WTF its a fucking train! - peoples ability to deny sexism is so intense sometimes it can make you question your own sanity Men will do everything they can to deny sexism and misogyny. They know deep down that its the only thing propping up their sad fragile egos. yeah I just added in an edit that I had a personal experience at a job where I became \*so\* uncomfortable being around a very sexist and very weird male coworker, that I went to my boss to say I didnt want to be scheduled with him anymore. My boss reacted to all of the shit I told him this guy had said with oh cmon that sounds like a joke, well he couldve meant this, are you sure youre not overreacting, are you sure-- and I panicked so bad at the realization he was going to keep scheduling us together, I ended up screaming IM NOT WORKING WITH HIM ANYMORE. He agreed to put us on different shifts after that, but he made it clear he thought I was hysterical. Men are willing to reach elbow deep into their ass to handwave misogyny. Way way too many men- really glad you stood up for yourself though 💪 I worked for a woman, and a woman in our dept refused to do tech support for one of the team leads. She felt so unsafe in his office she literally refused point blank to go back in there. Our manager said she didnt have to do work for him, but nothing else came of our managers complaints up the chain. When I started working there, I almost immediately started hearing stories about the guy from lots of people. Everyone knew he was a creepy perv but no one would actually do anything about it. Business as usual! Well, the source for this new info is sketchy at best. A lot of the other items you mentioned as well. These are absolutely NOT things that have been authenticated. I personally prefer true crime discussion that considers the verified facts only. Not rumors. Is it possible that these things are true? Maybe. Is it unthinkable that he was a misogynist and homophobe and verbally hostile? Of course not. Its also possible he wasnt and people are telling these stories now because it is what the press wants to hear. But there has been no proof offered of this yet. We will learn more about his demeanor and behavior once the trial begins. I personally doubt this new story because if there was any out the school could have taken when he was arrested, any way to put some distance between them and him, they would have taken it. They would have been sure to get former student in the press. But they didnt. They confirmed that he was a student. Newsnation and ashley banfield are not credible sources in the slightest. Its like the onion is real life at this point The sovereign citizen who ran over the parade had the same kind of past. Men who hate women are unable to hide it, and they sometimes end up taking it to the next level. Well this is reddit. Home of, Not all men! But yes, all men. I guarantee you there is more than a handful of men on this site looking at his history and seeing themselves, and wanting to downplay that. I think many men, even ones who dont seem rabidly or violently misogynistic, do misogynistic things, so admitting that those things are misogynistic even when done by another man would be like outing themselves. If a man tells a woman shes just being touchy after another man says something sexist to her, for instance, its very likely because hes said things like that himself or would say something like that himself -- and doesnt want to called sexist for it. Darrell Brooks very likely had anti social personality disorder and wouldnt even feel empathy for anyone He fucking hated and used women his entire life, though. Not men. Women. I mean I dont know his whole life but I do know ASPD and if he could get away with it he would use a man too. Someone can be born a misogynist and incapable of feeling empathy for anyone. Its not like he apologized to the men in the families of the people he killed, or only apologized for the men he killed. He didnt apologize for any of it because no one else mattered to him, only his own actions and reasons. Sure biology and social structures made it easier for him to abuse women and get away with it so it gave him easier targets to get what he wanted. Im not excusing what he did to women or saying he isnt a misogynist, Im just saying him driving through a parade full of people likely wasnt motivated by a hatred for women but instead his own selfish desires It was motivated by hus hatred of women! His baby mama rejected him immediately prior, and he took it out on a parade, in order to continue to intimidate her! Fuck him&amp; guys like him 🙄 sure thats why it had nothing to do with the fact that the parade was between him and escaping the police and in typical ASPD fashion anything between the individual and their desires must be gotten rid of. He didnt use a lawyer because in his mind he is truly greater than everyone and what he did to get what he wanted (away from the police) was not wrong That was hilarious! The only good thing about the tragedy was the pure fucking comedy gold his trial generated. I had a similiar experience to you this man was obviously harassing me. Ended up following me home and attempting to break into my house. Fortunately I was able to have the police take him away and I quit that day. This right here, Ive had dudes on reddit try and tell me that my experiences with catcalling (being followed home at the age of 11, being groped and physically manhandled, an older boy trying to show me CNC porn on his phone when I was 12 and he was 17) were sad experiences, yes, but uncommon and therefore negligible when it comes to a discussion around how catcalling isnt a compliment. It blows my fucking mind. How much further did they want them to go before they would accept that maybe we have a problem here? Clearly thats not OPs point. Ugh, yeah I see it all the time on reddit. Men who dismiss or minimize the overtly shitty actions of other men and victim blame women. Its gross, disheartening, and profoundly disappointing. This isnt the same phenomenon, but the hatred of women is the common thread, so its related: an hour earlier, I was scrolling through the comments on another sub after a video was posted there of a woman doing something stupid and selfish as a pra

4 years on Nexplanon no bleeding at all. Bleeding all of the sudden This happened to me too! My doctor said its normal and that it doesnt mean the implant isnt working anymore, its just something that happens near the end of its life, I guess. This was my experience. I take it to avoid periods, as soon as I started bleeding again I went back for another even though it was still good for another year or two for contraception. I love this thing~ Im on my third insertion. I found the first 3 years pretty much period free! By the second round I started to bleed more frequently as time progressed, until the end of it which I was definitely bleeding with some regularity. Third insertion and Im back to no bleeding... So its totally normal :) This submission was removed: Please see a doctor, nurse or pharmacist. Nobody commenting here is qualified to give you advice. [Medical Advice on 2XC](http://www.reddit.com/r/TwoXChromosomes/wiki/moderationpolicy#wiki\_medical\_advice) --- [2X FAQ](http://www.reddit.com/r/TwoXChromosomes/wiki/faq) | [2X Rules](http://www.reddit.com/r/TwoXChromosomes/wiki/rules) | [2X Moderation Policy](http://www.reddit.com/r/TwoXChromosomes/wiki/moderationpolicy) | [reddiquette](https://www.reddithelp.com/en/categories/reddit-101/reddit-basics/reddiquette) | [reddits rules](/rules) Thank you!

Can an ultrasound miss a breast lump? Ive been having a pain in my left breast and armpit that comes and goes at random as well as a more lumpy feeling on the outside of the breast (I have a lumpy breast texture to begin with but this feels different). I am on the contraceptive implant so its hard to know whether its related to my cycle as I dont have one really - I dont bleed at all, just feel a little more tired/hungry sometimes throughout a month. Towards the beginning of the year (around March I think) I had an ultrasound on both breasts and the only thing found was a small fibroadenoma in the my right breast that doesnt hurt at all! The only thing is, the pain and lumpy feeing in my left breast is still there despite nothing being seen at all on the ultrasound, I feel like I shouldnt still have to be thinking about this, but why does it still hurt if theres nothing going on you know? I should mention I have very very large breasts to the point where they do get bumped quite a lot and squished when Im sleeping sometimes, so Im not completely unfamiliar with breast pain, but this one is in my armpit too. I have a lot of anxiety about this, theres a lot of cancer in my family, although admittedly not breast cancer and because Ive already been scanned so recently Im worried theyre gonna just turn me away. Has anybody else dealt with this? Looking for anything to put my mind at rest at this point 😞 Totally not a doctor here. I had a friend who was diagnosed with fibrocystic breasts and it would always become worse around here period and would sometimes involve one sided swelling of the lymph nodes in her armpit. Lymph nodes definitely react to hormonal changes as well. Theres not much to do for it besides otc meds, hot/cold packs and reduce caffeine intake. But that would be a possibility that isnt a cancer one. I hope you feel better! This is great to hear - thanks for replying. I am increasingly thinking that I have fibrocystic breasts, and that it just happens to be more noticeable in my larger (the left side that hurts) breast because of how long this has been going on for, I would almost certainly be more sick if it were sinister, its just hard to not let the fear of the big C creep in when its something that keeps happening! It could be possible you popped a rib out of place. I discussed this in another post: https://www.reddit.com/r/TwoXChromosomes/comments/u5xh4i/palpable\_breast\_lump\_but\_clear\_ultrasound/ If you have questions after reading that I would be happy to answer. Thanks - Ill give this a read and get back to you Thanks for providing such in depth information - that whole thread has certainly put my mind at ease, I will mention this to my doctor again at my next appointment but I feel a little less concerned that its cancer, especially since Ive been having these symptoms come and go for probably a year or longer Ive been an implant user since 2012, and we can still have a bit of a hormonal cycle on it, though its less extreme than when youre not on birth control, so you can still have things like breast swelling/pain, bloating, etc. Ultrasound doesnt work on all tissue density, so it can miss some things. A benign lump may be the wrong density for the ultrasound to pick up. Im a long time user too, I probably should have been more clear but I more meant that its not as obvious that the pain starts with a period or before one for example. Its a good point about still having some sort of hormonal cycle though, maybe this pain is my only real symptom of a cycle, Ive had the implant since 2014 though and this has only started within the past maybe 18 months? I guess the implant does what it wants though, I started bleeding randomly towards the end of my second implant, so why not random boob pain too 🤦🏽‍♀️ I always start bleeding randomly during the last year of my implant, which is annoying but not as bad as it is for me without it. My doctor agreed to change the last one after only two years, because I was using it only to suppress menstruation and make my endometriosis less painful. I can totally relate - I got my first one in at 16 (24 now) for absolutely horrible and agonising periods that nobody seemed to want to help me with, its been a complete life saver honestly, before I would spend 9-10 days a month essentially anaemic and wrapped around a water bottle. So if this pain turns out to be just an odd side effect cropping up Im happy enough to deal with it rather than the absolute hell that was my teen years! Just want to confirm that it is nothing to worry about first! I feel ya. All the news stories are younger and younger ladies getting cancer and not being taken seriously.

