IUD and vulvodynia? I know theres correlation between oral BC and vulvodynia but what about the Mirena IUD and vulvodynia? I swear ever since i got my iud in December, my vagina has been a fuckin mess pain wise for months. I never thought to think that could be the cause… but everyone i see says the mirena IUD made their vulvodynia go away?!? All things considered, medical scientists cant figure out why people get vulvodynia so its possible. I would even say likely. I never had any vulvar pain until I got an IUD, then I was diagnosed with lichen sclerosus two years after getting it inserted (on the day I was getting it removed).

Im so tired of the role sex has played in my life as a woman TW: mentions of unwanted sex, self harm When I was 16, I started dating a boy at school. We dated for 4 years. I thought he was the love of my life. He did not think I was his. He made fun of my insecurities. He laughed at me in front of friends and asked if I would have a breakdown. I had a self-harm problem, and one time, he even made fun of that. Then, when I called him out on it, he claimed not to remember saying any of it, but he did apologize in the end. But the worst part of it all was the neglect. There was no affection, ever. Maybe he held my hand once in a blue moon. Even that stopped a couple of years in. One time, I wanted to spend time with him one on one, but he told me it was more fun to hang out with me in a group setting. The only way I ever got any sort of affection from this man was through sex. Sex was always a touchy subject with us because as far as I can remember, he was pretty much always uninterested when I was interested. He seemed to always miss the cues when I tried to initiate anything, which I chalked up to childishness, but maybe he just never wanted to get intimate with me when I wanted to and lied about missing the cues. However, whenever he would initiate sex, I would always, always give in. In sickness, in health, in anything. No matter how I was feeling. Literally the day after I got my IUD in, but I knew he was coming back from LA, and I knew he wouldnt want to get affectionate with me in any way besides letting off the steam he had probably collected while being on vacation. So, even though I was in pain and I didnt want to have sex, I still had sex. And this was a theme. Whenever he would initiate, it was honestly the only way I felt like I could get any love/affection. Most of the time, I didnt want to have sex, and I would feel pretty lousy afterwards, but at least he would pay some attention to me for once. And trying to have sex on my terms involved planning hours ahead and honestly far too much work which I eventually gave up on. I dont know if he did this on purpose. But eventually, I felt like I was being used as a personal fleshlight. On weekends, when he would wake up with a boner, he would just start touching me, and I would just give in - even though I had no interest in the sex itself. I would also like to state that I was scared that if I didnt give in, the minimal form of affection he was showing me would be gone and the final straw that was holding our relationship together would just break. I was scared hed never initiate again and Id go from mostly neglected to completely neglected. So I always gave in to sex - wanted or not wanted. I guess its important to note that I never explicitly told him that I didnt want the sex or anything. I just sort of let it happen because it seemed like the only way to save the relationship. But it happened for months, years. I also dont know if he knew that he created an environment where sex was the only way to get any sort of affection. But another point to note is that we had SEVERAL conversations about how things between us werent working - how he never wanted to have sex when I did, how Id like it if he kissed me more, etc. He always promised that he would try more. He never did. He forgot birthday gifts. He called me extra for trying to bring donuts for his birthday. Also, and this is important to note, but when we were breaking up, he told me that he lost feelings for me over the span of the months prior. This felt like such a slap in the face given all the times we had sex and I convinced myself that it was okay that I didnt want it because I was doing it to make someone love me. I felt like all the times wed slept together, we were on the same page - that we were going to make this relationship work. However, when he told me that, I realized I had been letting someone sleep with me that had no intention of ever trying to fix anything ever. He lied to me for months about how he felt about me. We even moved in together for a span of time during these months. I later found out he was having an emotional affair. Im struggling to have sex again now. I have panic attacks at the thought of having sex again, and when I do get intimate with my current partner, it often ends with me crying my eyes out. I feel traumatized after my past relationship. Sex feels so messed up for me now. I dont even want my partner now to touch me, and I used to love physical contact. I am struggling. Has anyone else dealt with anything similar? Furthermore, are there any resources for someone like me? Im not sure what situation Im in, honestly. All I know is that I dont want to be touched and I dont want to have sex actively. Im so petrified and I just dont know who to reach out to at this point. Its hard being a woman and having sex. When you feel like you dont have power, its the worst feeling in the world. I just dont know what to do anymore. [deleted] There is nothing wrong with anything you are feeling. I would start with a therapist. You can see one through videochat now. Thatll be a good start. He was a user and an abuser that preys on insecure