Bleeding, Implantation or Plan B side effects? A pregnancy test will be accurate 21 days after the sex in question or on January 13th. 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)

No one told me about the risks of getting a contraceptive implant Im sharing this article, that Ive translated from Norwegian media, as some of you might have similar experiences. I too felt extremely pushed by my doctor to get the contraceptive implant by my GP. He never explained any of the potential risks, which I think is extremely important in order to let women make informed decisions about their health. And thats especially true when you try pushing the patient to make a different decision on the spot, I had never even heard of the contraceptive implant before. I just wanted the progestogen-only pill for period pain. Now Im glad I didnt listen to my doctor who tried to push me get the implant. THE ARTICLE: When 22 year old Susanne from Stord was to start contraception as a 16-year-old, she was told by both the doctor and the nurse that the contraceptive implant was the best and safest alternative for her. Nobody told me then about the risk. The first implant Susanne had inserted, she had no problems with, and it was therefore natural to continue with the same type of contraception when it was time to take it out three years later. But when she had to replace the old one with a new implant, it did not go as painlessly. It hurt a lot to take it out. What I think happened was that when the doctor opened up and took out the old implant to insert a new one, he pushed it in too far. Three years later Im sitting in this shit. The doctor who performed the insertion does not want to comment on the incident. For now that three years have passed, it is really time to take out the implant, but due to the location of the stick, no one wants to try to get it out. Susanne says that she has been to hospital after hospital this spring, and there are no doctors in her home municipality or home county who want to operate on her because it is too close to the nerves in her arm. Once she came as far as the operating room, but there it stopped. - I had an appointment for day surgery, they had drawn up where to cut, I had been given painkillers and was ready in the hospital clothes. But when the operation was to take place, a doctor came in and explained that it was too risky. It is a positive development in many ways, reports the National Institute of Public Health, because contraceptive sticks and IUDs are safe alternatives where you avoid user errors such as forgetting to take a contraceptive pill. In the long run, it can lead to fewer abortions. The side effect is also avoided with an increased risk of blood clots, because these preparations do not contain estrogen, but only progestogen. When Susanne told about her experiences on the Facebook page Slemmehelse, many people began to share their experiences about implants that had gone astray or that had been inserted incorrectly. This scares me when I myself have a implants that the doctors can not find… Oh, my God Had the same experience - fortunately just noticed in time that it could barely be removed with the help of a doctor and two nurses. Had an experience with the contraceptive implants where the doctor just had to get it out, but did not find it again. Im waiting to have my surgery, and Im just getting more and more stressed when I read like this! The same thing happened when comedian Maria Stavang in 2019 told a similar story. She then said that many contacted her and told her that they had to go to the hospital to find and remove the implant. Hi! Im a friend of Susanne, who can not find the implant either. Would you like to get hold of me? Just like with her friend, June Markussen (23) experienced that the problems started with the second insertion of the contraceptive implant. - I felt that it was much further in. It was completely normal at the second implant, they said. But now, one year later, they can not find the implant again. - I have been summoned to Stord hospital, and I am stressed. Its scary not to know where it is. At the hospital, they will use X-rays or ultrasound to locate the implant, and June reckons that they will then remove it there. - But Susanne also thought so, until she put on the surgical gown and was told that it did not work. For information, doctor Trine Aarvold in Sex And Society writes that it is not normal to put the implant deeper the second time. - It is not our experience here at Sex and Society in any case. In recent years, several patients have been referred to the hand surgery department at Rikshospitalet in Oslo with injuries related to implants. - This was not something we saw before, surgeon Rasmus Dehli Thorkildsen tells P3.no. Rasmus Dehli Thorkildsen is section chief physician at the Section for Hand and Microsurgery at Oslo University Hospital. He says injuries related to implants are quite new to them The first contraceptive implant were marketed in Norway in 2004, so it is a relatively new offer compared to other contraceptives. Thorkildsen says that studies have reported 1 percent complications when inserting the implant and almost 2 percent complications with removal - when they have looked at close to 1,000 women. If what is stated in this article applies, then out of 30,000 inserted implants in Norway, 600 women will have problems removing it He adds that what were seen as complications in the study included many harmless incidents. For example, that the implant can break, that you do not feel the wand under the skin, that it was difficult to find or difficult to remove. However, the surgeon, together with colleagues at Rikshospitalet, has written about two patients who suffered serious nerve injuries after complications arose during the removal of the contraceptive implant. He tells P3.no that there are probably not many women who know that they can end up in hospital to have them removed.Thorkildsen says that so far they have had four patients in the operating room and have more on the way. The problem is where they are put. Right here in the upper arm, there are many important structures for the arm that are not far below the skin. If the implant is placed a little deeper than it should, then you can confuse it with something else when it is removed, and you can end up pulling on a nerve instead of in the implant. This can lead to loss of function in the hand, loss of strength, fine motor skills can be damaged, and so can coordination in the hand. You can also lose feelings in your fingers and get pain, Thorkildsen states. The most unfortunate of our patients have a great deal of pain. The message from the hand surgeon is that if health professionals do not feel the implant when you feel over the area with your fingers, they should not start removing it. Then it should be done by someone who has experience in operating on the nerves in the arm. You put it in a minefield where there are many important structures, and it is very sad to damage them. It can be very important for women for the rest of their lives. He believes that more women should be referred to the hand surgery specialist department to avoid errors occurring when removing implants. Source: https://p3.no/p-staven-til-susanne-ble-satt-inn-feil-na-vil-ingen-rore-den/ Yeah, birth control of all kinds have risks and side effects. The medical system relies on you to do the legwork for everything. Theres a doctor shortage and I usually see a different PA everytime. Take your own care in your hands and dont rely on them. I swear I get better care for my animals than myself &gt;to let women make informed decisions about their health Absolutely, yes yes yes. Not only did I experience it while being pregnant and giving births that sode effeczs are not spoken about but had relatives getting angry at me while talking about side effects of medical procedures to another pregnant relative. Like what the heck? Are we women considered so dumb that doctors think they know it better? It sometimes seems to me that society cares more about embryos than women. (Fetuses not getting aborted and children coming out the most natural healthy way Well a planned cesarian is very healthy for the woman when you look at the statistics). Yes, statistically a cesarian is just as safe as a natural birth. There are so few things in a pregnancy that a woman can even control, most of the time there are surprises in a pregnancy, but the government doesnt let us take this basic decision of how we want to give birth! Its so stupid, in other countries women are allowed to make that decision, but not here. I dont know which countries you are talking about. I am from Europe and if you want a cesarian for non medical reasons the doctors will do their best to talk you out of it. They will promise things they wont keep to get this baby through your vagina. Ive committed suicide four times and have severe psychological issues. Birth control is very bad for people like me. I have never been in a long term relationship and never needed to take birth control, so nothing happened, but I am surprised that nobody ever told me of the risks. Yep. Nothing but problems and now it can never be removed. I think theyre bullshit In the US, doctors will lie, threaten, and degrade you in order to coerce you into having a c-section or other unnecessary intervention. Or theyll just do what they want to you and expect you to be grateful. During my last pregnancy, while trying to find a decent doctor I was told Were just going to (c)section you. If you go to any hospital around here theyre going to give you c-section whether you want one or not. One doctor told me there were no risks to c-sections. That was a month before I spent a week on iv antibiotics due to the staph infection I got during the c-section she forced me to have. That is the attitude in the US. I hate it. Ive lived with ptsd for 10 years because of birth trauma and every woman I know has experienced some level of trauma via ob/gyns. The one or the other extreme is horrible. I had a lot of implications and a planned

[Request] sex toy for partner with IUD This post has been removed. Please repost this without the [Request] 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.\*

Ovary/Uterus pain… IUD shift? Cyst? I dont know! Sounds like a cyst, but you should get it checked out if its that painful! Just had my IUD checked with similar fears/pain and they said usually IUD issues occur within months of having it put in, not years later. Okay! Thank you very much. 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)

Nexplanon boobs I had Nexplanon implanted last fall so Ive had it for like five or six months now. All is great so far, just some spotting around the time of my first period and no bleeding since (but still cramps? why.) Stopped period is why I got it, so yay. The only other side effect has been that my already big boobs are bigger? Like, distractingly bigger. Even my saddest old stretched out sports bra is almost too tight to wear. Anybody else have this side effect? Did they keep growing the whole time? (Really hope no one says yes) Was it permanent or did it reverse when you had the implant removed? They look nice so I dont exactly mind except for the cost of new bras lol but theyre also way more sensitive and prone to hard nipples all the time now and thats driving me kind of nuts. Ive had the implant for about 8 months and have just noticed in the past month that my boobs are bigger. I thought it was just a pms thing because I just got my period after 3 months of not having it. But.. Im not so sure. I have the same questions as you! Just wanted to let you know I am also experiencing growth and wondering if this will last ??? The size has kind of been fluctuating the past month but they definitely havent gone back to anything close to what they were before. Time will tell, I guess. Hope we both end up with something were comfortable with!