This was an X-ray taken of my spine, but you can also see my IUD. Just thought it was interesting! Whoa 😳 Is that other white thing a metal zipper? Yea, the thing by the Я is a zipper. [deleted] They make a note of mine every time I have a CT scan. Honestly I have never seen the actual image but I guess it shows up pretty clearly, since its always noted by the doctor. Whats the thing by your spine? Also I first read it as IED and was horrified for a second Lol an IED in there would be rough! The thing by the backwards R is just a zipper. Its misplaced? [deleted] Ah gotcha, well the IUD looks interesting. Out of curiosity, cause your spine reminds me of mine, do you have AS or some sort of spondylosis or scoliosis? Dont have to tell me And your underwire. Must be some cute little metal do dads on your bra, too. Regarding the IUD, it may be off center if your hips were slightly misaligned during the Xray or you may be like many, many women whose uterus is tilted. Ah okay, at first i only saw that and i was like thats really high, also it looks weird…wait is that a zipper? Lol and then i found the IUD. Ive never had an issue with it! This is an old X-ray. The pictured IUD was placed in 2013 (I had it replaced a few years ago). Yup! Ive had mild scoliosis since I was a little kid. Never needed to get any kind of special treatment for it though, it doesnt really bother me. Yea Im not sure. The X-ray was taken while I was standing. Its possible I have a tilted uterus (my mom does too), but its never been brought up by a gyno. :paris hilton voice: Thats hot! That is so damn interesting! Pretty cool picture! Wait is your iud in the wrong spot? O.O If it is, it hasnt been a problem! (This X-ray was also taken a while ago, Ive since had that IUD replaced.) I was wondering if it migrated, had me worried for you :( I had a copper iud and it caused too many issues, and my uterus is tilted so I wonder if it looked like that. Is yours tilted, too? Some other people have suggested that I might have a tilted uterus. If I do, I dont know! The gyno has never mentioned it during an exam. I have a Mirena IUD and its never been a problem for me. It might also be the angle of the X-ray? Do you have scoliosis? Sorry if this question is rude. I get too caught up in details lol Do you have scoliosis? Just curious Its ok! And yes, I have mild scoliosis. I was diagnosed when I was a little kid, but its never been a big issue for me. I havent needed special treatment, etc. Yup! I have mild scoliosis. I was diagnosed when I was a little kid, but its never been a big issue for me. I havent needed special treatment, etc. I have one more question. What is that thing on the right? Looks like the end of a phone charger o.o I think the cute little doodads are the clasps in back. Looks like a greatsword but missing the hilt🤣 The the squiggly lines are the clasps (triple clasp). The rectangle is to adjust the back strap, not sure what the circle is. Im a guy, what do I know. (I do know how to read an Xray though) Looks like your left hip is both higher and slightly forward when the pic was taken. Its a bit confusing because the image is reversed. The image is reversed, which is why the R is backwards It would be unusual to be misplaced and not know because they arent terrible comfortable if they move out of place. Regarding the tilting of your pelvis, this is not uncommon. If it is tilted forward or backwards, you may encounter some discomfort during sex (assuming you have sex with a penis :-) ). Sometimes, a tilted pelvis can cause some challenges during childbirth, if that is in your future (obv not with the IUD in place) At first I thought, did they draw on boobs for reference or something? then I understood it was her bra for I was very confused for about 30 seconds. We all do lol. [deleted] Very cool By the backwards R? Its just a zipper. I havent had any problems with it so far! But I also havent given birth. Its possible the placement looks weird because the image is reversed and maybe my hips were skewed at the time. My iud shows up on X-rays upside down. r/mildlyinteresting Looks like the Tesla symbol Nudes should be elsewhere, no? Ah, those adjustment rings. I was thinking they were piercings Cool! Im glad it hadnt caused you any problems :) Maybe theres a brand sponsorship opportunity here. Possibly. But I wouldnt let Elon Musk anywhere near my genitals. That guys a creep. Are we just ignoring the thing that looks like a bullet, op did you get shot Is that a CGM on your stomach??? Its just a zipper! Its just a zipper! I was thinking they were an unorthodox example of cartoon booby doodles before I realized Im stupid Once in med school I took a postural X-ray for class purposes. I stripped down to just my thong. I hear the techs looking at the X-ray saying, what do you think that is? It was a tiny jewel thing on the front of my underwear. They could tell it was too high for a typical piercing but not what it was. Many many mens penises are also curved. Just find one with the same curve as your cooter and youre golden. [deleted] I hope your spine is just fine. If you want me, you can find me, left of center under the bridge.... Its normal to not be symmetrical. We have this weird idea that perfect means everything is centered just right. Thats not how humans work. Different is normal. Oh my god was this taken by a chiropractor? Uterus by Tesla! I feel like such a dumbass, I thought that was the IUD and I was thinking, why does it look like that and why is it so far up? I see it now. Yeesh. Thank you for clarifying that those lines are from a bra. Legitimately sat here thinking to myself, What, are they drawing boobs on x-rays now? What for? I broke my pelvis while sledding...at the age of 35. So of course I ran to go see if I could also see my IUD on the x-rays. I can! Nifty!! Edit: https://imgur.com/a/jG3jdPZ Mine! Im surprised they didnt shield your pelvis! Duuuude that spine tho. Hope you get better. A CT scan is essentially a bunch of x-rays at different angles stitched together to give a 3d model of a part of a body instead of a single picture. So itd show somewhat similar in a sense to an x-ray: bright. You dont take off bras when getting x-rays? I think the intended anatomy of the X-ray was her lumbar spine, which typically includes the sacrum as well. If they had shielded her pelvis, the sacrum and possibly the lower vertebrae of the lumbar spine would have been obscured, therefore limiting diagnostic value. Is that zipper in the middle for your fanny pack? Ok maybe a dumb question but why is one allowed to have something with a zipper on during an X-Ray? Im always told to take everything off from said area Interesting. It does make me wonder why so many species evolved skeletons similarly. Tampons will show up as well. That..seems alarming? Her tech didnt do a good job. The bra and zipper are usually a no go. If I did this in my outpatient clinic, my preceptor would have chewed me out and had her change to a gown for a repeat. Would a back brace off Amazon help? Yeah same. I live in Germany and they would never allow this. You have to sign a form everywhere that says youll remove everything thats metal like zippers, jewelry, piercings etc. And they double-check. You only really need remove clothing that might obstruct the area the doctor is interested in. This X-ray is clearly calibrated to give a good view of the pelvis and spine and none of the items (like zippers/bra clasps) are in the way. Were you standing legs apart arms up? My nipple piercings show up on my CT scans. I wish I got one with my IUD. Itd be badass. No. Oh my god! Theres a skeleton inside you! Not gonna lie, if it was mine Id think about printing it on a canvas or t- shirt. I dont know the fact that the bra wire and the IUD are showing its just this meta thing about womens bodies, I cannot really put it into words, but does anyone understand what I mean? That is an amazing image. The bones are so clear you can make out the cap of the femoral heads and both of the greater trochanters like it was a model! The sacroiliac joints are sharp and clear. Just brilliant. I didnt know they were so small. Im a little more interested in what looks like a bullet near your spine. Gonad shielding is falling out of favour; current thinking is that application of lead shielding increases absorbed dose from backscatter. Id be more concerned at the lack of appropriate collimation if this was for visualisation of the lumbar spine. So now tesla also stepped into X-rays business.. 🤨🤨. This is clearly a chiro x-ray. You can tell hey lmao Jesus effing christ... not your spine, but whoever took this picture needs to loose their job asap. Bra needs to be removed, zippered clothing needs to be removed, your gonade area needs to be covered with lead, and where tf is the side cover edge on that picture?? Did they just leave the cover completely open?? Do they not know anything about radiation protection?? Where is this shit legal?? Im so sorry OP. Despite all the twists and turns… you complete me. This isnt true, any artefacts that are within the boundaries of the image should be removed. Its really terrible practice to not remove that stuff. OPs 12th thoracic vertebrae is totally obscured here and it shouldnt be. Im assuming this is taken in America where standards in x-ray are shocking Hed probably tear it out considering hes on a rampage to overpopulate the world Probably the zipper. Gonad shielding isnt really used any more, its pretty futile and would obscure anatomy here. This is however a terrible radiograph for all the other reasons you have described. Standards in the USA seem to fall way below the standards expected in most other nations That would make you a bombshell! ... Ill see myself out. In Germany we still use gonade shilding for every picture, unless the doctor who orders the picture specifically orders in writing to not use it. Its r

Stories from working with female-presenting cadavers in medical school anatomy lab AKA: nobody knows where the urethra is TW: &gt;!Discussion of Anatomy Laboratory, including cadaver dissections (looking at bodies of the deceased for academic learning); discussions of XX anatomy (eg: ovaries, uteruses, vaginas, etc.); in retrospect, some body shaming/judgment; male classmates having a shocking lack of knowledge of XX anatomy!&lt; Disclaimer 1: Im trying my best to use gender-inclusive language here, however medicine has a long way to go. Implementation of progressive language is slow and clunky in the medical field. That being said, unless medically relevant, I refer to patients as either XX, female-presenting, or AFAB. Im sorry if I am not completely complaint with progressive language, but I promise Im trying! Disclaimer 2: I am a queer, non-binary but masc-presenting male. I do not possess the anatomy that we studied, and have not experienced the medical microaggressions surrounding the XX anatomy or the feminine identity. I am not perfect and fully versed in gynecology (although we will have a rotation in-hospitals during our third year, so Ill get back to yall on that). \- - - Im a first year medical student currently taking a course load that includes a History of Medicine course that is, by design, extremely race conscious and feminist. In this course, we are directly asked to look critically at the horrible history of medicine and to accept the responsibility to carry that with us as we think about the compassionate care we wish to practice in the future. Stories centering medical mistreatment and misunderstanding of women and XX peoples made me reflect back on my first block (trimester) Anatomy lab. In anatomy lab, we are grouped into teams of four, sections of two per each cadaver, operating on left and right sides respectively. My table had been assigned two female cadavers over the block, and my lab group consisted of myself, two presumably straight men (one of whom had a wife and child), and a woman. For storys sake, lets call them Alice, Bob, and Carl. I wanted to share some of the stories of missteps, mistakes, and blunders in work with the female cadavers. Ill share these as light-hearted stories since these mistakes are not made maliciously but rather are a consequence of systemic lack of knowledge of XX anatomy. \*\*Story 1\*\*: Gravity makes droops of us all. On Day 1, we are first introduced to our (first) cadaver. We wont do any dissections on them until the following day. Instead we stand over our cadaver, are acquainted with our tools, and are taught to view our cadavers as our first patient, treating them with respect, humility, and to be thankful for the learning opportunity that they have provided us. As were leaving, Carl asks if we had a male or female cadaver. Alice and I clearly identified our cadaver as female. Carl is incredulous. What? No way, they didnt have any boobs. Yes they did. Where? Their chest was totally flat. On Day 2, we returned to lab where we were expected to do a dissection of the breast and chest. Carl once again is confused about the breast. I finally decide to flex the arm outwards, revealing that our cadavers breast had fallen down by her side and was tucked against her arm. Breasts can do that? \*\*Story 2\*\*: Prolapse and Panic Later in the semester, we are now doing pelvic anatomy. Because we have a female-presenting cadaver, our process involves identifying the ovaries, fallopian tubes, and vaginal canal through the abdominal cavity. Rather than going in through the vagina like some readers may have experienced in a gynecological exam, we have instead dissected out all of the organs and muscles in front of the area. As I am feeling the uterus and the vaginal canal, I feel a solid and firm mass. I make a note of it and tell my lab mates to feel it. What is this Says Bob. It feels like a rock. Says Carl. Carl, theres no way someone has a rock in their vagina. chimes Alice. Yo it feels like a rock. Did \[our lab director who personally oversees the embalming and cadaver prep\] lose his wedding ring in there? Admittedly I dont know what this is either, but as I feel around, trying to identify shape and structure, one of our lab proctors steps by and immediately dives his hands into our cadaver. He immediately shrugs and identities the structure as a pessary. For those that dont know, a pessary is a softer plastic device inserted in the vaginal canal at the interface of the cervix, in order to prevent pelvic organ prolapse (uterus, vaginal canal, rectum, bladder). People that have had multiple children, have had gynecological surgery, or are of risk, might have them inserted. Later, I have looked up a pessary for another class (where we all had to identify a structure on our cadaver, research it, and present in a small group). I now know what it means, and I share it with my lab mates in a later session. What do you mean it prolapses? Like, where does it go? questions Alice. The uterus protrudes down the vaginal canal. What were looking at is essentially where we might see it. The look of sheer horror and disturbance is notable even through a face mask and plastic face shield. She jokes that shes now going to get a second IUD placed. \*\*Story 3\*\*: Hole-y Crap Still in the pelvic exam, we are tasked with dissecting the female anatomy. Of many structures, we are tasked with finding and inserting a thin dissection rod into the urethra. The majority of our lab time is us hunched down over the examination table, staring intently into this cadavers reproductive anatomy. Im taking a step back, watching my three classmates struggle with locating Carl thinks hes found it. He has not. He has instead found the Bartholins Gland, located slightly below and to the sides of the vaginal opening. Bob thinks hes found it. He has not. He has instead inserted the dissection rod under the clitoral hood. Alice knows that the urethral opening is \*not\* inside the vagina, but cant determine where the urethral opening is. First she identifies another structure, the Skenes Gland, but knows its not what were looking for. Now, I have to admit that as one ages, their anatomy loses elasticity and certain structures may become harder to find. In truth, the urethra was a little difficult to locate because it was concealed by the appearance of the labia minora, and the general tightness of the collapsed urethral opening. However, Im the one that finds it as my lab mates leave the table to look at other tables for the XY anatomy. You found it? Wow, thats a little embarrassing that \*you\* were the one to find it. Bob, who has a wife and infant daughter, jokes. \*\*Story 4:\*\* Nun of that Towards the end of our semester, we are all independently introduced to the names and identities of our cadavers. This is not only to make the lessons on respect and treatment of our cadavers as real people more salient, but also because we are going to have a ceremony in late April where the family of our donors will be met by the students that worked with their loved ones. Our second cadaver (our first , which had the pessary, was switched out, among others, due to a problem during embalming making them unusable after our \~5th week), was a catholic nun. Carl had previously been very brusque with our cadaver and excited to do dissections. He was the one to use the bolt cutters to cut through the ribcage; he was the one to entirely dissect the breast off of the body; he was the one to partially saw through the skull. Carl is also catholic. Upon hearing that our cadaver was a nun in life, he immediately backtracks and steps away from the body. Dude, I cant believe we did all of those dissections on a nun. I mean, we look at her \*thing.\* Carl sheepishly reflects on the proximity he had to the genitals of a cadaver of a holy woman. Even Nuns have vaginas, Carl. Just because she was saving hers for Jesus, doesnt mean she didnt still have that anatomy. Alice interjects. I laugh, Bob laughs, a passing fourth-year student assisting the lab laughs. Carl does not laugh. \*\*Conclusion\*\*: I hope you all enjoyed my reflections on my first year anatomy lab. I want to reiterate that many, if not the majority of us all have a systemic lack of knowledge on XX anatomy. These experiences reflect the real social need for better sex education, visibility for gynecological and obstetric health, and that medical ignorance can affect everyone, even men who have a wife and daughter, or women who have that specific anatomy. We subsequently had many lectures on pelvic anatomy and function. Weve learned, in depth, the menstrual cycle, pregnancy development, and menopause. Weve learned how hormone replacement therapy works in transitioning individuals, including how it works in teenagers. Were trying to learn in excess things that I think we all should have been taught during our formative sex education. I love my lab mates and theyre wonderful, compassionate people who will one day provide fantastic health care in their chosen specialties. They just definitely put their foot in their mouths!