women. I have been where you are. Not exactly. But in that youll do anything for them because youre so desperate for love, affection, attention. Even things that cause you pain, discomfort, or shame. To make them happy. My childhood was fucked and I wasnt taught what a healthy relationship or healthy love it. The relationship you described is completely horrifying... Life is way too short to spend so much time in emotional and physical turmoil when you can leave, be single, be asexual (yes that is a thing), date if you want. You need to learn how to love yourself first and you just cannot do that while in a relationship which your history... I am so so so sorry for what you are going through and how he has used you. Therapy really helped me see how my childhood shaped how i interact with the world. Now I can use that knowledge to learn more about myself and how to make a good life for myself with HEALTHY relationships (not just romantic). Im not close to that goal yet but Im getting there. Theres hope and I promise, as far away as it seems now, you will get out of this. One day at a time. One choice at a time. Just make sure each choice is the best choice for YOU, not him (whoever the him is at the time). If you trust a new partner enough that you see a future with them, communication is everything. My current bf of 7 years was very patient and understanding with my confusing emotions around sex and my ptsd. I still struggle and still communicate constantly. Theres good humans out there, but also you dont have to be a sexual person if you dont want to. There are literally asexual people out there identifying as such. You could seek out support from groups online. I dont know enough, but i know that much. I wish you well internet stranger. I know how you feel. Thats messed up and I just wanted to tell you I been there and hope things get better. And... Sorry. Yeah I been through something similar. I got drugged and raped by an ex and one of his buddys he brought along for fun. For like a year at least? I couldnt really have sex at all but when I started getting better and could, if I reached climax, I wouldnt be able to hold in the waterfall immediately after. How embearssing. Thanks for the O, no really its not you, its me. Lol. Seems like almost all women have similar stories its sad. Your trauma will likely get in the way until you work through it. That will take time. You may find the book Come as you Are by Emily Nagoski insightful.

he put it in without a condom just to see what it felt like Weve talked about sex without a condom before. I have an IUD so I felt safe. However, with everything thats happened in the last 24 hours, Ive been freaking out, thinking maybe soon I wont be. What if Im that like 1/500 girl that gets pregnant on an IUD? Well, today we were having sex. He was behind me so I couldnt see anything. He was teasing the outside, fine, but then he just sticks it in??? He pulled it out after a sec and said, just had to see what you felt like. I was speechless. I know wed talked about condomless sex, but he didnt know about my newfound anxiety and, moreover, surprised me with it. The fact that he just had to without warning is weighing on me. And with everything going on right now, it was so tone-deaf. This is also a guy whos preached condoms again and again. So tired of feeling used by men. They use my body for their own satisfaction while disregarding me as a person. Edit: think my first edit didnt go through, so Ill try it again. Thanks everyone for your responses. Im scared. I couldnt admit to myself that it was sexual assault. Ive told this guy I dont want to see or speak to him again, but thats just the start. I dont know what to do now. Edit 2: just wanted to say thanks again. I havent been responding to your replies because its honestly been so overwhelming reading them. I really appreciate your support and honesty. I hope you left. Theres no way to trust someone who does that. That is rape. EDIT: a man DMed me to correct me and explain that no, this wasnt rape. Oh ok. In light of everything thats happening right now I have zero patience for men and their bullshit. He deserves a kick in the nuts but dumping him is probably the better course of action. What a scumbag. Police. Now. Leave him Thats just simply messed up. Im sure if you guys were fooling around and you just somehow slid a dildo in him or a few fingers he would definitely not be brushing off his actions like that, he needs to learn some more personal boundaries as well as more respect for other people/women cause hes obviously lacking. Thats absolutely unacceptable. I thought it was only sexual assault? Well, he found out what you felt like. Now he can find out what being dumped and blocked by you everywhere feels like. Please tell me that you flipped out on him! Try flirting with him and feed him food, and then you suddenly try to stuff your fist in his mouth just to see how it feels like... maybe he will reconsider his actions after that ... He sexually assaulted you, no matter if it was for just a second. Thats beyond reconcilable, if hes willing to see what it felt like, who knows what else he is capable of. Um thats rape. He did it without your consent, and purposely didnt ask bc he had to and didnt want to hear a possible no from you. Im so sorry, and I hope you let yourself feel your feelings. I hate these kind of comments. I know you mean well, but when a friend said that to me, it just made me feel like I had failed or something. Sometimes you freeze bc youre in shock. Thats totally normal. You need to inform him that what he did meets the legal definition of rape, and that if he accidentally made a baby, hell be paying Child Support for the next 18 years. Those two ought to scare him half to death. Then