Were in the SAME Boat! Just curious about your thoughts on this. Ill try to keep my personal feelings aside & listen to any and all feedback. I also apologize if I get some of the medical terms wrong, or say something insensitive in regards to my question. Please help me understand the correct lingo, I am always willing to learn new things, and change my terms to better understand, or fit the situation. My husbands brothers wife (my sister in-law) has been battling breast cancer (chemotherapy & radiation) off and on, for the last 5 years. In January she had to have a double mastectomy & she also chose to have reconstructive surgery. For the last 5 months she has been having to deal with multiple expanders to try and stretch the skin that remains in order to form new breasts, to look/feel somewhat the way she did before. My mother in-law recently called her, and said, Well, looks like were in the same boat, my SIL was immediately concerned & wondered what my MIL was talking about. My MIL revealed to her that she was going in for a breast lift, and going to get implants. It just so happens, that my MIL & my SIL will be having their surgeries at the same time (give or take a week). My MIL also told my SIL that after their surgeries, they are going to go on a shopping spree to buy new bras, lingerie, and low cut tops to show off their new perky breasts. My MIL feels like she is going through the exact same thing as my SIL. She calls my SIL for advice all the time, asking questions about recovery. They compare notes on recovery. My SIL is seemingly growing less involved with the family. Okay, I said, I wouldnt include my personal feelings...but I just cant. I feel like what my MIL is doing, is SO wrong. I feel like she is making something very difficult & upsetting to my SIL all about herself. My husband thinks his mother is doing nothing wrong & that this was a personal, private decision that his mother just happened to make & the surgeries just happened to coincide with each other, and happened to fall within a week of each other. I cant even really type this without wondering if you think this is okay? Is this narcissistic behavior?, or is it a very compassionate way to build comradery? Please feel free to give me any advice, because I dont see the parallel in this particular scenario. I dont want to feel as angry as I do, and I need advice, so I dont say something insensitive &/ or tarnish my family relationships. I am on my SILs side (because she is very upset about this), but is that the right feeling? Or should i just butt out? and be a neutral party? I apologize for not staying neutral, and for any typos, or things that do not make sense. I have not proof read this, I was just typing my thoughts. What are yours? Yeah your MIL is making a very painful moment for your SIL all about herself. Best case scenario shes an asshole, worst case scenario a narcissist. Your mother in law sounds bat shit insane holy fuck! Also my MIL is in her late 70s (if that makes a difference). And when my SIL had her double mastectomy, she asked for her sisters to come & help with her recovery. My SIL was unable to do ANYTHING for herself. She needed help with VERY private things. She couldnt lift her arms about her shoulders, and did not even have the muscle strength to pull up her own pants, or lift a full coffee mug up to her mouth. My MIL wanted to be there, to assist in her recovery. But my SIL felt more comfortable with her husband & sisters helping instead. My MIL called a number of family members to say that she was being Pushed out, and not included, and it hurt her feelings - What are your thoughts about that??!! Oh man, this situation has really got me feeling angry. Is that the right feeling?! Perhaps someone can help me see my MILs side, because I just dont. [deleted] good god the MIL is so tone-deaf and self-absorbed. my time to shine and have an excuse to talk all about my tits under the guise of building camaraderie and being supportive. theyre coming from completely different directions and have such a small aspect of the procedure in common its mostly not in common and your MIL is too giddy to notice the difference. your SIL has so many discouraging things taking place. the cells in her own body betraying her and creating cancer. having to take what is essentially poison to cure it. 5 \*years\* of that. my god. the nausea. the heightened sense of smell. hospital visits. hair loss? weight loss. fatigue. being called brave for enduring the ravaging. being expected to soldier on and take care of everyone else. chopping off a big part of her identity, sexuality, femininity, self-esteem and body image. the scars. wearing a t-shirt to bed and during sex. then the pain of stretching the flesh to put simulacrums back. and your MILs like feeling cute might get an elective surgery, were twinzies, lets get some lacy things to draw attention to our chests:) please dont let your SIL fade away. isolation and feeling discouraged affects healing. let her know you support her. i think its totally inconsiderate, and astonishingly inappropriate, and completely wrong. your SIL is not getting a voluntary cosmetic surgery to have cuter boobs. she underwent horrific therapy for a life threatening disease, and this reconstruction is part of her recovery. as a person who underwent chemo as well, i would be horrified that someone (especially my own mom) would discount and marginalize what i had been through, call to ask ME for advice on recovery. you SIL in not recovering from a breast lift, she is recovering from cancer, which is a totally different thing. your husbands response is alarming to me as well. even if i hadnt had cancer, i would be really upset at him finding anything about his moms actions compassionate. im so sorry youre in this situation, and especially sorry for your SIL. are you close with her at all? it might be helpful to reach out to her in case she wants/needs some actual support from someone. chemo and radiation are poison. they are taxing physically and emotionally and people in that situation need all the support they can get. i hope this all resolves soon, and that your SIL recovers quickly <3 i cannot believe she has the audacity to say that hurt her feelings when she had complete and utter disregard for her own daughters feelings this whole time. she deserves to feel pushed out. the more and more i read your situation the angrier i am at the situation. you cant control your MIL obviously, but you can reach out to SIL and let her know she has your support as well. Yes because having cancer, chemo, radiation and a double mastectomy are just fun things to do and share with your MIL who decided to have a boob job to look perky. Your MIL is out of her god damn mind that this is a sharing experience and someone needs to tell her to stop. Even if this is coming from a place of kindness, which I highly doubt, she is still out of line. It really reads as someone who cant handle not being the center of attention or that someone else is going through something big and she is outside, just desperately wanting people to look at her and feel included. Icky is the only way to describe it. I dont make a habit of telling people how to feel, but the correct response is rage. Wow, yeah thats not ok. She may very well be honestly trying to be encouraging but its tone deaf. Its like the pandemic. We were all in boats, but some people are in a pleasure yacht and others are fighting for survival in a row boat full of holes. I appreciate you taking the time to respond, and I agree with you. I am also keeping in touch with my SIL, we talk/text regularly. Because she and I share the same opinions about our MIL, we are able to freely express our feelings & anger with each other. We are good friends, and know we can vent freely anything needed that involves our husbands family members. One thing that might surprise you, is that I am not alarmed at my husbands response to his mothers surgery. This woman has manipulated her children for 50+ years, and they are blind to her conniving ways. Im not sure how familiar you are with toxic family members, but this woman has always carried herself as a caring, empathetic, family first, etc. type of person. My husband and his brothers wear rose colored glasses (there are no sisters for them). So, with that said...I am glad that myself & my only SIL have each other and we always see what is really going on. I want my SIL to have a full recovery from this awful disease, because I dont know how I would cope with my MILs insanity without her. Also, my FIL learned on Monday that he has cancer & treatment for him starts next week. That has also added another element to this, and now my MIL cant help him, because she is recovering from her elective surgery - I cant even get started on this topic. Ill just quit while Im ahead. Or Im going to be angry for the rest of the evening, and I dont want to ruin the time I will spend with my husband & our children. Once again, thank you for taking the time to respond. Your words mean a lot. Im sure there were many people that read what I wrote, and had a reaction. But I appreciate you letting me know your feelings. Thank you. Im going to share your boat quote with my sister in-law. I think its powerful. Thank you!