Mirena IUD: brown blood clots instead of normal blood This submission was removed: Rule 4 Relevance: Posts must be relevant to our experiences as women, for women, or about women. [more](http://www.reddit.com/r/TwoXChromosomes/wiki/rules#wiki\_relevance) Please see a doctor, nurse or pharmacist. Nobody commenting here is qualified to give you advice. [Medical Advice on 2XC](http://www.reddit.com/r/TwoXChromosomes/wiki/moderationpolicy#wiki\_medical\_advice) --- [2X FAQ](http://www.reddit.com/r/TwoXChromosomes/wiki/faq) | [2X Rules](http://www.reddit.com/r/TwoXChromosomes/wiki/rules) | [2X Moderation Policy](http://www.reddit.com/r/TwoXChromosomes/wiki/moderationpolicy) | [reddiquette](https://www.reddithelp.com/en/categories/reddit-101/reddit-basics/reddiquette) | [reddits rules](/rules)

I hate my tuberous breasts, dont really want implants but dont think theres much of a choice. [deleted] So the sub Im linking will likely be biased towards surgery but you might want to check on r/plasticsurgery to see if anyone with tuberous breasts who has been through surgery could share their experiences. Im really sorry about what youre going through. I do think that if a partner is into you theyll also be into your breasts if they see how much you enjoy having them touched, but I also get how much a physical insecurity can completely sabotage sexual enjoyment. Edit: just quickly searched tuberous on the sub and I saw a lot of posts from people sharing their experiences and results Sorry you feel that way, I know you havent had luck so far but I guarantee you there are a lot of people out there that would appreciate you and them just the way they are I dont have an insecurity about my breasts specifically, but I empathize. For YEARS I had deep insecurity about my labia. I was literally 39 years old when I found a sub with pictures of other womens labia - not porn stars, just regular women. Im aware mine arent particularly attractive, but for some reason knowing that they come in all shapes and sizes … helped? I never really enjoyed oral sex until after that realization. I was entirely too self conscious. I could have surgery, but the risk losing sensation \*there,\* combined with my newfound giving less cares, simply doesnt warrant it. In your shoes I might look into implants, its hard to say. Breasts are so visible and if it affects you that much, it might be worth having an upgrade for your own well-being. You wont necessarily lose sensitivity either. Wow there are some good B&amp;A pics

I told my boyfriend I wanted to get my implants out And he told me that he didnt fall in love with me for my boobs and would be with me every step of the way. Same reaction when I said I wanted my IUD out. Just wanted to post something positive, good partners are out there ladies, keep looking. Edit: wow did not expect this to blow up, thanks for all of the awards! [deleted] All the frogs make you appreciate the prince so much more too [deleted] I do not know your boyfriend, but I want to - he sounds cool as fuck! So glad you found someone so respectful and supportive! I went into this post with my pitchfork and torch ready! Im so glad I get to put them away (for once). congratulations for making the decision to get your implants out! :) sorry not to shame those people who want to keep them but more because Ive heard they are often quite toxic &amp; can cause a load of problems &amp; also woo natural body acceptance Cheers to all the partners who are decent human beings! I am sad with how low the bar is. Is it underground? Under water? Do we need to hire James Cameron to go find it? This reminds me that yesterday I found out that my ex-boyfriend who always pressured me to get implants was fired from his job for sexually harnessing a woman he worked with. Im sure he deserved it. Kudos to your boyfriend for being supportive! Awesome! That should be expected and the standard but it is not always this way. Im glad it is for you! Good for you! Both on him and getting your implants out. But, frogs are cool though :( [deleted] Absolutely this 👏👏 Men should learn from your boyfriend about loving someone not for their beauty alone [deleted] Im kinda getting tired of these click bait titles in this sub tho Forever ago, a user whos name I have forgotten summed it up perfectly: \*my god, the bar is in hell\* He sounds great :) Any advice to convince my wife to not get implants? I dont want her to risk her health with an elective surgery like that when, to me, she is already perfect. She proclaims it as a sort of goal to one day have nice big ones! Do I just have to go with it if it makes her happy? Dont want her to think Im trying to control her. 🤷🏻‍♂️ Ikr...people praising this guy like hes a God. This is the bare minimum people! You can give her your opinion but you cant stop her from getting what she wants. You dont own her body. Yes there are health risks but there are health risks with everything. If you really care about her health, help her research a good reputable doctor. If her body rejects the implants, they can always take it out. [deleted] Awww, sounds like you found a keeper? Do you mind if I ask why you wanted to remove them? Im not trying to be nosey, its just that Im considering getting implants and I was curious about the negative aspects. Awesome! My husband is totally on board with me getting mine removed too. Im so glad your partner supports your decisions and loves you no matter what! Hugs Yeah Ive had mine since 91 and while they still look great Im convinced theyre at least partly responsible for my autoimmune symptoms. Disagree, its always nice to see a happy ending to these posts [deleted] Has she researched everything involved with implants? I wanted them at one point too but then someone who had them told me you have to get them replaced, but that was several years ago so maybe they have different implants now Isnt it interesting that a neutral title like this makes people think its going to end negatively? They need to be replaced every 10 years. My mom has had 2 saline implants rupture shortly after mammograms. First set lasted 15 years. Second set 5 years. Dealing with urgent surgery at the age of 63 during peak covid was absolutely ridiculous. At this rate shell be in her 70s for the next replacement. Like is your wife prepared for unexpected surgeries if they rupture? Prepared to pay $5k-10k every 10-15 years to have them replaced? Ruptures arent covered by insurance either so every time you finally have the money saved for something nice like vacation or a home renovation shes going to be sinking the cost into those implants. My wife wants to get inplants and I was in opposition at first for the exact same reason. I think shes perfect. But as a man, you really have to wrap your mind around what sacrifices a woman has to make to bear children. It really doesnt matter if I find her perfect if she finds herself ugly. If it will make her feel better about herself, its a no brainer really. Though to be fair, theres no way to prove it unless a large set of patients have the same kind of problems with the same kind of implants. [deleted] This was my mom! She had them removed after they ruptured because she was 66. She was like Im not going to the beach in a bikini, whos going to notice? Get them gone!. Stuff like this should be the bare minimum, it shouldnt be worthy of congratulations, but unfortunately thats not the world we live in and your partner is a better man than most. Good for both of you. 🎶They say time takes its toll on a body Makes a young girls brown hair turn gray Honey, I dont care I aint in love with your hair And if it all fell out, Id love you anyway🎶 Tbh bare minimum doesnt make a man awesome. [deleted] I tried to convince my mom to go without! It was even around the time Chrissy Teigen was being very open about removing hers. But she was still shy of retirement and is single and definitely has some hang ups from when her brothers and dad teased her in her younger years for being flat (holy shit I was so mad when I learned that). I think she realized that this is the last go with fixed income retirement in the future and shell probably be 70+ by then too. I misread that and thought you had them since you were 91... Dude amen. Sure but thats not quite enough for me to want to marry one When you remove implants do your boobs go back to how they were before or do you need skin removed or a lift or something? I told my hubby I was thinking of taking them out. He said, like, it to dinner because they are fucking magnificent? I love him. But he would also be the same. Whatever I want its cool. Yes!!! It bums me out to see so many posts about selfish men. I met my husband 12 years ago. I was on birth control, but about a year in decided I didnt want to be on birth control anymore. We discussed alternatives and decided on a plan that suited us both, with the ultimate decision being that after kids he would have a vasectomy. Im also very busty, and Ive been talking about a reduction since shortly after I met him. He has always been 100% supportive, even when he jokes about how he will miss them. Again, that was something for after kids. My surgery is scheduled for May, and he is still just as supportive as he always has been, because he doesnt want me to continue to suffer from back pain for the rest of my life. https://youtu.be/qACxfKB3iP4 Dont use frog as an insult! the standard for men in relationships is so grim, if we are at the point where this is something to applaud. The bar for men is so low that doesnt berate me for choices I make about my own body is seen as an attribute. Somebody tries to add positivity to this sub and you attack them? Why? Never too late for the boobs you want?! 😄 Congrats for getting implants out...but also is the bar this low? yeah, they arent that rare. just dont hear those stories Another way to look at it: OP and those who are expressing happiness with their partner are trying to normalize supportive partners. Also, Im not sure whats wrong with sharing something positive about a partner that made someone happy. [deleted] I did the same thing haha Oh lord well if I was 91 and had the money and wanted to steal all the grandpas from their wives, why not? 😅 You can kindly ask her if she has heard of breast implant illness and make sure she understands the potential health risks. Even if she decides she still wants augmentation, you both can at least discuss safety measures to make sure her health isnt heavily impacted. I wanted implants until I learned about it tbh. be sure to thank whoever parented him. [deleted] Any tits are hot if theyre on a person I like and they make them happy. The bar is in hell on this site. This is good advice, I think. I do believe that your opinion about how she looks arent important in the discussion, but there are real health concerns regarding implants. Not to mention that she may have to have further surgery in the future to replace them. As long as you take your personal opinion out of it and have a discussion specifically about her health, I think its a good topic to bring up. And then if she still decides to do it, then thats what will make her feel good. I feel like women need to stop thinking this is the bare minimum and rolling with the shitty ones thinking well they all suck so this is the best I can do. Lots of posts about- my SO pisses me off because he does (shitty repeated behavior) and yet even after numerous people telling her to dump him I bet she doesnt. Its usually just a vent post, and they go right back into the fray of being treated like garbage resigning to the thought that every guy is like that. Heck, I had some real crap guys before my husband, but hes the one I married because I knew the others werent worth it. He used to tell me I dont know what hole in the earth guys in your past crawled out of but I didnt come from there and even now, 20 years later he still proves it every day. Sounds like a keeper to me! Very cool. Hope all goes well! We dont have to shame women who get implants. Tons of people like them. Great Grandma got some big ol titties 👀 Sadly the standard has been set because too many women date some real garbage despite all the signs hes garbage and then seem to think thats the norm. Its like eating plain chicken for every meal then having fried chicken and thinking its the best thing ever and telling everyone how amazing it is. Reminds me of whe

The IUD post nobody asked for.