you can decide if hes worth keeping around. thats rape Came hear to say this. What he did was rape. At the very minimum its sexual assault. Any PERSON thats willing to violate your body without consent does not need to be in your or anyone elses life. You should re-evaluate your association with him. Edit: corrected with to without Im so sorry that you need to break up with this boundary-breaking idiot. He put his penis inside her when she didnt want him to. That is rape. That is, by definition, rape. thats sexual assault. dump his ass. &gt; I know wed talked about condomless sex, but he didnt know about my newfound anxiety and, moreover, surprised me with it. Not realizing that you might be extra anxious right now is so willfully ignorant as to be malicious. &gt; This is also a guy whos preached condoms again and again. Dump this dude. He cares more about his dick than your safety and your future. I know everyone saying that it was rape are well meaning, but I also know that being you you were raped feels awful. I hope you are ok. Sending love. ironic timing for him to decide to do that H3 did it on purpose to scare you. They are very well aware of RVW and many may pull crap like this. This is r\*pe and should be reported. H3 will do it again. He assaulted you. Im so sorry. Please, please leave. Why would it be a joke? For suggesting that rape is rape? https://www.rainn.org/national-resources-sexual-assault-survivors-and-their-loved-ones Sorry that happened to you. Ive been there, and can relate to the feeling of men using my body for their own satisfaction, its extremely dehumanizing. What he did was considered rape, and its OK if you cant admit it to yourself now. It took me years. ♥️ sending you lots of virtual support. &gt;I couldnt admit to myself that it was sexual assault. I couldnt either when a man stealthed me. It took me \*\*\*months\*\*\* to finally admit that I was sexually assaulted, and that the same man sexually assaulted me repeatedly. Processing what happened can take time, and thats perfectly valid and okay. Im glad you told him you never want to see or speak to him again. Someone who has this much disregard for your safety, comfort, and well-being isnt worth wasting any more time with. It was non-consensual sex, which is rape. These are not even remotely the same. I started dissociating and didnt know where I was. I couldnt say or do anything. I then went into damage done mode and just let him continue repeatedly because it didnt matter anymore. In the months it took me to realize he assaulted me, I saw him I dont know how many times. At that point flipping out would be useless. You seem like a rapist. Calling it is what it is isnt extreme as all feck. Hey just in case you hadnt come across it, the term for what happened - someone you are consensually having sex with non-consensually removing a condom - is called stealthing. Many places consider this a form of sexual assault. Its considered rape in the UK, Canada, Germany, and I think is also a crime in California. Beyond the specific act that occurred here, just at a relational level its not healthy or ok for your partner to take an action during consensual sex that is outside the boundaries of what youve agreed. For example, choking. I didnt say that she needs to flip out on him or that any reaction she had is in any way wrong. I simply said please tell me what I want to hear. Because that is what I want to do, not because its anyones actual reaction but because its what we wish we would have done. Please tell me that the ground opened up and swallowed him whole! Its still the same thing, just something imaginary that I wish would happen. Please understand that the 5 seconds of sensation on his dick was more important to him than you, your body, or your future. I am so sorry. May I ask how you would define the actions of this man? The only words I can think of are assault and rape but Im interested to hear your opinion. Im so sorry that you were betrayed by someone you trusted. He raped you, and there is no excuse for his behavior. Please reach out to someone when you feel you are able. Feels like getting summarily dumped to me. Edit: Looks like you did that, good for you! I know its painful, but consider talking to a therapist and/or close friends if you are able. It can both help with healing as well as provide contemporaneous witnesses. Sexual assault. One. complete lack of feelings for his partner. Two Pass his name around as a sexual predator? Have your dad damage him accidentally? Im a dad and a sporadically horrible overinsured driver :) Many bad words. My sympathies. No help but my son wont do this and my daughters will be able to kick his ass. https://www.rollingstone.com/politics/politics-features/how-to-order-abortion-pill-online-texas-sb8-1224437/?fbclid=IwAR3jQnab-IFHH48kD0WhX-xv3bpgE4sF9KaKejpvbN0dhOJT\\_zY-cMrowh0 Its called stealthing and its consider sexual assault The thing that scares me the most is that this guy went through a thought process where he felt that was okay. It was clearly sexual assault, because he did something sexually you did not consent to, but if you told people he know he would probably genuinely think he was being falsely accused. The fact that he thought about it, presumably, and decided it would be okay, and doesnt think of himself as a sexual assaulter is just the scariest part. Drop his username so the mods can ban him Rape. Dont date or have sex with rapists. Im so sorry this happened to you. Only 36% of men in casual sexual relationships in America agree to use condoms. Not even close to half of the male population. Its truly unacceptable why would she keep around a rapist?? Wtf is wrong with people?? Is this dating now? Always barrier sex until you both agree to go barrier-less. For me, it is always barrier (condom) until we both decide we are exclusive and share negative STD results. I just cant wrap my head around people that want to stealth or slip it in without discussing it first. Women, if he even remotely argues, tries to talk you out of it, or fucking whines about condoms, DONT FUCKING SLEEP WITH HIM!! Scientists are working tirelessly to solve the age-old mystery of where exactly men get the audacity. Seriously though, that is horrific and an extra layer of evil considering whats going on. Please take time to process and heal and do what you can to feel safe. That is sexual assault. This is rape. Seconded (as a man). That was rape. You didnt agree to it. And in the current climate his blatant disregard for yo