Girlfriend switched from IUD to the Pill, how do I support her? 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) [Questions asking for the perspectives of women](http://www.reddit.com/r/TwoXChromosomes/wiki/faq#wiki\_xy\_here.3B\_am\_i\_allowed\_to\_post.3F) are not considered relevant. /r/askwomenadvice would be a better venue for this post. Please check the rules there before posting. --- [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)

Was curious about the wording of Louisiana Bill concerning IUDs Explained at Source: [Louisiana IUD Bill](https://www.truthorfiction.com/louisiana-iud-bill/) This submission was removed: Rule 4 Images: Direct image links must follow image post guidelines [more](https://www.reddit.com/r/TwoXChromosomes/wiki/faq#wiki\_what\_images\_can\_i\_post.3F) --- [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)

How did you overcome the desire of bigger breasts? I am flat chested, A-B75, normal build otherwise. I always hated my breasts, cant stand to look at my self naked. I planned to get surgery but found out I have a medical issue that will most likely cause my body to reject the implants. Years later, 35 now, and I still hate my boobs. If you were like me, how did you learn to accept yourself? Im sick of being mad at my body, it feels so stupid but still cant get over it. Edit: thank you for the support! No one told me to just get over it, grow up, dont be so sensitive.. like i said in comments, i have alopecia universalis(= no hair) two pregnancies and rheumatism which left my body in a not so desirable state, and those things I accept that they are out of my hands and I need to find a way to accept this too. Realise that bigger breasts often come together with permanent backpain and we cant go braless. I would try to consider what it is specifically that makes you dislike them so much. Is it an element of feeling a pressure to adhere to a set beauty standard? People like breasts of all shapes and sizes, and youre highly unlikely to come across someone who actively dislikes them, and certainly not to the extent that you do. Given that, what benefit is there to focusing this much negative attention to them? I know it can be difficult, but if it is external factors that are causing this, I would try to really shift away from giving external opinions that much weight and stop valuing yourself based on appearance. I have pretty big boobs, and I do like them, but I have insecurities too. I worry about what theyre going to look like as I age, and theres almost a fear that Ill be perceived as having lost value because of the aging process. Its not healthy to self-objectify, and the best way Ive dealt with it is by shutting down the negative voices in my head as soon as they arise. Theyre not productive and theyre pretty toxic, theyre only going to impact you negatively. Nobody else cares about the way you look more than you do. My friend, I rewatched \_The Matrix\_ last night and had a moment of being so jealous of Trinity and Spike for their small breasts. I have big breasts, and I generally like my body, but there are advantages to every size. Im in my 50s now, and they sag in a way I really wish they didnt. I support you in learning to love what you have, and Ill keep on doing the same with mine. 💜 [deleted] Breasts are always in focus when talking feminine traits, and I lack a lot of the others as well. I lost my hair due to alopecia, and as much as I miss my hair, my eyelashes and brows, I am still most negative about my breasts. I cant put my finger on why, but I believe you have a point in finding out why im so stuck on it! Thank you! Youre reply was so sweet to read, i wish you too stay in love with your body! To continue what seems to be resounding, being naturally busty isnt all its cracked up to be nor are implants. Theres an assumption that all implants and surgeries look great but thats baloney for many reasons so its first a gamble everything is perfect, second, everyone risks their life when undergoing anesthesia for surgery so why you do that should be worth the risk. Large natural breasts sag (as previously mentioned), they are murder for shoulders and your back, good bras are necessary and expensive in a different way. Theres also the ways as a large breasted woman that you are treated that arent really fun, because Are those things real? didnt feel like a compliment to me. Stuffing real ones into some clothing is also an endeavor that I cant quite describe. Going braless in the heat is impossible due to the sweating. At the end of the day your appearance is a genetic lottery you had no power over and therefore shouldnt see as controllable in the manner soceity now does, so my advice can only be, focus on what you can do and can control, maybe fantastic abs would distract you in that mirror? Hypnosis might be an option, NLP sort of stuff. I like to remember that these insecurities and vanities regarding appearance are limited to our species. I think its really interesting what you point out that this is something only humans struggle with! Hypnosis sounds like a good idea too.. never thought about that, why not? Im gonna look in to that. Alternative take: Its \*okay\* if the body you have isnt exactly the one youd have picked off the rack in the body shop. Contentment doesnt only come from thinking you have exactly the body you want. It can also come from thinking, Yeah, ideally Id have bigger tits, but so what? I appreciate that Ive not given any advice on how to get to that latter attitude lmao, but I just felt it was worth pointing out. So much of contemporary body positivity seems to be about seeing our bodies as aesthetically pleasing which is great. But imo theres also a freedom in just placing a bit less importance on our bodies being aesthetically pleasing. If that makes any sense. It makes tons of sense! Thats what im aiming for. I dont need to like what I see, but I want to accept what I see, you know? But I just cant, and it pisses me off. I feel like its totally wrong.. Grass is always greener. I was a late developer and then I definitely did. Had a double d and weighed like 115. I hated the male attention, too much too fast. Constant rumors about them being fake by other girls. I was very insecure about it for years and figured that was the reason any guy wanted to be with me, I literally didnt trust any guy. Today I dont deal with teenage hormones and theres no insecurities. Just accepted it. I personally think women are beautiful anyway, and if it makes you feel better, theyre a pain is the ass to sleep with. Thank you and I really hope you find it beneficial. Im so glad that my point was well received, I was worried I would offend at first. Ive been googling it, and apparently the most appreciated cup size are C or D cups, both with men and and woman. And 34DD is the most common cupsize. Of course there are downers with bigger like back pain, sagging and so on, but just speaking looks then bigger win. Im really sorry to hear your bad experiences growing up, i hope that it is all in the past for you now! Mid-sized B cup here. Personally, Ive never had a worry about my size. It is what it is. And when I see the problems larger breasts bring to women, I feel lucky. I had small boobs pre-child and honestly, getting active made me appreciate them way more since there was less to get in the way. The ability to just wear whatever sports bra made me comfortable (or no bra at all) when jogging was great. My friends talked about having to strap their chests down or being uncomfortably sweaty and that sounded like such a pain. I appreciated more that I didnt have to. My chest is bigger now and I miss my old chest I am on the opposite end of the spectrum, 38 DDD. I hated my breasts until I breastfed my child and then they had a purpose; other than that theyve just caused me unwanted attention and back pain. The real issue is that our culture has such a narrow definition of what constitutes female beauty. Try to find things about your body that you like and concentrate on that. Our bodies are the vessels that carry our souls through this life. ETA ; This might be kind of far out there for some, but getting nipple piercings has helped a lot of people learn to love their breasts. I fully acknowledge that piercings arent everyones cup of tea but I though Id just throw it out there 🤷‍♀️ I used to have pierced nipples but I felt it made my boobs in focus instead, and i removed them when i got pregnant with my first so i could breastfeed. But thanks for your thoughts! Try finding another part of yourself you love and emphasize that when styling outfits. Maybe your décolletage, your hips, your butt, your nipples, your back. Ive enjoyed high neck lines with a tighter material and no bra. I think peeking nips can be so sexy. Have you considered piercing yours? I also like shirts that cut low on my armpits to show the side of my chest. Tiny boobs made for zero pain running, I dont have back pain, dont need a bra if I dont want one, and at 31 theyre almost as perky as my early 20s. Teenage me was depressed as hell when I realized they werent getting any bigger. Mine never bothered me until after I finished breastfeeding…then I reasoned that the majority of women have not so great boobs by time their in their 40s anyway. My husband doesnt seem to mind so I guess I dont. Just get a good bra. [deleted] [deleted] I didnt find it offensive at all, only appreciate it! [deleted] [deleted] I think youre right! &gt;But I think natural boobs are better than implants I guess one can never have what one wants… Im busty and I always envied girls with smaller boobs because they can wear plunging necklines and not look tacky or wear tops and dresses with an open back. And no matter how many compliments I get, Im not my type [deleted] I used to want big boobs because I thought that I should. Now Im over it and I dont really care. None of the men Ive dated said anything negative about my As and many showed a lot of appreciation. External validation isnt my first choice, but it works. Ive had weird comments from men, like they are really small but nice anyway i know they are, i wasnt asking lol but other than that, no one ever said anything negative and my currrnt bf says he loves my boobs all the time and i feel bad for not believing him. I feel you, and I dont understand why do we want to be our own type? Its not like were gonna date ourselves.. How? Just like that? I think thats a thing too, small breasts does not equal perky breasts. Breastfeeding twice left them kind of empty on top being small. He doesnt have to say it. He could deflect and say he liked your body or you just the way you are, etc. However, the real test is that hes with you. If it mattered, he would leave. Plain and simple. L

I just got the IUD - is this normal please help??

Serious question, getting breast implants and would like to be a similar size to this model as my body is similar otherwise. What bra size do you think she is

Horrifying trend if women sticking with shitty, horrible partners.