Im sick of giving so much of my energy to how my body looks I have two incredible weeks coming up. Recording an album and a holiday in Amsterdam with my family. Im truly living my best life and am so disgustingly grateful for all the exciting things coming up. ...and yet all I can think about is my food intake. How much weight I may or may not put on. How Ill look in photos and videos. How Ill feel in front of people. The list goes on. Its depressing and frustrating that so much emphasis is put on womens looks and bodies. And because of that, we spend our precious time and energy thinking about it nearly all of the fucking time. When God knows, it could be spent on things that TRULY MATTER. Creativity, family, wellbeing, happiness, health etc etc. I realise this is all within my control. Its my brain and my thoughts etc. And at the end of the day, Im responsible for my own happiness. But its hard not to take a look around and see what type of world were in, and how it consistently contributes to this fucked up paradigm. Sending love to every woman and every body out there today. Dont spend your energy thinking about how it looks. Its just your vehicle in this life. And with so much peace and love, no one cares about how your body looks more than you do. Life is for enjoying and experiencing the scenes OUTSIDE of the vehicle. Bloody patriarchy. Something small that helped me, I quit looking in reflective surfaces at myself once I left my house (or even in the house where there are many mirrors as there were in my parents home) I stopped judging how I looked, noticed others ALWAYS checked themselves out. It boosted my confidence for some reason. Not a final solution to patriarchy but, a little help . Something small that helped me, I quit looking in reflective surfaces at myself once I left my house (or even in the house where there are many mirrors as there were in my parents home) I stopped judging how I looked, noticed others ALWAYS checked themselves out. It boosted my confidence for some reason. Not a final solution to patriarchy but, a little help I love that! Thank you 🙌🏼 One thing that helped me begin to stop obsessing over my appearance was reading Naomi Wolfes The Beauty Myth. Seeing everything wrong with the concept of beauty written down really helped. Another thing that (perhaps surprisingly) helps is reading about beauty standards through the ages. It becomes clear how absurd and how arbitrary those standards are, when you realise that the pinnacle of female beauty is so extremely changeable. A final tip: get a hobby that involves using your body. Its so much easier to be positive about your body when you have very clear evidence of what your body can do instead of only evidence of what you body looks like. Instead of focusing on your legs being fat, or having hip dips, or not having the right shape butt, you know that those legs carried you to the top of a mountain. Imma get that book now. Super helpful tips, thanks so much I feel this. Women are also told that we have the option and power to not care about how we look, but this feels like a false choice because it usually results in being treated more poorly in various ways by people and society. So we do. Well, youve already started the process by wanting to change! Be kind on yourself cause change can take time, its ok if it doesnt happen overnight, because as I said: you ARE changing. Some key things that helped me: 1. stop sharing pictures/videos of yourself (including with your friends on apps like Snapchat), stop consuming content about other peoples appearances too. Do a month without using those types of social media (it gets you of your addiction and allows you the perspective you need to make changes). 2. Do regular appreciation exercises for your body and person: - stand (best if done naked) in front of the mirror - start with the features of your body that you like the most, it doesnt matter how minor or small the body part is. - then genuinely, with your voice, say that you love, like or what you appreciate it for (for the parts youre more insecure about). For example: thank you for carrying my weight, thank you for keeping me going, thank you for nourishing me. - and with each appreciation give that part a loving squeeze. - and to end it give yourself a good hug and thank your past self for doing its best, keeping you alive, looking out for you, and whatever else feels right in the moment. 3. Choose one thing about yourself that you want to take back and make yours again. For example: I have small chests so I wore bras for others because it was expected of me. So my goal became to be comfortable and live like normal without wearing bras. Later I moved on and did the same about my armpit hair. The key is continuously widening your comfort zone with small steps out of it. Yessss, hobbies involving the body!!! Rock climbing improved my outlook and my confidence so much! Getting this book. Really struggling today. I relate to this so hard. Someone took candid photos of me yesterday and I felt so ugly in them, I had to delete them from my phone because I knew Id overthink it. My arms looked so big and my side profile looked awful. My brain overthinks so much about looks that its embarrassing. Rooting for you girl x The beauty of modern femininity is that you dont have to do any of the things you listed above. You can choose how much emphasis you put on how your body looks. I think some people definitely care and thats ok, and its also ok not to care. Do you.

Long bloody periods under mirena for 12 days and now fresh blood??wtf Was your iud placed recently? Its normal to bleed the first few weeks. I spotted for 3 months on my first iud placement hi! No that the thing, its been there for two years I know you said its hard to get a gynecology appointment, but maybe you can talk to your primary care doc about it? I second the idea to get in the process of seeing someone. Could be that your iud has perforated your uterus? Idk how likely it is or what the symptoms are, but it is a possibility, and you should definitely get checked out. &gt;anyone has an idea of why periods can be longer than usual? Mucked up hormones. Polyps. Fibroids. Endo or PCOS. The IUD could also have shifted/be misaligned and causing issues. If you cant get in to see a GYN, what about a primary care doctor? This submission was removed: Rule 4 Relevance: Posts must be relevant to our experiences as women, for women, or about women. [more](http://www.reddit.com/r/TwoXChromosomes/wiki/rules#wiki\_relevance) Please see a doctor, nurse or pharmacist. Nobody commenting here is qualified to give you advice. [Medical Advice on 2XC](http://www.reddit.com/r/TwoXChromosomes/wiki/moderationpolicy#wiki\_medical\_advice) --- [2X FAQ](http://www.reddit.com/r/TwoXChromosomes/wiki/faq) | [2X Rules](http://www.reddit.com/r/TwoXChromosomes/wiki/rules) | [2X Moderation Policy](http://www.reddit.com/r/TwoXChromosomes/wiki/moderationpolicy) | [reddiquette](https://www.reddithelp.com/en/categories/reddit-101/reddit-basics/reddiquette) | [reddits rules](/rules)

Breast Implant Experiences. Good? Bad? Lay it on me. Im seriously considering getting breast implants. Im almost 30, Im a B cup, and Ive never felt secure in my own body. I dont want anything drastic, just up to a D cup. I want to do this for myself, although my husband is supportive. Just terrified it will get botched or Ill lose sensation or something else will go wrong. Please, tell me your experiences. Obviously I will get a surgical consult before I go through with this. I dont need implants myself but a good friend got some before her wedding and she regretted it. She said if she had known how painful it would be she wouldnt have done it. She also just wanted something that fit her body, nothing exaggerated. Its definitely tasteful, my husband had no idea until I told him just a couple years ago, lol. Obviously pain thresholds vary but she did say she felt like she was dying. Also, please research all of the after care needed to heal properly and make sure you have plenty of support and time to recover. A friend of mine had one implant from a reconstruction after a car wreck and it looked great, but i was amazed how different the two felt side by side when she showed me. I have no idea if that is typical. Including mine, i have felt three natural breasts and one implant and the implant was definitely the odd girl out. It was sort of funny. A couple years later, she had a boyfriend who timidly asked about the difference, and when she explained it to him, his response was oh neat. I think that helped with some of her insecurities about it. Get a fat transfer instead. Its your own tissue, so less risk. While a larger breast may address a symptom of something, what is actually causing the symptom? Will that treatment effect the cause, or will other symptoms emerge as messengers from the source? If the view is symptom focused, what is not being seen? Ive know a few women who have had them, one is now getting hers removed as they are just too big and its causing problems, she also thinks they could be the cause of her depression. Im not sure if thats the case but there does seem to be other people who think it causes some mental health issues. They look great, definitely feel different though. [deleted] A D is heavy from the size you are. Id do the rice in a nylon thing to make sure you like the size and the weight. As a big chested girl sometimes theyre just a pain. Ive had breast implants since I was 19, i will be turning 30 this year. Theyre silicone, under the muscle and they were done to correct a congenital breast deformity, I also had to have my areolas resized. I went from an A to a small C, I wouldve liked to go a bit bigger because Im very broad shouldered and have a larger frame so I still dont have any cleavage. It honestly did wonders for my self esteem, I carried myself differently, I dropped 40 pounds, and became more social. I had minimal pain, I took half a painkiller the day night after surgery and then I didnt need anything else for pain relief. I do have some loss of sensation but again I did have to have my areolas resized (twice) so I think that contributed to the sensation loss due to cutting of nerves. Something neutral I wanted to mention is its surprising how heavy breasts seemingly are when you dont really have any. Those first couple of weeks were tiring just sitting up. They also used to crackle at high altitudes, they havent done thay in years and i dont know what that means. Also because I was so concerned about damaging my implants I was against doing anything strenuous with my upper body that was unnecessary so I have like no upper body strength now, thats not a fault of the surgery, that was just my own fear. Of course ymmv, it was the right choice for me and I would make the same choice again in a heartbeat. Look at the method they use to put them in. A friend of mine went through a reconstruction because it hurt every time they moved their arms. The doctor specializes in it because so many DR do it wrong. After 15 years, Im taking mine out OP should probably get a consultation from a surgeon rather than listening to internet doctors here. I know very thin women who have gone up a couple ofcup sizes and are happy with their fat transfer. [deleted] All I know is the only anecdotes I hear anymore are women with decades old implants and crippling health problems that are only rectified by having the implants removed, if at all. My partner has an expressed interest in a boob job and I do my level best to talk her out of it because her breasts are lovely exactly as they are and I dont want her getting lymphatic cancer when were 50.

I hate my body and will probably take out a loan to get plastic surgery Im 20 and I hate my body so much. I spend so many nights crying over how my natural body features are just so unattractive. I have small boobs (Im like a 34B). Barely any cleavage if at all. Cant wear certain shirts. Cant wear certain bathing suits or else I just look fucking stupid. I have hip dips and basically no waist so my frame is pretty narrow. Hate that I dont have an hourglass figure and that I look so slender. The only desirable parts of my body are that Im fit since I played sports year round for 12 years and I have a bigger than average ass. Everything that I dont have is whats seen as most desirable and what signifies fertility biologically so Im pretty fucked as Im lacking in all the physical areas that matter most. And Ive always wanted kids so its a disappointment to know guys internally think Im unfit to be a mother. Im tired of living this way and Im seriously thinking of taking out a loan so I can get breast implants and hip injections to widen my frame. I just want to be pretty and to be desired. I dont want to be settled for and just want someone to find me genuinely physically attractive without thinking I would look better with whatever biologically desirable feature they see Im lacking. I hate living like this. [deleted] To be honest at 20 your body isnt even going to look in the same in 5 yrs especially if you have kids by that time. I call it your grown woman body youre still so young and barely just stopped being a teenager. Give your body some time, you never know how your body may change. I wouldnt suggest doing plastic surgery so early in your life. But like the other poster said counseling is the way to go Please speak with someone about your body issues. Everything you have is normal, and if a guy doesnt want you because you have smaller breasts or hips? Screw him. Would you tell another slim, narrow woman that she isnt worthy of being a mother? If not, why do you tell it to yourself? Im male, and I can absolutely assure you that whilst social media and magazines would like you to believe that looks and figure are all were interested in, its very definitely not true. Attraction is first and foremost to the person you are. From experience I can safely say that until I learned to like myself, whilst I could get into relationships they tended to either be toxic or fail. Im now 20 years into a relationship with a person who has become my best friend, and is absolutely my equal because she believes in herself enough to take that position. As others have commented, nothing about the body you describe sounds unattractive, the only thing holding you back is your dysmorphia. I seriously hope you can be brave enough to get help with that, sending care and wishing the best for your future. OP please read your own post slowly and carefully again. Maybe youll be able to see what everyone else here sees. Even though you view your body as not attractive or even for some reason biological subpar (bizarre to me), you deserve love, are desirable and most certainly not unfit to give birth or having children. And Im sure you dont want to be impregnated by someone whos an unconscious instinct driven shadow of a human. Thats what distinguishes us from animals. Im no expert but maybe its advisable to get the opinion of a mental health professional, because if you talk to yourself in your own head like you write, thats not healthy. Please wait with surgery until youve had an evaluation. I have the same body type as you, when I was younger I used to dislike it a lot too bc of not comforming the classic fertility body all of us women are supposed to have only bc its what men are conventionally attracted to. I asked for help with a therapist, Im now in my mid 20s and I love my body, I can totally understand how you feel but youre only 20 and still so young plastic surgery may be dangerous and it wont resolve the issue itself I recommend talk to someone about how you feel about it. Becoming a mother doesnt depend on the body type you have and trust me, youll find someone who thinks youre attractive in your natural female body. This is such good advice. Nobody is going to settle for you. People like a variety of bodies. I dont hear anything bad about your body. If you really want feedback, there is a subreddit to ask people if you are attractive. That sounds like my body type and Ive always been very pleased with it. I like being able to fit into most clothes off the rack and my boobs are small but perky. Back in the day nobody wanted a big butt, that was made fun of. I guess Im lucky that my body was in style when I was young. But thats all it is, the current style. It could change back next year. Dont do it. If the doctor makes a mistake, you can end up with life long injuries. Besides, I feel the flexibility of having small curves is something that many people take for granted. Want to wear a cute cocktail dress? If someone is bigger, that same dress looks like its trying to show things off. But you can wear one without a trashy aesthetic, because your body type doesnt stand in the way. But its okay, because Im an extremely short man, so what I realize is if a person does not value you because of your default external appearance, he or she isnt worth your time. Besides, most people dont really have a mature look until theyre like 23 or so, so dont worry about it. Perfection doesnt exist, so dont try to pursue it with someone who could ruin your body forever. Youre okay 👍 Hi OP, Reading this is like reading a letter from myself 10 years ago. I was always very thin &amp; truthfully my bust is the same size as yours now, made tricky by having a rib cage that is concave between my boobs. Please consider this advice: 1. Get picky: Wear what you like and what you feel great in. Fashion trends are fun to play with but being known for having a distinct style is better. Buy clothes that you really like, ones that make you smile (then buy them in a few colours). 2. Everyone hates buying bathers: seriously, Im yet to meet a woman/fem-identifying person who likes bathers shopping. 3. The good ones are worth the wait: hooking up can be fun but again, be picky. The guys who make you feel bad arent worth it and the good ones can take some time to appear. The other thing to consider is guys can be as shy as us. Also guys in their 20s are rarely thinking about fertility. Dont worry on that front. Hugs from this internet stranger. Its funny, when I think about it my attitude towards my body has changed a lot over the years. If you really want the surgery get it but really do your research first. I know validation from guys isnt something you should live for in the first place, but for what its worth.. My girlfriend has similar features to how you describe yourself and she is the most beautiful person in the world to me. Similarly, I am not muscular or ripped or think of myself as particularly good looking, but in her eyes I am beautiful too. Just because certain body types are mainstream, doesnt mean we all agree on the same beauty standards. If you really want to change something about yourself, it should probably be because YOU find yourself more beautiful that way, not out of fear of disappointing some potential partner that you havent even met yet. Because you dont even know yet what they find beautiful, it doesnt really make sense to make such alterations to yourself for a hypothetical partner who might surprise you with how beautiful they find you. Just my two cents, if I am overstepping in this sub feel free to delete my comment mods :) I understand about the body dysmorphia, but to me you sound like a model! You might also be a victim of negging, where slimeballs cut you down in order to make you seek their approval. In which case, a large part of the problem with men is that you keep ending up in proximity to slime. You might try a rule of thumb about the men. If you find yourself seeking their approval, record your conversations and check for them cutting you down. Though if youre unaware of it, that might not help. In which case a proper therapist can crosscheck it for you. We can get in a repeating loop where were always ending up with the same type of toxic person in our lives, and we dont know thats become automatic. What you describe sounds a lot like a models figure. I am in my 50s now. As a woman who had that curvy figure when I was in my 20s, I always had a hard time finding clothes - tops never fit properly. Have you ever considered that the reason clothes dont fit is that the clothing industry doesnt manufacture clothes well? Generally there are a couple of brands that fit well at any given time in my life. I also had a lot of confusing attention from men. I think I hadnt been raised to understand how to handle it. I know it sounds so great to have so much interest, but it wasnt about me. It was about my body. I had a hard time feeling like the person I was with genuinely wanted to be with me. A lot of my friendships with men ended with them making a move on me and I thought they actually cared about me because we were friends, but, no, they had just spent their supposed friendship lusting for my body. It was incredibly lonely and sad feeling. I used to get catcalled every day going to school. I felt unsafe. I did try to enjoy my body while I had it. I knew it wouldnt always be that way. Over the years I gained and lost weight. I tried to diet slowly but always my life would change up in a way that whatever routine Id put in place would shift. Now at this stage of life Im trying not to be attached to my looks and weight and figure out how to enjoy my body and have more health. Now at my age Ive gotten bigger and Im more invisible because of my age. Its nice to feel I can have more genuine relationships and friendships. Women are really taught that our bodies drive our worth. But even if you

Just needed to talk, having further testing regarding a breast non-mass I dont really have anyone in real life I can talk to about this without them making me more anxious. I got an MRI to check on my implants (when implants get older you have to do that to check for rupture). I was totally prepared for a rupture to be found, I was trying to figure out how to deal with surgery to remove them if that was the case and decide if it was worth the effort to replace or not. I didnt think I wanted to deal with having to worry about this again in 5-10 years. I did not expect to be told there was anything else going on. I have a mammogram and ultrasound set up for end of the month to check on something called a non-mass. I literally dont even know what that means. The report says There is nonmass enhancement \[removed the exact location and exact size but roughly 4x5x3cm for privacy\]. This finding demonstrates medium uptake, persistent washout. I dont even know what this means but I was told I must get the other testing done. I dont understand why since the MRI was ordered because of an ultrasound. Im not asking for medical advice, Im not. I just feel scared and lost and alone right now. I know there is a chance things will not be ok, when I try to google any of it of course its all doom and gloom. I really need some support. So, a LOT of women have lumpy breasts. When my mum got her first mammogram, she was called back in to have a lump they found checked.....in two weeks. She spent two weeks sweating bullets, because they didnt tell her that something like 50% of the mammograms show something that looks like it might be cancer that need to be double checked. When I went in for an ultrasound to check a cyst my doctor had found, she told me that if she really thought it was cancer, shed be getting me in for an appointment \*that day\* and not sending me to make one in the next week or two. She was right, just a cyst. (Theres a funny story about how I got that news that sent my blood pressure through the roof) So, yeah, theres a chance that everything wont be ok, but theres a way way way higher one that it will be. Boobs just be lumpy, and they check everything. Id try to take comfort from the fact that your appointment is at the end of the month, and theyre not rushing you in for anything. The ultrasound I had earlier in October before the MRI they found like 5 cysts and thought my implant had ruptured. So because of the the possible implant rupture they sent me off for the MRI, but now I have to go back over for the mammogram and another ultrasound. Thats why Im so scared. Theyve imaged this breast twice already and keep sending me for more imaging because it doesnt look right. They wanted me in sooner but since they will only allow me to have the results read by one specific radiographer thats been there the longest they have to have a father out appt which also is stressing me out more. ETA: Thank you though, I am probably way too stressed and there are a lot of plain cysts which is probably making all of this much more difficult for them to figure out what the odd spot is. Boobs are complicated and way more work than I ever thought they would be

Children catcalling ? I just wanted to share a horrible interaction I had about a week ago from this post and see if any other women have had anything similar happen. I was hanging out with my ex and we were walking back to her place when we stopped at an intersection waiting for the lights to go green so we could cross. This was a pretty busy intersection with a lot of cars around. As were waiting, a group of 6 or so kids on their bikes (around the ages of 6-10 by the looks of it) were waiting just behind us and one of them started making comments about me and saying emo baddie in a stupid ass tone of voice (yes I was dressed emo). I didnt respond at first but he kept going so I turned around and said excuse me ? I was looking him dead in the eye and he said it once again right to me. I asked how old he was and he said he was 5, idk if he was lying but to me he looked a bit older but still not more than 10 years old. Luckily the lights turned green shortly after so I walked away before things got worse. This is the first time Ive ever went through something like this. What the fuck are kids doing nowadays catcalling adults ? Has anyone else had any experiences like this ? Its fucking disgusting. Shits got so bad literal children are catcalling now.

I put on 20 lbs in the last 4 months I just need to vent. This is the heaviest Ive weighed since middle school. Im 51 and 150 lbs, which is a lot on a small frame. Its a combination of things. Ive had to deal with a lot of trauma and change the last 4 years (breakup with abusive ex, ended several toxic friendships, dog died, mom died, best friend died). I moved to a new city and state across the country (which I love!) Ive made a wonderful circle of friends here and we regularly get together for dinners, drinks, festivals. Im dating an incredibly sweet and caring young man and we frequently go out for dinners and drinks (and activity based things too like hiking) (+he loved me because of me, and loves my body no matter what shape and size) Ive been working out- strength training, aerial silks (which Im terrible at but noticed a huge shift in muscle gain from it), volleyball. Its been cold and rainy all winter so less walking outside, more cozy nights in with hot cocoa. I stopped taking hormonal birth control a month ago and switched to the paragard iud, my hormones are still balancing out. All this is to say, Im trying to be really forgiving with my body. Because of all the changes Ive had to go through in such a short span of time, and remembering my body is the least interesting part about me. But goddamn. I miss fitting into my clothes and I dont want to buy new ones. I miss my defined jawline and slim cheeks. I miss seeing the muscle definition in my arms, abs, and legs. I miss feeling both light and strong. I used to teach yoga and I practiced everyday, now it almost feels like a burden to get on my mat. Ugh. Its just been so much change to keep up with. Im at a cross roads because after feeling so low for so long, Im now feeling so happy with my life, I dont really want to diet again. I hate restricting and I hate that I cant eat what I want when I want and still have a slim body. Fuck. Im so sorry youve had to endure so much in such a short period of time! I know youre going to get back on the wagon, no problem. I also think you should go and buy yourself two cute dresses\* that you can rock the hell out of. Wear those when youre feeling your lowest about your body. Have them taken in when youre back to the size you want to be. You dont have to buy a whole new wardrobe. Just a couple of pieces that fit good and make you feel happy. I find happiness is the first hurtle to making progress to better health. Help the mind, it then helps the body. (\*if you are dress adverse, then swap for one ensemble of clothes that you love to wear. I recommend dresses only because theyre easier/cheaper to take in then other combinations. You do you, girl!) Hugs! Your body is going to change with the season of your life. The best thing you can do is to give yourself grace. Resist the urge to make dramatic changes in your exercise routine and diet. Instead, focus on small, healthy habits. Example: Dont give up pizza, but have a salad and pizza. Dont try to do two-a-day workouts every day each week, but maybe try a new class or a new workout. Dont completely give up going out for drinks with friends, but try to drink a big glass of water between cocktails. Good news is, its March! By the end of this month the weather will be nicer and it will be more accessible to go for walks and do other outdoor activities! Buying new clothes not because you want them but because you dont fit into your old ones sucks, but you also cant walk around naked, unfortunately. Buy yourself one awesome outfit that fits your body as it is right now. One outfit that makes you feel amazing. Make it something for a night out or something you can wear to work. One more hug, just for good measure. [deleted] Please try to look forward, not back. You havent done anything wrong. Have you looked up your BMI? I did and I dont think its as bad as you think. Something that worked for me echoes what cologne said. I made smaller sustainable changes. My weak spots were French fries and beer. I cut my intake of both roughly in half and exercised a bit more.