Are Mammograms always this bad? A week ago I had my fourth mammogram. I had my first several years ago, it was painful and I got a call a few hours later (ironically while having a lunch out to celebrate being done with it) that the images werent good enough due fibrous tissue so I had to go back in for my second. My third hurt worse than the others and I remember being so sore for days afterwards. This one was the worst! The technician made me feel awful since she kept getting my stomach in the way (my belly protrudes has my whole life and more so since my c section) and my mask in others and wouldnt let me remove it even with her far away. She even said if these didnt turn out well, and seemed to think Id need a redo (but luckily I didnt) Id have to come back and shed be the same tech and it hurt more than the other three uggh. Am I just having bad experiences or bad luck with techs? Do they get better as you age so maybe my breasts will be less dense? Density for me wasnt related to age (not a doc here). Even as I age, just a little saggier now. They are definitely not pleasant, however the newer 3D machines are much better than the old machines. They dont need to squeeze the breast so hard with these and the tech sees the results immediately and so knows right away if they need to be redone. Maybe you can find a clinic in your area that uses the 3D machines. My MIL had mentioned trying to get a 3D one as they are (she says I dont know if shes right) more accurate. My health insurance is for a hospital system that doesnt have them, but I could consider paying out of pocket for next time. Yes, the tech who did my last mammogram told me that they are much more accurate and that the images are easier to read. She let me see the images that she just took of my breasts and demonstrated how they can digitally slice through the image to see every bit of tissue. Genuinely amazing. Sonomammograms are way less painful. Ive only had one. Theyre definitely annoying and kind of...irritating? But mine wasnt particularly painful. If your breasts are more sensitive, it can be an issue. It also sounds like maybe you have a shitty tech. Definitely could be. I felt the last one in particular had a mean attitude to boot. I get that women who have larger stomachs (like me) and are wearing masks (the latter would be all of us) would be more challenging to proces,\]s, but I really thought she was above and beyond gruff. This being said I get that everyone who works in healthcare now is feeling a very unique set of circumstances and challenges, but still, Id prefer a tech who wasnt so hard handed with the machine, and less snippy, if I had a choice.

Saline implant replacement or removal

Thought Id share my Nexplanon experience I also admit, I dont know how to properly upload images or video to Reddit. I had similar bruising whenever I got mine, but it went away within a week. Tbh, thats not that bad. When I got mine my whole inner/upper arm was swollen and dark purple for at least a week. I hated that thing and was finally ae to convince a doc to remove it after a year of suffering.

Breast implants what you should know about them making you sick.

My(32) GF(27) is changing from The pill to the IUD after 10 years. What to expect? 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) --- [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)

No kids no timely medical care I have been seeing a doctor for almost 2 years. I almost stopped going to him because his approach was detrimental to my mental health. I am fat and have a ton of things working against me loosing weight (PCOS, steroid injections ever 3 months, multiple other meds with a side affect of weight gain, IUD, chronic pain). He went hard core on the you got to loose weight thing and did ultrasounds of my veins. I see lots of doctors and the general idea at the time was you need to loose weight but no one was providing me the tools to do so. I tried a nutritionalist but there were too far away at the time. I got covid about 9 months ago and it kicked off weight loss and lost 30ish lbs in 4 months. I plateaued and am slowly starting to loose weight again and am slimming up. Now that I have lost a significant amount of weight and my issue is still present the doctor explains the test that needs to be done. It will make it even more risky for me to have kids or even impossible. If he had bothered to ask at the outset I would have told him to do the test. I honestly have no desire to have my own kids. I prefer to be an aunt and if I decide I want a kid, I am more than happy to adopt. Why do we prioritize a woman having kids over her ability to be healthy? Some biggots see women only as livestock not as people and they only measure a womans value on her breedabality. This is a story I have heard time and time again ad nauseum. My mother had years of problems ignored for the 4Fs - Over Forty, Fat, Fair, and Flatulence... In the end her health deteriorated and I lost her at 55 years of age. Can I encourage you to still look at changing doctors? A lousy doctor can be the difference between having a minor issue and it developing into a serious, or even fatal, one. Unfortunately he is considered the best in this specialty in my area. He still is waiting another 6 months to determine if it resolves. Edit: Weight to wait Oh dear! I hope the issue does ease so you dont need intrusive tests. I had terrible endometriosis for years, coincidentally when I dropped dairy from my diet the pain decreased and then about 6 months later some other symptoms eased too. Sometimes we need to let our bodies catch up to the changes we make. Im still overweight but improved enough that I get less of those poorly veiled comments... My bonus daughter has had issues with her back since my youngest granddaughter was born. She is overweight. I always have her ask her doctor, if I wasnt overweight, how would you treat this?

Am I lazy...? After being on nexplanon for almost 3 years Ive been gaining weight. Almost 55 pounds. I was 135 140 before starting and since Ive had it Ive just gotten really big in the belly. My bf seems to think itsnot my bc but the fact that Im hone all day.....watching HIS Child. So am I just lazy for being home all day or is it actually the bc like my doctor told me. Does it matter? Casting blame doesnt seem productive here other than to the extent it lets you identify things you want to change. Whatever the cause of the weight gain, you may want or need to make changes for your health. And your BF is making you aware that things are possibly not working for him at the moment. So you need to have some discussions with him about the relationship and what is &amp; isnt working for each of you. Maybe a bit of both? BC can affect weight but ultimately weight gain is simple calories in vs calories out. If your weight is not bothering you then it doesnt really matter what your boyfriend thinks. https://humanparts.medium.com/laziness-does-not-exist-3af27e312d01 [deleted] wow! thank you for this article

Did your bra size change from right after augmentation surgery, to fully healed? All of the photos I have seen, make it seem as though the implants might look a different size after drop and fluff. Did your bra size change from the first week after surgery to after the drop? I just got a lift and augmentation under the muscle. My bra size now is like a large C to possibly a small D… I really want to buy new bras :/ what was your experience? It would make sense as the swelling and standard post surgery issues went away. My boobs were really swollen the first few months: the surgeon told me wait 3 months before you buy bras. Good advice. I dont know what a drop is but after 3 months my bras size didnt change, its been 15 years and its still the same if that helps. But during the first few weeks I actually busted through all my old coats and tops. Like ripped them trying them on bc I was so swollen.

I Got Bingoed By My Nutritionist Today Exactly as the title says. Im so upset, because this lady was helping me through some tough body dysmorphia and anorexia problems, as well as offering what seemed like sound advice about my crippling PCOS, and now I dont know if I trust anything she told me. I feel weirdly betrayed and very insulted. Ive been working with her for about a year, and shes known the entire time that NOT ONLY am I likely rendered infertile by my PCOS and hormonal problems (thank god), and NOT ONLY do I have a Kyleena implanted (highly suggest), but I also have a marrow-deep literal phobia of pregnancy - nightmares, phantom pains, terror, uncomfortable feelings around obviously pregnant women, the works. I have never wanted children and if I found out I was pregnant Id unlife on the spot. I cant handle it. She refuses to listen and has often, in small ways, pushed at my resolve regarding the children issue, and so far its been largely okay. However, today, unprompted and in the middle of our session, she hit me with the cancer rates for people implanted with IUDs and then actively, directly, discouraged me from seeking a diet higher in protein for my strenuous weightlifting routine because \*the rise in testosterone caused by higher muscle mass causes women to struggle to conceive\*. It was the end of the session, so I logged off and told my husband I wont be seeing her again. He was shocked on my behalf and actively disturbed that someone Ive come to trust with such delicate problems has caused me so much distress. Yall. I cant. Is nothing sacred? Im about to go angry lift. Ill see yall at the squat rack. Edit: Thank you all for the support! You make me feel so much better. For those asking, she is a registered dietician, and one of the reasons I originally chose her was that she specialized in EDs. :/ For those concerned, my ED is largely just an annoyance these days, but I feel its best to stay on top of those things. Thank you all who were concerned!! In addition, she has her own practice so I cant report her to anyone. But Im going to add a review on her website warning people and I plan to send a kindly-worded but stern email to let her know where she fucked up. You all are the best!! Let her practice know her inappropriate behavior has lost them a client. She probably sees alot of people and forgot you were not wanting any kids. Absolutely unacceptable. That is not her place. No nutritionist in their right mind would discourage a woman from eating a diet high in protein. I also lift weights and see a doctor routinely. Never ever have any of them ever suggested high protein diets increase testosterone. Its like she manufactured that just to push you. Side note: your phobia of pregnancy is actually a real thing Ive read about before. Time for a new therapist with experience enough to help you! It is absurd how afab people are pushed to have children. I have legitimately had trans masc friends tell me that they get lectures on how getting testosterone would be bad for a pregnancy AFTER they had changed their name and gender marker and had said many times they never wanted to be pregnant. And they would get these lectures every time they went to get their T refilled... by the same people. &amp;#x200B; \\*facepalm\\* Maybe, but a nutritionist should be able to keep peoples details straight to give them helpful info, no? Seems sketchy. Unacceptable. Absolutely unacceptable and unprofessional. Please report her to her superiors or practice for this behavior. She had NO RIGHT to venture into the territory of deeply rooted fear, possible PTSD and your bodily autonomy and choice. How dare she? No way. She purposely brought up the iud thing This. At the very least. Yes this. And this too! Im so sorry you had to go through that. I HIGHLY recommend a high protein diet. I find that the more low carb you can be, without being extreme to the point of danger aka atkins, the better. I feel so much better when I can manage to be low carb. Its hard because my Bipolar and ADHD sometimes make it difficult for me to want to make food or even go shopping for healthy food. A lot of pb&amp;js when Im depressed which is not helpful. But seriously, the combination of low carb and intermittent fasting plus 30 mins of exercise on the Switch Ring Fit, and I feel so so so much better. I know youve probably tried this combo. But if you havent, please do. 30 mins a day, very little sugar, and at least 12 hours of no eating (I do mine from when I go to sleep. So if I pass out at 10, I can eat at 10 am. 16hrs is recommended but I hardly am able to stick to that. But knocking out 8 of those hours with sleep is helpful). I actually cant have estrogen. So theres no balancing my testosterone. Ill probably never have kids and honestly, Im also terrified. Not just at the idea of carrying a child to term and going through birth, but Im honestly terrified Id be a horrid mother. My upbringing was not healthy and Im so afraid of doing that to another human. Youre not alone in your fears and you were completely justified in ending it with her. I do agree with the above comments though. Please let her and her clinic know why youre leaving. Not only is it important for you to air your grievances as a catharsis, but its extremely important her behavior is addressed so she doesnt do this to future afab people. What the hell is Bingoed? Im so sorry you had to go through that. May I ask if she was a Registered Dietitian? Anybody can call themselves a nutritionist, it is not a protected term. A Registered Dietitian (RD) is protected and only those who complete a bachelors and dietetic internship from an accredited institution and pass the exam can call themselves an RD. RDs use evidence based research to provide medical nutrition therapy and nutrition recommendations. There can be good and bad RDs just as there are good and bad doctors. You can report them if they are not being morally or ethically responsible &amp; there are RDs that specialize in disorders, PCOS, sports, etc if you are looking for someone new! Im hoping this experience doesnt deter you from getting the help I read the whole thing twice and still dont know what the term means. [deleted] I looked it up In the childfree community, we call it bingoing/being bingoed when people with children or those who buy into norms of having children say certain things to us because we have made a decision to opt out of parenthood. https://www.google.com/amp/s/citeasista.com/2017/10/24/im-childfree-by-choice-so-please-stop-bingoing-me/amp/ OP, that is bullshit, Im so sorry that someone you trusted turned out to be so stupid. Its a common term in the childfree sub reddit. To say things to say when your having kids or when you have kids. [deleted] I have a friend at work, she is amazing, smart, gorgeous.. she has traveled and bought her own home at a young age. and ppl cannot stop telling her \*oh, once you have one youll love it!\*. she doesnt want children, she loves having the freedom to do whatever she wants, she doesnt even like being around other ppls kids unless theres a relationship there. I have kids, its not a picnic - dont have them unless you can afford them, youve done everything you want to do without them already and you REALLY REALLY want them! I love my children, but I was stealthed for the first one (because once I had one he was sure Id love it), my second child has a disability (no one plans for that!) and the third slowed my escape from a very violent situation. I am raising them as best as I can, but its not easy when you are doing it alone - which is something else that most ppl dont plan for. so I get very defensive on my friends behalf when ppl keep pushing this - oh, youre getting older, your life wont be complete without kids - narrative on her. shes living her best life. kids are hard work. there are enough people on the planet. her reproductive situation is wholly private and should not be discussed at work - they dont know anything about her history and frankly the presumption is disgusting. hell, my daughter is mtf and she has absolutely no interest in children - she has expressed relief that she will be rendered sterile by design. I have never expressed to any of my children that I expect them to have kids - if they choose to have kids, it will be a lifestyle choice that they will have to sit down and assess for themselves, like religion. I dont want grandbabies, I have no interest in babysitting, so think long and hard because any plans they make should not rely on my spare time - once the kids are out, I dont plan to have any Id tell her straight up. Im not coming anymore and heres why ( insert reason), i find your behaviour unacceptable and insensitive. If she cares she may learn something from it. Think of yourself sitting with a bingo card, and instead of numbers, you get all the typical why you need to have children arguments that people foist on child free people. So she got bingo, because she got the full line of scare tactics and fertility pushing. [deleted] Probably because of the significant amount of people who regret their decision later in life, and then are upset they havent been properly informed about the risk of never having children. So if anything I think its better to overthink and over inform then the opposite. Dont you? Came here to say this. My weight loss journey became successful once I started meeting with professional including a registered dietitian along with a bariatric doctor. What? Risks of not having children? Whats your source on this? If anything, the risks of having children are understated and many parents regret having had kids. Child free women are reminded again and again and again that theyre supposed to be having children, that they are incomplete without children, that they will regret not having had children. That what bingoing is - not taking our word that we do not want to.hsve c

Anyone else? Does anyone else get soreness in the boob of the side they sleep on most? (Quick thing, I have implants) Weird question, but with both of my babies, especially after my second child, I had clogged ducts and have capsular contracture around my implant and just issues in general with this breast. But its sore all the time! Ive had mammogram and ultrasound and they cleared any concerning lumps or troubling screens. So what the heck? Is it maybe because I sleep on that side every night?? Do you drink caffeinated drinks? Yes, coffee every day and sometimes occasional Pepsi

Some things you might want to know if youre thinking about breast augmentation! Hi ladies! Im about 5 days post op from a breast augmentation, and thought maybe some of yall that are considering it would want to know a little about the experience (things I didnt expect) 1) The pain is REAL. Its much faster and simpler than most surgeries (the incision site is ~1 1/2 in underneath the breast) but you will absolutely feel extremely tight, sore and possible immobile for at least 3-5 days. You will not be moving your arms above your head for 4 weeks!!! 2) You are not allowed to elevate your heart rate for at least 3 weeks (to prevent swelling underneath the implants) 3) You wont be able to shower yourself -in my experience- for at least 4-5 days afterwards. You cant reach anywhere so youll need someone to help you 4) I have IBS and some other stomach issues that make me sensitive to certain meds and anesthesia, so I have been feeling super nauseous for 5 days (not fun). This could very well happen to you too, it happens to some women that dont even have any pre-existing stomach conditions! Anyways sorry for the wall of text, Im just stuck to my couch and wanted to be useful! Hope this helps someone considering breast augmentation 🙂 I had mine done twice. Theres pain but really not bad. I get nauseous off any drug so honestly on the second surgery I dont take anything. My second involved a lift and bigger implants. I was in the gym (doing light weights) at about 4 weeks but doctor wanted me to wait 6. Im a body builder so I just desperately needed to go back. Everyone is different. I was told by some women I could never do pull-ups or push ups after. I do both. Pushups are better than the guys. Also you are supposed to swap the implants every couple of years, yes? I wish you a good recovery! As far as I know if theyre done properly you can do it every 7-8 years! I think mine will end up being redone after having children haha. Thank you!! Were you worried about breast implant illness?