Mammograms and small boobs Hola! Ive hit the age of my doctor telling me i need a mammogram. I am very nervous about it. It feels like that one time i got an IUD and they said oh just take some ibuprofen and it will be fine. The worst. So painful. Anyway, Im psyching myself out with the surprise pain of that and medical anxiety itself. So... Little boobed ladies.. how is it really? Im 36A Ive heard the bigger your boobs the more it hurts. I havent had a mammogram yet nor am I little boobed. It hurts, no lie. They have to really squish (and pull) them. But it only lasts a few seconds, and cancer is more painful and long-lasting. I have never found them particularly painful. Slightly uncomfortable but not painful. Having said that, I dont have particularly sensitive breasts. Other women with more sensitivity might feel more discomfort. I am fairly well endowed and I will take a mammogram any day of the week over a pap smear and Id have a mammogram twice a day over an IUD. I dont know if my radiologist doesnt squish the hell out of the girls, but it isnt bad at all. Ive had worse blood pressure cuffs. I dont mind pap smears I think my body has a response since Ive had a uterine biopsy without medication. Ever since then, I just cant relax to make the speculum ok. Omg. I find them painful. My first one was not gentle. My second one, she was really careful and considerate but it still hurt. I have small boobs too and I dont find mammograms to be painful. Awkward and uncomfortable, sure. But its a pretty fast process and not too terrible. More squishing pressure vs actual pain. Good luck and great job taking care of your health! Worst part for me was having to do some sort of bullshit like yoga move, hold that position and not breathe while this machine crushed my fucking chest. The boob squish was uncomfortable the chest crushing sucked 😑😖 And Im in decent shape. I dont know who those little old grannies do it Im not looking forward to when I need to get them done, primarily due to knowing I have dense breast tissue, which will mean that the mammogram will be all but useless and I will need an ultrasound. Which I know from experience is actually mostly pain free (discounting when they pressed on the benign cysts that I was in there for 😓). Which is also how I found out that mammograms wont do much (helpful tech was helpful in giving me a warning). Unfortunately she said that most insurance will make you get a mammogram first, wait for the results to say inconclusive, and then allow you to do an ultrasound, rather than just telling them it wont work and skipping the boob squish-o-matic. Thats so lame. Ultrasounds HAVE to be cheaper [deleted] [deleted] I found them very uncomfortable and sometimes a little bit painful but not horribly painful. It lasts for a minute or two while the images are being taken. Once your boobs are free from the machine, the pain is gone. Newer mammogram machines are much better. I used to have to do ultrasounds because I have big dense boobs. But I havent had to in the past few years. I have implants and recently had a mammogram. It didnt hurt at all, and the nurses were super caring. Maybe I was lucky but even with displacing the implant it wasnt at all painful. Hopefully you will be ok. Holy wow, it was displaced?! I never thought about how that would work Its uncomfortable. Not much pain if the tech is gentle. Tell the tech its your first time, and they will try to be gentle. Some people take advil or whatever beforehand. Any pain felt goes away once you are unclamped from the machine. Yes, it didnt bother me, the nurses were great and implants are moveable to a certain extent. But be heard horror stories but I had zero issues. I heard its based on your breasts density, not correlated to breast size. Oh sweetheart, Im so sorry. I have this incredible midwife who goes really slow and lets me basically kegel in the speculum so that my body is leading and it isnt a push through the freeze response. I wonder if you could find someone super trauma informed like that to help with your pelvic health in the future? SO MANY OF US are coming to our doctors for regular care and bringing sexual, reproductive, and medical trauma with us. They tore my small-breasted moms tendons off her bones when they did a mammogram. Im so angry for her. Im here because Im reading on this thread because Im not sure I ever want to get one. When people say small breasted theyre often still thinking of cup size. Cups really dont make sense for my breasts. Bras have always just gaped over my chest. Im very small breasted. The breast tissue is like a flat pad that starts way around my side under my back armpit and wraps around the front of my body. It does not dangle. It is not pendulous. You cant sqeeze my breasts. You could press them flat against my ribs, but squeeze from the sides? Not for truly small breasts. You could pinch the nipples I guess, but what good would that do? Im really worried that Ill get a tech on a bad day who is frustrated with my breasts and their incompatibility with the design of the machine and will just keep cranking to try to get the breast to fit in a machine that isnt made for it at all. Can you update me? I have the same question. I really really dont want to get a mammogram but my medical team wants me to. I am very, very small breasted. Ive been watching videos of mammograms to try to make myself feel better, but it makes me feel worse as it honestly doesnt look possible to make my breasts do that. It was not until an entire year but, fun news, I found a lump in my small boobs last week. Doc says to watch it for 2 to 3 months if it grows or is still there l, I get to bump up my date! Im very nervous about it. Im more nervous about the mammo than this lump. I wonder if they can give me a Valium. If you get one first, please let me know! Oh wow. I really feel you on the fear. I started a conversation about it in a new thread. Im getting some good suggestions so far, especially: 1) They may be able to use ultrasound instead of mammogram if I really refuse the mammogram. 2) Communication isnt a guarantee, but it CAN help. So when you call to schedule, talk to the scheduler about your fears and ask for the gentlest, most compassionate (or most experienced) tech if possible. And when you enter the room, tell the tech about your fears (in my case, medical trauma history) and ask her to be gentle with you. I really worry about the culture of well just be grateful its not as bad as cancer. Cancer is absolutely horrible and neither you nor I want to get it. For those who have had it and read our fear of mammograms, Im sure their own medical trauma makes this a hard read. If we do get cancer, too, we take it seriously (which is why we even CARE about pursuing a mammogram). But also, we deserve to have our bodies treated gently as we take steps for our health. Big hugs and best wishes.

Im jealous of every women with larger breasts Title says it all actually. Im so insecure about my chest that I get jealous of every woman that has breasts big enough to get a cleavage in a bikini or clothes. I know that a lot of women have problems with back pain and some say that theyre unhappy with the sagging, but I feel like Id rather deal with that instead of being so insecure about having small tits. I feel so unfeminine especially in summer when I see all the beautiful girls with a cleavage. I think Instagram plays a big role in this insecurity. Im so used to see all the edited breasts with mostly implants in them that I dont even know what a natural breast is supposed to look like. Dont be jealous. Breasts are so beautiful in so many shapes, sizes, colors. They are there for babies. Our society sexualized them. I cant speak for others but I find all body types to be beautiful. Please unfollow Instagram accounts that dont support you or align with you views. I have nautral breasts and could never imagine putting plastic in my body.... I just knew of a woman who recently had her implants removed for so many reasons, one was that they were making her sick. I know there are other men an women out there that feel the same way I do. Im sure theyll speak up here. I think there are probably very few people who are 100% happy with their boobs. I have big boobs and have always wished I had tiny ones. But Im queer and a tomboyish and my boobs are stupidly huge (yes they give me back and shoulder problems). Dont forget alot of models and social media photos are photoshopped or air brushed to make boobs and cleavage look awesome. Have you considered getting a boob job? [deleted] I was the same way. Had my kid, even after nursing my boobs were a 32a. Got a boob job at 35- BEST decision I ever made. Now this is just me and I needed to do to feel good about myself. There is nothing wrong with plastic surgery and theres nothing wrong with your boobs. YOU have to do what makes YOU feel good. The only advice Id give is to wait if you choose to have children because your breasts will change in structure and elasticity. If you dont want to wait and you feel like this will improve your life now- then girl DO IT. I totally get you. I lost a ton of weight, havent left home for over a year and actually today I finally went out, went to put my bra on, it was a B cup bra, and since I lost a bunch of weight, my breasts are only taking up 1/3 of the cup now. I feel like a plank. I dont even know what cup Im supposed to wear now or if there even is one for me, do I just do no bra, Im lost. Mine are also saggy with all the extra skin thats dangling. Im planning to get a breast lift surgery one day but once they remove excess skin, I will literally be a plank. Husband says Im beautiful no matter what but when I ask him if hed feel like a man if his balls were cut off or tiny like m&amp;ms, then he understands my point. I wouldnt want huge ones, id like at least a nice handful, like, something to grab that isnt excess skin. Big boobs are great - while youre young and theyre still perky. After pregnancy, breastfeeding, a significant weight loss and the ravages of time, my once-large natural breasts are now so, so sad looking. I dont think many, if any, women are totally satisfied with their body. Its the only meatsuit Im going to get, though, so I try to keep my focus on my health and physical strength/ability over looks. Are you open to breast enhancement? Nothing wrong with that, either, if its financially attainable for you. I enjoy the anesthetics of my large breasts, but Im 28 with chronic back pain and Ive had 2 spinal surgeries so far due to damage caused by lugging them around. I wish they were like tires or balloons and we could just inflate them to the size we like each morning, with none of the weight. Me here wishing I had small tits coz honestly mine arent \*that\* big and they do not hurt my body in any way but still I wish I had smaller breasts coz its just about preference. You can have prefrences too but dont judge your own body because of them. You dont have to be in love with your body but atleast like it. I bet youll be wishing for your present body when you turn 30 and wishing for your knee pain to go away when you are 50. So enjoy your body while you can. Look at yourself in a way that makes you happy. You dont know how many people secretly crush on you. Maybe for some , breasts size doesnt matter. It would be a shame if someone else has to remind you that youre beautiful. Start appreciating your body. Like you appreciate your fav food, your cute clothes, your best friends. In case this is part of it, lots of people find small breasts more attractive than large ones. Its pretty much the same as penis size. Society loves to talk about how size matters and its all about bigness, but the truth is every size is the right size for the group of people that prefers it, and there is that group of people for every size and shape of every body part, including breasts. So you may not attract men or women who need to have big breasts in a partner, but thats okay because no one is attractive to everyone. You will attract people who either dont care or prefer breasts in your size. And those people wont be more attracted to someone with larger breasts, theyll be more attracted to you. So its not about being sexy or not, its about realizing that sexy is relative, and if youre not your type, thats okay. You are someones type. [deleted] I understand that you feel insecure about your body, and I wish you find happiness or at least neutral acceptance of your body. However, while some people here are certainly well meaning by suggesting you look into breast implants, PLEASE look up breast implant illness before you make any major decisions about your body. Its only recently been recognized as a real illness but it can really mess people up. Best wishes. Well Im jealous of every woman who hasnt been objectified since the age of 16, can buy bras that dont cost a fortune and are easily purchased locally, can buy button down shirts that fit without looking like maternity tops, can buy a damn swimsuit that doesnt cost $200 because it has to have underwire and be available by cup size (hello 34G), can easily wear dresses off the rack, oh-and hasnt ended up with severe neck and back problems requiring injections every 3 months because insurance wont pay for a reduction. Grass isnt always greener. Large breasts come with a whole host of problems, some annoying and some literally painful. You just listed up everything I wanted to point out. Having big boobs is annoying and I envy the girls with rather smaller ones. For me its painful and very difficult to find any clothes I like that also fit my chest. Honestly, I get it and relate. There is so much societal pressure on women to have a certain shape and form that not having it almost feels like...failure? Somehow? It doesnt help that so much of womens clothing and style is designed around the idea of cleavage, meaning things fit awkwardly without it which also reinforces the notion its a wrong body type. The worst part is Im an avid feminist and know enough women to \*know\* that its irrational and dissect all the institutionalized, internalized misogyny that leads to me feeling this way and can still end up feeling it. Worse, Im even a survivor who is \*deeply, intensely\* afraid of being sexually objectified to the point that I cant go out in public without being most covered yet still feel like there is something wrong with me, even knowing it would just terrify me more. The shame almost makes it worse. I dont really have a lot of solutions beyond trying to work past the social messages about what body types women are supposed to have, meeting and talking with other women who relate in security and confidence, and trying to work past shame. Shame is always destructive. Its not helpful to shame yourself over not having big breast, \*but its not helpful to shame yourself over wanting them either.\* If its something you truly want, even if you rationally feel like its wrong to want it, thats okay too as long as you dont shame other women who dont. Just focus on being happy and developing a healthy relationship with your body. If you decide you want plastic surgery and can afford it, thats okay too regardless of your reasons. You dont owe anyone an explanation to do what makes you happy in your own body. ...And I absolutely encourage getting off Instagram. That stuff was hell on my mental health, and we already get enough of that body image shit from advertisements, television, and everything else. Breastfeeding mom here. I started with 30b/c with low projection so also no cleavage ever. Now after seeing myself with larger breasts at 30e I can definitely say I prefer my smaller boobs. These larger ones are out of proportion to the rest of me and just makes me look bigger and top heavy. I get the rest of your comment but some of us without big boobs have been sexualized since we were teenagers too though, why act like thats a problem only for women with big boobs? Try not to judge yourself based on other peoples standards. Accept your body as it is. Small breast are just as great as big breasts. Delete Instagram. Its the best thing you can do for yourself tbh. I feel so much mentally healthier since having gotten rid of it. Helps you focus less on others and more on yourself. My little sibling has bigger breasts then I do. They identify as NB but gid, Id gladly exchange chests with them (they would too) if it means Id have a bigger chest. So many ppl though they were older than me! Maybe this is verging on being a bit inappropriate, but I say it truthfully and sincerely. I (a straight guy) much much muchly prefer petite breasts. I also know that Im not alone in this thinking. I grew to a C cup by 11 and my boobs were never perky. Ive always been super insecure about th