Women attack her defense in USA 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) --- [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)

How do you deal with wanting to have children and knowing its not the right time My husband (29m) and I (27f) are newlyweds, married in May of this year. We have been together over 4 years, living together for almost 3 years now. Moved into together a few months before the Rona locked us down. Which for us was wonderful. We were able to spend an insane amount of quality time together as we were both working from home. We have 2 cats, one of which was a foster fail for me. We are happy. We are making great strides in our careers. We are both up for promotions soon. Everything is going beautifully. I really cant complain. We both came from families that moved a lot and his didnt have as much stability as mine did. So we agreed we do not want to have kids until we are able to provide them a stable environment both with money and with their actual environment. Obviously this is a goal, and of course, life happens. But we want to set our future children up for success. We are currently in a 1 bedroom, 700 square foot apartment and its already feeling cramped. But we want to pay off any of our remaining debts and save up for a down payment for a house. I have an arm implant for birth control. So I have about 3-4 more years before I have to get it removed. But when we start trying, I would take it out. I know it could take a good amount of time, but just bringing this up to say I have a really slim chance of getting pregnant by accident at this time. All this to say, Im getting hit really hard with that Baby Fever. And its been fucking rough tbh. I feel like logically, I know its not the right time. But my hormones/body are saying something completely different. Does anyone have any advice or tips with dealing with this kind of situation? Well, the honest answer is that there never really is a right time. You have a kid and adapt accordingly! Youre lucky to have options at this time so, if you can make life better for yourselves, then do it. But, we had kids around your age whilst not 100% ready (but still discussed and planned!), had some rough times, but came through OK. As long as you want kids and are willing to make them the focus of your lives, you (and they) will be fine. When I was about 27 I decided I was ready to have kids. I made an appointment with an Obgyn for a basic check up and to talk about having kids. She put me on prenatal vitamins and said Have fun as I walked out the door. A week later I found out I had multiple aneurysms in my brain and I needed surgery and shouldnt try to become pregnant. Between all the surgeries and covid, its been years since I was told not to have a kid. But I am so happy I didnt have a kid. The surgeries and covid got me through the hormonal phase without actually having children. So my two cents is keep waiting and dont feel bad about it not being the right time. You have so much time to decide and the hormones do go away. Im not saying dont have a kid, just know you are way ahead of yourself. [deleted] Do you know anyone with a baby that you could offer to babysit for an afternoon or two. I have to disagree with this idea. My grandmother used to say the same thing to me all the time. Every time you adapt accordingly your kids pick up on the stress or suffer the adaption with you. You can prevent stress on your kids by waiting until you are completely ready. That often means the parents are older and that is fine. If they want kids, they should at least babysit over a weekend. The longer the better, for you forming an opinion, and for the parents who get a vacation. Yeah, knew when writing someone would be bound to disagree! Theres no straight answer to this is there? Theres always a compromise somewhere, whether youre young and less established or older, established but less attuned to dealing with younger kids hours! Please dont do this. While there is never a perfect time to have kids, there are lots of really suboptimal times to have kids. Lets respect the OPs decision that now is one of those suboptimal times. Figure out where this feeling is coming from. Im guessing its probably not your hormones exactly. Youre newlyweds, youre dealing with COVID, somewhere in the back of your mind you are processing all those cultural lies about how your fertility is going to fall off a cliff the second you turn 30. Theres a lot going on! Hi. She asked for an opinion. I gave her the one that worked for me, my wife and our kids! Yeah, its always a trade off. I definitely lean towards older and established as a better parenting opinion. But it really comes down to how much stability and love you can offer. Completely agree. Verified. I remember my wife and I had friends over for a weekend who were trying for kids. We had a 18 month old at the time and at the end of the day the male friend (female and male couple) says that was a day with the slightest exhaustion sigh in his voice. Ive never heard this guy complain about anything before, but you could tell it clicked with him how much of your time is going to abracadabra right infront of you and disappear. They successfully achieved IVF pregnancy and have a boy on the way but it was good for them to see exactly what they were getting into. It worked for me! and It will work for you! are not the same thing. Yes, completely agree. But, again, she asked for an opinion! In the same way your answer may not work for her either!

My first encounter with mansplaining. (21F) I had heard lots about mansplaining before but I had never actually experienced it until about thirty minutes ago. Background: Of course im no expert or anything and I dont wanna sound entitled but I guess its important to the context: im a biomaterials engineering major. I am knowledgeable in the topic. I do research in biological implant technology for a big appliance and electronics company. So I do know my basics, you know? Im in a party, hanging out with these 5 guys Ive never hung out with before. Four of them are fun, but the fifth one (~25M) is just insufferably obnoxious I cannot stand him. It started out fine, but then we started talking about growing certain plants and this guy is like Heres the thing, OP, plants are like people, they are living so they have traits that they can share and traits that are unique to that animal or plant type, which are called species. Im thinking, does this man really just assume im some dumb chick? Im trying to shift my eyes off and try to talk to the other guys to change the conversation, but he just keeps on explaining. At this point im acting dumb. Oh yeah, what are those species things you mean? I dont know if you knew this, OP, but we have this thing called DNA, you might remember from school, and it controls your traits, so my plants each have really similar but different DNA, so the plants are a little different. Ohh no wayyy reallyy? 🙄 By that point the other guys are in little separate conversations with each other and I do my best to turn away and try and join one of the other conversations but this man really just pulls me back into his conversation to keep mansplaining the entire world to me. He just doesnt shut up. My social meter is depleted and its 11pm and I just wanna go home. Ask him about something he probably wouldnt know the answer to related to your studies. Turn that BS back on him. Then go through the same spiel of staring with basics that everyone should know and mansplaining right back. Use his tone and demeanor back. Im a guy who knows almost nothing about cars. I have a good friend who is a mechanic and can fix pretty much everything for a six pack and a pizza. Shes a woman and I cant understate how some it is to have a friend who can fix anything. I do the same for her PC/ tech problems. Anyway, we were at the auto parts store to get a part she needed and this guy started trying to talk to me rather than her when she asked about the availability of something she needed from the back. She took this approach. The look on this guys face was priceless as shes describing basic functions of cars and then suddenly turns out into a topic only an expert would know and his eyes glazed over. Shes no stranger to mansplaining in her industry of course, so shes had practice. It seems to shut those types of guys up though. I get mansplained to frequently. You gotta have fun with him. Just fuck with them. Start asking simple questions. Then get more and more sarcastic until he realizes that you think hes a complete idiot and hes been underestimating your intelligence (and interesting him) the entire time. See, if you mentioned this to him, how you thought that he was being condescending about your intelligence or your realm of expertise, he probably would have just rejected it like most of them do. Explaining something is not sexist! they love to say, completely ignoring the assumption that hes \*teaching you\* something he thinks you are ignorant of. Why is it so difficult for dudes not to talk down to women?? Its so easy, I do it all day long. It takes zero effort not to be a condescending shitbag. YES. Ive done this. The problem is, that they will continue answering the most asinine questions, thinking that they are just absolutely blowing our minds with the scope of their technical prowess. Its brilliant situational comedy tho. Every woman in earshot will lose their shit laughing 🤣

Can somebody help me with this incorrect/harmful way of thinking about my body? TW- feminine constructs? Idk the right phrase. Im being vulnerable here and dont want to get ripped apart. Theres something about myself that I struggle with and would like to feel better about but dont know how. Im 30F married with one kid. Im tall (510), attractive, but have been pear shaped my entire life, with small and unique / different-looking breasts. No, its not a case of Ive only seen porn breasts. Ive looked at a lot of pictures of breasts and mine dont look really in the realm of normal. Theyre mildly-moderately in the tuberous breast realm. No its not a ridiculous, theyre a large b cup. They were a small A cup when I was super in shape and had 41 hips. I was horribly abused by my mother growing up and she incessantly humiliated my body (not my boobs but everything else). I relate very much to the Taylor swift lyric of everybody is a sexy baby and Im a monster on a hill. I towered over my friends and wore womens clothing on my full hips when they were all still squeezing into slim low rise hollister jeans. I know theres all this stuff about gender being a construct today and whatnot. But theres this deep grief I have about not feeling like a woman and mostly because of my breasts. I know I have many other very womanly qualities but its hard to get past this one. Obviously if another friend had small boobs I wouldnt say she isnt a woman. I can name very womanly/feminine people with small breasts. I also would never say a woman isnt a woman if she had her breasts removed due to cancer. So I dont know whats wrong with me. I can intellectually say boobs dont make you feminine or not, thats absurd, but I dont feel it. I know Im otherwise beautiful and am frustrated with myself that reduce myself to the size of my boobs and negate all my other good qualities bc of that. I dont want to hate my body or a part of my body. But today watching a new show they showed this woman with these gorgeous breasts and I just started sobbing. I just cried for a long time. I never felt desirable or desired my entire life and felt like the only women who got attention had large breasts. I dont want to hear people emphasize all of the downsides. I can imagine the objectification being horrible, and the back pain, etc. But I envy the power of large breasts. Ive never felt powerful as a woman. It always felt like despite the fact that I have everything else to offer physically, emotionally, intelligence wise, guys still only paid attention to girls with big boobs even if they were otherwise dumb, ugly, or mean. I dont know what Im looking for, I just want to feel better about myself and I want to feel like a woman. I dont want to cry when I see a well-endowed woman like a crazy person! I dont want to feel like, if another woman came along just like me but with bigger boobs, my husband would leave me in a heartbeat (he wouldnt, hes amazing). Im in therapy and theres a lot to my story but I hoped maybe talking to anonymous women, someone might be able to at least relate, and at best help. Disclaimer- I would get surgery but I dont want implants, and the only option to fix tuberous breasts is a complicated surgery involving reconstruction and fat transfer, which is often not successful and has a lot of risks and costs a LOT more than just implants alone. Second disclaimer - I also wasnt able to breastfeed bc tuberous breasts have less mammary tissue, so dont use the breasts are meant to feed the babies so they arent sexual, because mine couldnt even do that. It feels like they dont have a sexual or life giving purpose so honestly why should I have them at all. And my nipples have been destroyed after attempting breastfeeding so theyre way less sensitive too and dont bring pleasure anymore. Im so sorry youre feeling this way, its really, really hard to change perceptions about your body. I dont have any good suggestions about how to guide you to loving your body, but have you looked into the concept of body neutrality? I also struggled with body dysmorphia and trying to make myself love something all the time didnt really work for me. Body neutrality helped me disassociate my feeling of self-worth and attractiveness from my physical body enough that I could finally feel stable. Then, over time, Ive been able to start learning to love parts of myself again without fear of spiraling. Also, maybe you could ask your husband to help you with feelings of validation? He obviously thinks youre desirable! 😊 Oh boobs are just weird lol! They always look nice and perfect on other girls because of bras, padding, little cutlet things you can order from Amazon, tape, etc. but soooo many women have unique shaped boobs! Youre totally not alone! One of mine is like noticeably bigger than the other lmao! Like if I wear a tight dress or something, you can \*see\* the difference 😂 its sort of annoying, but Im just like whatever now. Im also 30 and it took me until now to start kinda getting over my body dysmorphia. It can be hard to not compare yourself to others, but everyone is different! Everyone is unique! Your boobs are fine, and somewhere out there, theres probably a girl who wishes her boobs were smaller. We all want what we dont have, and we all have something someone else wants. We need to stop focusing on what we dont have and start focusing on just loving ourselves the way we are! Embrace the unique features and just work on building up our confidence 💕 Thank you! You are so kind! Maybe I should look more into body neutrality, thank you! Of course! ☺️ All I can really say is that I think you arent alone. We all have something about our bodies that we dont like. Whether its boobs, butt, hips, thighs, nose, lips, waist, hair, whatever, its always something. Its completely impossible to live up to the feminine ideal no matter how much we try. Its impossible to not internalize female body ideals in some way living in society, and were surrounded by social media where everyone else uploads filtered photos which doesnt help either. Every woman Ive talked to about it is constantly comparing herself to other women she sees, just like you are - and I do it too. I wish I could stop but I dont know how either. I can make logical arguments about how it doesnt make me less of a woman but it doesnt help. So the best I have to offer is that you arent alone. Its a much more achievable stepping stone! Thank you :/ I appreciate you taking the time to comment yw, i hope you can figure out how to be happier with your body somehow. Im insecure about my big boobs. Especially since my boyfriend told me he prefers small boobs. But I never wanted these, and only focused on the negatives (stretch marks, nothing cute to wear, etc.) But its the same problem as you, just being uncomfortable in your own skin. Its just one thing though, theres so much more to you Id suggest looking into the ideology of body neutrality, used to hate my body after lots of abuse too and it helped me What a shitty thing for your bf to say. Im sorry. OP, I am also 510 and always hated my breast. I have wide hips, and a long torso. Also a b cup and it doesnt fit my body. Always felt manly growing up as I was taller than all my friends and just wasnt shaped the way I wanted. Had a baby recently, and I know they are going to get worse after Im done breast feeding. Lol.. I want 2 more kids then Im getting breast done. Love yourself as you are isnt working for me, and after seeing how my breast look when theyre engorged when milk started coming in, that really settled my decision. Ive looked at many realistic breast photos to try to get away from my image of the perfect boob, it still doesnt work. Because the real ones still look nice and full. Just wanted to say I am here with you. I am sorry you were not able to breast feed, if that was what you desired. I can only do it because nipple shields I really appreciate you relating. I just feel like all the tall / large women I know and portrayed in media are hourglass shapes. Omg I LOVED when my breasts were engorged. I just didnt make nearly enough to feed her. I didnt mind formula though bc I honestly hated breastfeeding and I had D-MER. I do think one day I may end up getting them done. I just hope technology or processes have come a lot farther to guarantee higher success rate of the surgery I need. I honestly get so mad when I look up before pictures on plastic surgery websites because for most of them Im like OMFG I would take any of these boobs! Like what is wrong with you for touching them haha! Sigh As a woo woo person, I feel like your relationship with your mother is heavily affecting your body image especially around your breasts on a subconscious/unconscious level. In astrology the breasts are ruled by the zodiac sign of Cancer, the mother of the zodiac, which can also show us our relationship with maternal figures/themes. I used to be a no-nonsense, only believing in what I see, has to be backed by science logic type person. But seeing the commonalities in different cultures healing practices showing how our emotions (energy) affect our bodies (such as hormones) has made me think there is actually something to all this hocus pocus. I think talk therapy is great, but mentally processing trauma and actually resolving it in the body through somatic release are way different. Id suggest maybe looking into hypnosis with a professional if youre able to, somatic release exercises around the chest, and/or neuro linguistic programming. Taoist tantric healing practices for women are very effective too! Also femininity goes beyond two bags of superfluous fat tissues. Its your softness, nurturing ways, creativity. I have a decent rack but therell always be women with more boobage, and I try to remind myself, there are things they dont have that I have, and were all beautiful in our respective ways. Focus on the beauty within yo