Im going for my last attempt at an IUD replacement before surgery! [deleted]

NuvaRing >> Paragard or Mirena | Journey to no hormones? [29F / No Kids] This post has been removed. Please repost this without the [29F / No Kids] tag, as this subreddit does not moderate in accordance with that tag. Posts with misleading tags can lead to confusion by the community regarding moderation standards. Tags supported are: [Support], [TW], [Trigger Warning], and [NSFW]. If your tag was one of these, please [message the moderators](http://www.reddit.com/message/compose?to=%2Fr%2FTwoXChromosomes) so we can fix it. [You can check out our Moderation Policy here.](http://www.reddit.com/r/TwoXChromosomes/wiki/moderationpolicy) Thank you! \*I am a bot, and this action was performed automatically. Please [contact the moderators of this subreddit](/message/compose/?to=/r/TwoXChromosomes) if you have any questions or concerns.\*

Cosmetic hip implants pros and cons? [deleted] Excuse me, what!? I just learned something new. Im going with no. We are just now starting to understand that implants are dangerous. They cause scarring and inflammation. I do like butts but not enough for implants Con: dangerous, will not validate you Pro:??????? This sounds interesting for someone like myself who has extremely narrow hips. But I wonder what would happen if I was pregnant? Dont our hips widen or am I being stupid? Not to mention that hips are very often a pain issue later in life so its probably adding more tension to a vulnerable area. Honestly, I think this is a thing cosmetic surgery will be pointless for. One of the biggest advantages of wider hips is a thigh gap and obviously that wouldnt be affected unless accompanied with lipo or something. They need to make hip pads to add under dresses or jeans if anything. That way women with hip dips and narrow hips can create a smoother, better proportioned silhouette without going under the knife. [deleted] Is it too early to start drinking? I have a friend who is an anesthesiologist and she told me no matter how healthy or in shape you are, anytime they put you under for surgery, your life is in danger. She understands why people get cosmetic surgery but if they knew the actual risks, they might choose otherwise. Some unidentified health issue could cause a life threatening emergency and it happens more than you would think. And even if nothing goes wrong and she likes her new hips, whats stopping fashion from changing from the Kardashian hourglass figure back to heroin skinny in 10 years?

My Best friends husband groped me . I went to a charity fundraiser tonight for education . I was invited last year by one of my best friends and so this year I invited another dear friend and her husband to spread the word and fundraise. We began the night with drinks at a restaurant/ club then commuted to the gala together . While walking in to the main event - with my fiancé ahead of us and my dear friend ever so slightly behind me - her husband reached around my shoulder ( as you would a buddy) and repeatedly squeezed my pec muscle - just above my nipple. A bit like you would squeeze a stress ball . Hes a surgeon ( as is everyone in this group- except for me ) I received breast implants less than 3 weeks ago- which Im very open and vocal about with my girlfriends. He said , does this hurt? While grabbing my muscl/implant that is still a bit high . I said ,no, its not as bad as I thought . And moved away while walking quickly to find the entrance of the event . Please convince \*my wife\* to get them - he said this repeatedly while squeezing - I walked faster in heels I have no business speeding in . We did the event for less than two hours but I was a bit of a mess We left early and I told my fiancé what happened and my best friend that invited me last year as well as my ex husband ( who was watching the kids -one his and one my fiancés ) They were livid . They said I was sexually assaulted. Im 34 and this has never happened to me . I have been crying since and I never cry. This was a charity for underprivileged kids and I was one . It was so important for me to be on the other side as someone that lived in group homes and traveled the country living in homes post Hurricane Katrina . This is a mess of a post , but his wife is one of my closest friends and I dont know what to do. She told me recently he cheated on her while she was pregnant with a nurse and they worked through it .her kids are friends with my kids . Im at a loss. I feel gross and nauseous but I dont want to create drama . UPDATE: I told her when she was alone on a phone call just before the party . She was apologetic &amp; horrified. I told her that anyway she wanted to proceed I would respect and I just didnt want to talk about it anymore unless she had questions . Then we got to the party about 20-30 minutes later. we were the first guests . Her husband didnt say a word. Didnt make eye contact . Nothing. He and my fiancé just ignored eachother . I assumed she told him but hes an awkward guy at baseline so I wasnt sure. At the very end of the party she and I talked for a moment after everyone had left . She said she did tell him . He was embarrassed and blamed alcohol but also said he didnt remember it happening and cant believe hed do that. She told him to apologize . A whole adult man needed his wife to tell him to apologize …. She told me I should get a text and repeatedly asked if I was ok, she was so sorry, and she loved me . I have no idea why he didnt immediately apologize when we got there . The kids were off playing arcade games . It would have been the best way to handle the situation. Im not sure if I should have gone, but I didnt want my plans with my kids to change because hes trash. He created drama, not you. This guy is a piece of shit and deserves to be exposed. Logically I agree . My emotions are going haywire and I dont want to hurt or lose my friend . Close friend, your husband asked me to convince you to get implants like mine after he reached around me and grabbed my chest above the nipple and squeezed when we were walking into the gala. Your husband is no longer welcome around me or my family. He is not to contact me in any way. Then just let it sit for a few days. Wow thats sounds so fucked up. If someone told me my husband did this Id be horrified . I hope it doesnt ruin the friendship , but if it does then so be it It sounds fucked up.. but, after reading what you wrote, it sounds like a message similar to this would both fulfill his request and let your friend know the context that it happened in, so she isnt left wondering. Your husband liked the way my chest felt so told me to convince you to get one like mine, isnt going to go over any better. Your husband wants me to get you to get surgery for him? Nope This happened, this was the context, I dont want him near me. It is going to hurt her, but you need to protect your wellbeing, which means not being around him. What he did was not cool. You are not creating drama. I dislike that word immensely. Most people who accuse others of creating drama are really saying I dont care about your pain and dont want to hear it. I would avoid inviting the husband along in the future. If they dont understand your feelings, then they are not your friend. A true friend would side with you. You did nothing wrong. He did everything wrong. It seems like he is extremely calculated and specifically said something that would successfully triangulate you both against each other - he knows she would begin to resent you if you tell her what he said because he has placed you above her physically. This is also great for him because he knows that she either wont believe you or she will drop you and keep him - isolating her - perfect for an abuser. I would agree with u/tens55 comment that lays out what you should text her, I actually would not advise telling her what he SAID, only tell her what he did. Unfortunately, you should be ready to lose this friendship. Its not looking good. If you really want to help her, let her know that if anything goes left in her relationship, that no matter where you both stand, she should not hesitate to contact you and that you will still be there to help. Shes going to need it. This person is \*\*not\*\* a safe person to be around, and it definitely seems like the violence will escalate. He sexually assaulted you. Report it to the police and ruin his life. He deserves it. [deleted] Just here to say Im incredibly sorry this happened to you. Im really horrified he would do that to you. I hope you consider reporting him to the medical board of your state, he is too brazen with his assault to be practicing medicine. You are probably not the first woman that has been assaulted by him unfortunately. Whether or not you lose your friend is up to her. If you do, thats sad, but keeping quiet about it is worse. I want her to kick him in the dick as hard as she can next time she sees him and ask, Does this hurt?. So YOU wont be creating drama. HE created the drama when he sexually assaulted his wifes good friend. And if he does this shit out in the open, then hes absolutely COUNTING on YOU to feel shame/fear for something HE did. Be the good friend, She already told you he cheated on her, dont let her think hes not also propositioning her closest friends. Lastly, a guy who went to my childhood church did this, and literally bragged afterwards how at least now my ex has no friends So I am of the belief that this is strategic, not only to test the waters for more sexual advances, but to break down his wifes support structure, so she has no one to rely on The husband of a close friend tried being inappropriate with me, but I just brushed it off and did my best to avoid him, a few months later he did the same with another girl and his wife saw, turns out hed cheated on her hundreds of times and slept with another of her friends. Id just thought it was some drunken confusion, kind of wished Id told her. His access to (often anaesthetised) women gives him a sense of entitlement. This is one career of choice for predators You said your friend already knows of one instance where he cheated. So it would not be completely new to her that her husband cheated again. And if you kept quiet and it emerged then she could come after you anyway with allegations that you were complicit. So Id say there is no benefit to trying to avoid hurting anyones feelings. Its him doing all the feeling hurting, not you. What he did was definitely sexual assault. And it was shitty behavior. The remark about your implants and convincing his wife to get them...ugh. More than likely, your dear friend already knows her husband is crap and working through it probably means detente until their children exit the nest, at which time she or he or both will end it. To her, this will be one more example of his ongoing shitty-ness. She wont see it as an attempt to cheat again as no mature woman would see breast honking as flirtatious or a come on. It is not your fault hes a gross-ass human being. Its his fault for putting you in this situation. On the other hand, he spefically asked you to speak with her, so something like, Hey, your husband groped my chest and asked me to convince you to get breast implants. If you ever need help getting him out of your life, know that Im here for you 100% If shes your best friend- you need to tell her. Ill wait until after her little ones birthday party this morning . Im notorious in our group for Irish good byes so Im not Sure she noticed my quick and silent exit. We text daily and usually after an event . Part of me wonders if she saw what happened . If you lose your friend over the truth, that wasnt a friend worth having. I think she would believe me. Part of me wonders if she saw what happened. There were hundreds of people and no opportunity to talk. She did ask me to walk to the restroom with her, but I declined. Im realizing while reading through these comments that it was more than likely a calculated move. Not long after my surgery she and I had a play date for our kids and he showed up with her. I was surprised . That had never happened before. Thankfully I was dressed in sweats and looked like a potato so didnt need to change. I also dislike how I worded that . I was in a bit of a tizzy. I made her kid birthday favors for his tiny get together this morning and I think Ill send my fiancé with them and