So, are doctors lying about mammogram pain, too? Considering weve already established here multiple times that doctors lie about the amount of pain in things like IUD, speculum insertion, LEEP & biopsy, its struck me that mammograms are probably NOT a little uncomfortable but are likely downright painful... Whats the truth, ladies? \*edit: after some research Ive found women saying thwy thought their skin was going to tear from the compression, that it was 7/10 pain, and that that left covered in bruises. WHAT THE SERIOUS FUCK Yall of that age range just putting up with this shit? Because, I will not. Surely theres an alternative, just like the new HPV screening swabs??? Im so sick of this shit. How many decades has this torture been done to women and NO ONE HAS BOTHERED TO WIDELY LAUNCH AN ALTERNATIVE? Let me guess: no health association has called for all mannograms to be replaced by some other imaging that might be better but IS MORE EXPENSIVE, right? Or, wait, is it that other methods can ALSO find cant, but INSURANCE COMPANIES REFUSE TO PAY FOR THOSE? is that it? I bet a million bucks one of these things apply. I bet theres a way for us to protect our health and be screened with less pain, but theres also some half-ass reason it hasnt been implemented? You flash em, we smash em I had mammograms for suspicious signs in my 30s. I waited into my 50s for the follow up because I didnt want to be dealing with pre-menopausal breast tissue with a propensity to fibrocystic breast lumps into the machine. Whereas the ones in my 30s were nasty the recent one was a lot easier, even though I got a couple of bruises. I think Ive found the advantage of size G boobs at last I had a mammogram about 11-12 yrs ago, it was really painful, so painful that I refused to get another one for years when the doctor kept asking me. I finally agreed last year and got a mammogram. It was not bad at all. I was very pleasantly surprised. The technician was really helpful, guided me respectfully through the procedure, explained everything clearly. The first technician was not good, didnt talk to me at all. What was painful was the machine crushed my nipple. The second time the machine was completely on the fatty part of the breast and didnt really hurt. Im an A cup. For me, while they are not particularly fun, they are not painful. It probably depends on the individual, you would have to have one to find out for sure. I will NEVER let another person flatten my breast with a fucking press again. A man obviously made the machine. There is no reason for us to be put through so much agony just to keep ourselves healthy. This is all bullshit. Ive had two mammograms so far, and neither one was painful. It isnt super comfy, but I think thats more the awkwardness of the whole thing. It was much easier and less painful than Id been led to believe. Im 36. My mom died at 50 from breast cancer after it spread to her brain. So, I have been getting mammograms every 6 months for a while now. I dont find it to be exceptionally painful. Dont get me wrong, it hurts, but not so much that its intolerable. I think it really depends on your pain tolerance and the equipment being used. Im lucky enough to live by a large cancer center and I have good insurance. The imaging machine this hospital uses is pretty new. I might be a bit more used to the procedure than other women my age since I have to do it so much. What Im saying is that my experience might not be representative of all experience. Im not a doctor, but from what Ive read (I do read a lot about it since breast cancer is an immediate threat to me), there isnt a better way to do it yet. They have to press the tissue to be pretty flat to get a good image. I have had ultrasounds done, but that is only good for looking at a specific spot. The radiologist needs the whole breast laid out to be able check for inconsistencies. If theres a medical person who can elaborate, have at it. I am all about criticizing the field medicine for failing women, but some procedures by their nature are painful. Edit: I cant spell Yep, they lie. It hurts . Ive had one and I will never have another one. I had a mammogram for a mysterious sudden cyst. The actual cyst was the only part that hurt in the machine - I give it a 6/10 and it lasted 20 seconds. I dont doubt that people are getting injured or experiencing a lot of pain with those machines, but the technician running the machine for me was very competent and careful. It might have been a newer machine, as well. I wouldnt put it in the same category as a cervical biopsy or IUD removal where its going to absolutely guarantee hurt 100% of patients. I do think if it was predominately men that need this procedure, theyd have figured out why the machines hurt some people and put effort into making them work better. I had to have a mammogram a number of years back. I had the technician explain it would be pretty uncomfortable. She also got talking about how some of the older technicians refuse to get with the new procedure and regardless of breast size, would always compress to the smallest setting… or the click the machine does when its at its end. Men should have screening of their balls in a similar machine and well soon see how they like it. Mammograms dont hurt my breasts at all. The only uncomfortable part for me is having to hold my breath. I have huge breasts. Mammogram technicians have told me that mammograms usually dont hurt women with large breasts. Even if they hurt I would get them annually. Chemotherapy and radiation hurt much more than mammograms do. Honestly my first smear I should have punched the doctor (lie on your back, stop whining, Just relax and stop making this so difficult, stop being a baby - it isnt that painful and crying wont help - I was 19 FFS! oh, and Dr was female - bitch!) but after avoiding them for a decade and finding a better doctor since then they have been better and I have even relaxed! Mammograms I rate as not fun but have never been bruised or come away wanting to punch anyone / cry / never go again. And like others - My (adoptive) Mom had breast cancer with a radical mastectomy but still ended up dying of secondary bone cancer as she didnt keep up her checkups. I think the issue with alternatives to mammograms (such as MRI/Ultrasound/CT/thermal imaging) is they are more expensive and less portable, but also you cant compare the data with millions of other mammogram pictures to get a good indication of risk. Also insurance may not recognise them. https://breastcancernow.org/about-us/news-personal-stories/there-alternative-mammograms I thought it was uncomfortable, not painful. Ive only had one, because I had a lump, it was cancer, I had my breast removed. 16 years later Im alive and kicking. Worth it to me. I got to see my daughter grow up. Ive had mammograms every year for the past 10 yeqrs, as recommended. I dont find them painful or even particularly unpleasant. Are they fun. No, but I dont experience pain or discomfort. 🤷‍♀️ An IUD on the other hand, fuck that shit. I screamed and puked. Never again. Personally, I felt no pain. I was surprised when the tech said it was done. I suspect if men were subjected to testograms that smushed their testes to check for cancer yearly at age 50, medical world would have quickly come up with a less painful, less smushy way of imaging or would routinely provide a anesthetic gel to numb the area or something. Dont be so quick to suggest that some procedures just \*have to be\* painful when its related to healthcare for women. And OP isnt just complaining about the pain but also that the medical field lies about the amount of pain. I yelled as soon as it hurt and the tech stopped the machine every time and took the picture. Once my boob wasnt squashed enough and she did that one fast. Different things hurt on different sides. I get a mammogram every year and have never found it to be anything more than mildly uncomfortable. Maybe 1/10, tops. Im a D-cup and a mom. A technician once told me that having a baby changes something inside your breasts (whether you breast feed or not) which makes it easier for them get good images. Something about a change in tissue composition? The one mammogram I had before kids took way longer than the mammograms done afterwards. They do ultrasounds as a follow-up if they think theres something wrong on the mammogram. Why cant ultrasound just be the go-to then? I (42) just had a mammogram 2 weeks ago. The screening mammogram was fine, not comfortable, but not painful. There were a few spots they were concerned about so I had to go for a diagnostic mammogram. It was the most painful thing I have willingly subjected myself too. I teared up multiple times, and I have a moderate to high pain tolerance. It ended up just being skin calcifications, but they had a hard time determining if they were in the skin or breast tissue and kept pulling and twisting to try and get a good picture. I had swelling and tenderness for a week. I think it depends on the person - I dont find them very painful - uncomfortable, yes. I also have a couple chronic pain conditions though so my pain meter might be slightly busted. Im not quite an A cup. Had a mammogram about 3 years ago. Ill take my chances with cancer. Not doing that again. It wasnt just the pain, it was the terrifying feeling of being trapped in that roboticized waffle iron. I had two rounds of mammogram last year (cancer scare, fortunately benign). Both times, the technicians were careful about placement, asked multiple times about my level of comfort/discomfort, and did everything they could to minimize my time spent with a compressed boob. It wasnt fun, but it wasnt anything that would put me off from having one every year. I had my first mammogram last year, at 35. I found it only uncomfortable. I expected it to really hurt, though. They said they were going to squeeze a little more t

This wording seems a bit demeaning. Instead of stating the IUD inception is painful they imply it is just an irrational fear. [deleted] This submission was removed: Rule 4 Images: Direct image links must follow image post guidelines [more](https://www.reddit.com/r/TwoXChromosomes/wiki/faq#wiki\_what\_images\_can\_i\_post.3F) --- [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) What exactly is wrong with it Its a screenshot and its mostly words. K

Is this sexual harassment? Ive been posting a lot here lately because its the only place I seem to get well-thought out answers, so thank you all for that. I had this experience a few years ago that really bothers me to this day and thought it would help to hear some other thoughts. So I (female) had a colleague (female) who was ostensibly on the same level as me but she was really intimidating. She was diagnosed with cancer and ended up getting a double mastectomy. When she was going through treatment she would come into my office and ask me to do things for her like help her adjust her undergarments. That was ok I guess, although I felt uncomfortable. Then she had breast implants. She came to my office and told me that all the other women in the office wanted see her implants and even touch them. She asked me if I wanted to see them and I politely declined. She then proceeded to lift up her shirt and show me her breasts anyway. I dont consider myself particularly hung up on nudity but it was so uncomfortable. It felt like she was getting some sort of thrill over showing me her breasts even though I had clearly expressed my disinterest. I guess Im wondering if I misread the situation or if Im justified in feeling like I got taken advantage of. Edit: Ill leave this up overnight but the first couple of responses I have gotten have made me feel even more uncomfortable than the original event. I dont think she has any bad intent. But although if u arent comfortable with it, then u need to be firm. Demand NO and just leave the room. But I did tell her no. She asked, I said no. Not like a waffling no. She said do you want to see my breasts and I said No Well then yes. It is sexual harassment. You should tell someone above u. It that was another man doing that to me id hit him in the mouth. Just because the other person is willing to show, that doesnt mean you are obligated to look at it. This rule is applicable for any body part, present, mossing, or replaced I didnt have a choice. I said No, she pulled up her shirt. Its not \*sexual\* harassment in a legal sense. What it is, is assault without battery and indecent exposure in the workplace. It may be harassment of a non-sexual variety for other reasons, or it could become sexual harassment (hostile work environment type) \*if\* it continues or is part of a pattern of other behaviors. Thank you, I very much appreciate the response! I always felt like the whole situation was wrong, and its helpful to be able to put a name to it. Sometimes a few nos isnt enough. They may need to be sat down and explained to them why their behavior is crossing a line, and also needs to be told what kind of consequences there will be if they keep crossing that line. Tell them that whatever theyre looking (acknowledgements, sympathy, …) you are not able to give them; they will have better luck finding it somewhere else