Got my bislap today but hospital mad me very angry. So I had my Bislap done this morning and removal of my IUD. The surgery overall went great Im now at home resting with a minimal pain but as I was getting ready to be discharged the one nurse just dehumanized me. So after I woke up they wheeled me into a room basically a open space with just curtains to cover the space. The nurse hands me my stuff and says time to get dressed, mind you theres so many people around and I have grown men patients all around me so I wasnt very okay with getting up and getting dressed in the open. I asked her where she wanted me to get dressed she said right here Ill close the curtains. Well the curtains wouldnt close fully and I ask if theres a more private area to change. Im naked with a gown on and all these strangers around me on either side... I broke down crying saying I feel exposed and just want to get dressed privately and not with random men standing feet away from me. She finally scoffed and agrees to let me get dressed in the bathroom. This just mad me incredibly angry. Im just out of surgery and they expect me to strip with random men and people around me. Am I overreacting or should the hospital have given me more privacy? Complain to the hospital administration and also to your insurer, cause that is fucking ridiculous. Im so sorry you had to experience that. I dont think youre overreacting at all, especially having recently come off anesthesia. I always feel out of it and more vulnerable when just waking up like that. I know hospitals cant accommodate every request, but what you asked for was extremely reasonable. In fact, you shouldnt have even had to have asked in the first place. They should want their patients to feel safe & comfortable, especially when coming out of surgery. Thank you! Yeah even before surgery being naked with a thin blanket on me felt exposed. I was very woozy still but I re assessed the situation and said no this isnt right Im not getting naked with a thin sheet only standing between me and random men and doctors all around me.. Oh Im going to once Im feeling more up to it. I felt they just wanted to rush me out of there and could care less about my privacy.. That sounds awful! Im so sorry that happened to you. Was it a busy larger hospital? I know at my little one we have alcoves for post op that have fully closing curtains and private rooms just in case. I cant imagine how that would have felt. Definitely talk to the admin and patient experience/care coordinator. If it has progressed to a patient in tears they utterly failed with patient experience. Thank you oh going to call first thing tomorrow morning. It was honestly sick how they just wanted me to struggle getting dressed naked right after surgery and I had to cry to get some privacy... I dont think so? The curtains wouldnt fully close and I didnt feel comfortable struggling naked from surgery being vulnerable with rando men around me. So yeah I guess I am overreacting! Thanks Nah. The curtains wouldnt close all the way and I have e holes in my stomach struggling naked to get dressed with men around me yeah totally overreacting. Youre also a man so I see why you have no problem with this. I was in the hospital for a couple of days a little while ago. Not long after, I got a survey in the mail about how they did, and there was a section of questions about how well the preserved my modesty and dealt with privacy issues. So it sounds like it matters. In your situation, Id be freaking pissed. Its definitely worth complaining about. Thank you! Yeah Im going to call tomorrow and tell them how uncomfortable I felt and how they should have handled it better thanks for the advice ❤️ So, I had the exact same surgery (down to IUD removal) last June, and I had a completely different experience. After the recovery room, I was taken to a private room to chill for awhile. My husband was with me, there were nurses checking on me, and they fed me some juice and snacks. They also made sure I peed before I left. I think I got dressed in the attached bathroom? Your experience sounds so unpleasant, Im sorry. Definitely complain. Youre not overreacting. Im so happy they gave you a private room! Yeah when they wheeled me to the discharge hallway room I was confused on why Im out in the open with all these random people. Thank you and Im going to call in the morning because I just felt like I had my privacy taken away and expected to struggle getting dressed with a broken curtain that wouldnt close and pretty much all male patients around me... thank you for youre kind words 🙏 😊 Also why is some hyper sexualized account telling me how I feel? Youre nasty Thats horseshit and asking for privacy is not asking for too much. Its asking for the bare minimum. Absolutely, type up a letter & send it in with your survey if you need to as well, if they send you one, I never have enough room. That wasnt right at all. Im so sorry you were treated that way. Do you know the right dept to contact? Still complete the survey when you get it. Do you have the nurses name? Use it. I had a nurse who kept calling me hon and I dont live in the south. I was in the hospital for a colonoscopy so just for a couple hours. Ugh just being called hon drove me crazy. I cant imagine trying to get dressed after surgery while not being in some kind of privacy. You have every right to be pissed off. I complained about being called hon! Ew I hate when random people give pet names. Its not cute its disgusting in my opinion. Yeah I tried telling my doctor what happened and she dismissed it as I was just coming off the meds and not fully aware like um lady I was aware of what was happening and in tears asking for privacy.

My Tits Always Hurt UGH! Maybe its because of my hormonal IUD? idk. I had it for two years before this started happening. But, yeah, I(31f)m frequently in quite a bit of pain. The internet is like Its cancer or stress or nothing. Take advil if you need it. I got felt up for cancer. Came out clear. Im not stressed. I havent worn bras for years. I dont drink caffeine. My diets pretty good -- lots of whole wheat. I dont really want to take tons of advil indefinitely. Are there any home remedies that can help with this? Anything that helps regulate hormones? Any possibility of a change in bra size? An improper fit going up or down in size can result in sore boobs. Oh, I dont wear them. Im an A or B cup. Should I start wearing one? Maybe 🤷‍♀️ you could buy one &amp; give it a try, just to see if that fixes the sore boobs problem. There are a lot of inexpensive, comfortable choices for bras, so it doesnt have to be a major investment. I suggest avoiding underwires (they suck) &amp; make sure it fits right before you buy it. I have no idea if theyre worth anything over there (never been, myself), but theres always r/medicaladvice, too! [deleted] [deleted] So, my tits ache constantly in the cold. I use hot hands hand warmers in my bra when its chilly. My doctor, upon asking her said, What?! Its seriously that bad? Keep doing what youre doing, Ill look into it. I have no idea what is going on with your boobs. She still hasnt figured it out, but apparently its okay for me to use hand warmers on my nipples in the interim. I know, this has nothing to do with what you said, except that sometimes tits hurt, and no one knows why.

Found out my mom has had breast implants my entire life Last year, my mom had a conversation with me where it was clear she was sharing something heavy for her. And it turns out, she got breast implants sometime after my sister and/or I was born (i.e., \~30 years ago). It came up because theyre causing her some problems and she needs to get them replaced, so she needed to tell me because shes getting surgery. I think about this conversation all the time, and Im still not sure how to feel about it, or if I want something from her. When I was younger, I struggled with binge eating for many, many years, and was nearly overweight. She said some body and fat-shaming comments to me a couple times that have stuck with me to this day. And once, she commented that my breasts are so much more fleshy than hers. At that time, the tone of it meant to me that 1) this was because I was heavier (shes always been thin), and 2) my breasts are less desirable because theyre fleshy. So in this conversation we had last year--after I heard her out and validated her--I was like, So hold on a second. I have memories of you commenting how fleshy my breasts are. It made me feel like you were putting me down. And she responded, claiming she was expressing ENVY that HER breasts dont look more natural. And I told her thats really beside the point because it sounded really negative at the time. I wanted her to take accountability for that, and it just didnt compute. As much as I love my body, Ive always thought my boobs squishiness and not-perfect-circleness has detracted from my beauty. My mom has a limited emotional toolkit. Literally, my therapist gave me a tip this week for interacting with my mom that is normally used for people with dementia. Even if I did want something from her regarding all this, I dont know that shed be able to give it to me. I just wish that she would have told my sister and I. I acknowledge that my mom still clearly has unresolved shame about her own body, but growing up seeing my moms perfect, round, and perky breasts, and thinking How didnt I turn out like that? was also really harmful. Literally just passing it on to the next generation. Does anyone else relate? Is there a point or purpose in talking to her about it again? Its a shame you were led to feel badly about your self. From the sound of it, let your mom do mom stuff and you get to enjoy your body as you know it. Apologies only work if youre certain they were sincere \*and\* you are ready to accept them, and this one sounds like an afterthought. [deleted] Thats well said. Yeah i dont think its gonna happen. But that doesnt stop it from feeling unfair! Thanks for responding Whoa whats the tip for people with dementia? I also have a mom who is garbage at emotions. Me too and something I realized is you cant bring up past grievances with these types of people it just doesnt work. You gotta nip it when it happens and that still might not work. With folks with dementia, talking is often not the best way to communicate, so my therapist asked me to think of times when we \\*are\\* in our element, and use those activities to enjoy the time we spend together more. Like cooking together or having a dance party. Its a good tip! I live 2000 miles away, but Im going to visit in a couple weeks, so well see how it goes. Its a good perspective shift and makes me feel more empowered in our relationship already. Darn, I was hoping for like a spicy communication hack. My mom like does not enjoy spending time with me so even if I pushed myself to go outside of my comfort zone and make an effort to do things she enjoys with her, not sure it would be effective. Will definitely Google some dementia communication hacks though! Dude I think parents are just tough. Ive been recommended [Adult Children of Emotionally Immature Parents](https://g.co/kgs/au9La4) and it might be helpful to you. I only got about 20 mins into the audiobook because it is super accurate and was too real for me all at once Yeah right now were in the I am deeply hurt by your sudden suicide attempt 4 years ago stage of events when my actions were triggered by the literal abuse she raised me with. Was so happy when she was enthusiastic about doing family therapy a few years ago because I thought it would be a positive step towards healing our relationship; but she just wanted a place to vent about how annoyed she was with me in day to day life and she refused to talk about/acknowledge anything she had done in the past and the therapist seemed to be ok with that. So I quickly removed myself from that situation lmao. That is horrible! I am so sorry you went through that attempt, and that youre situation with your mom is how it is. That is a shame that the therapist didnt make you feel seen or supported. Ive only ever tried to find therapists for myself, which is difficult enough. Finding one whos a fit for both of you is probably a taller task. I hope you check out the book but read it when you have time for Feelings. I need to give it another go Yeah definitely gonna check out the book! Thanks for the rec This post is extremely interesting to me because I have a 6 year old daughter, and I also have breast implants. Theres a possibility theyll be removed before it would even be a conversation (they are 11 years old already), but its important to me that shes never in the same state that I was, feeling like I need to take extreme measures to be desirable. Can I ask how you would have wanted your mom to explain this to you? How she could have done better? Minus the issue of past negative comments. Do you wish she talked to you about it earlier in life?? &amp;#x200B; xoxo Yeah, I would have loved to have a conversation about body image and positivity at some point. Like, Your body will keep changing throughout your life. You may be lighter or heavier sometimes than you want, or weight may go to places you dont want it to, but know that you are beautiful they way you are (though media may say otherwise). I was in a place where \[reason (e.g., my mom said her breasts got smaller after childbirth and she didnt like the way she looked anymore)\], and I decided to get breast implants. That was my choice. It doesnt mean that you need them, or that breast size determines how attractive you are. But I wanted you to know that, and know that though we share genes, if you look to me as an example of what you may look like when youre older, know that your chest probably wont look like this! Something like that?? Im straightforward and like things out in the open, so I think this is probably the conversation I would have wanted. I hope that helps, and thanks for asking and empathizing!