Reminder of what a supportive SO looks like when our rights are under attack When Trump first got elected I [they/them] was 23 and my then fiancée, now spouse [any pronouns] was 26, both staunchly childfree. We knew abortion was one of the big things Trump was hunting and though I had an IUD at the time, I still wanted to use at least one other method in case (we did a mix of condom, withdrawal, and/or ~~rythme~~ rhythm). My now-spouse was already planning to without my asking. No fighting, no pleading, no reasoning. Just concern for my well-being. If your SO protests to increased protection they are not worth your time. Me and my husband have been married for 15yrs. We never really discussed a visectomy. It just never crossed our mind all this time. I was completely floored when out of the blue he said he would go get one. I guess it shouldnt have struck me like it did, hes always been a supportive partner. Since all this crap started becoming real, I have never felt as grateful for him as I do now. For sure, Im so sad for all these people whose SOs care more about their pleasure than their SOs safety and bodily autonomy. I know you accidentally misspelled rhythm, but I read it as rhyme and thought, wouldnt it be great if rhyming during sex prevented pregnancy! Thank you 😂

Nobody told me that sex can be kinda hard on the body Just got over a fever, extreme fatigue, and vomiting thanks to nitrofurantoin/Macrobid, which Im taking for a UTI thanks to sex. Same fatigue made me nearly fall asleep in traffic the other day, not to mention, this is my second UTI in 2 months. Painful and it would wake me up early in the morning because of the urgency. Ive also managed to go another whole week without bleeding, and I am including the entire past 3 months. Thanks to my IUD, I have only spent 2.5 weeks not bleeding out of approximately 8. And now Im taking cranberry pills, probiotics, ibuprofen often to hopefully prevent more pain... Is sex this troublesome for anyone else? Why did no one tell me about this? Im 23 in my first serious relationship and I never expected these kinds of problems... Pee after sex. It might help with the UTIs. PEE! AFTER! SEX! Does it kill the mood a little? Yes. Will it save you a shit ton of pain and suffering in the long run? Absolutely. I had chronic UTIs for ten years, this is the ONLY way to avoid them, and once youve had one UTI youre more prone to continue getting them. There are also OTC post-sex drinks/pills you can get that will help prevent them by a brand called Uqora, but I havent tried them personally because consistently peeing within five minutes of finishing up has completely solved this for me. I really hope you find some relief!!! A common reason to get UTIs from sex is because bacteria from your butt is getting pushed/mixed to the front. Since our urethras are close to our butts &amp; the tube to our bladder is so short, it is easy for bacteria like e.coli, which causes UTIs, to get inside and colonize our bladders. The best advice I can give you is to make sure youre thoroughly showered before sex, or have showered since having a bowel movement. Make sure your partner isnt flinging his penis all over the place (like accidentally hitting your crack and pushing toward the vagina, which the urethra is close to). This can make it more likely for bacteria to get where it isnt supposed to be. Lastly, make sure youre peeing after sex and cleaning up down there well. I always pee and then rinse off in the shower after. Always wipe front to back, too. If you werent getting UTIs often before you became sexually active, its probably related to the above. Thing is, I do! But I forgot just one time--one night where I fell asleep immediately after. And bam, a week of hell for me Ill also check out the preventative stuff, thank you! It sounds like you are dealing with some combination of anemia, sleep deprivation and inflammation in the body from recurrent (somewhat severe it sounds) urinary tract infections. Are you voiding your bladder after sex? Have you seen your Ob/Gyn or family doc? The feeling terrible bit makes a lot of sense. this is great advice! Thank you GOD that sucks. Any time I dont or cant pee immediately after, I will get one. Allegedly there are actual prescribed after-sex pills you can get, if this continues to be a problem, but doctors are hesitant to prescribe them because they like to rule out STIs first. Honestly, the fear of a UTI ruined my relationship with sex for a really long time!! Im still not completely over it even though Im coming up on a year without having gotten one. Havent had that issue so much, but started having wrist, elbow and knee issues since getting with my partner who has a very high sex drive, pretty much from the significant increase in small repetitive movements. But mostly thats me telling you Im over 30 without telling you Im over 30.. Good luck with sorting the preventative and the contraceptive stuff Yes actually. About 20 minutes ago I literally peed my pants while running to the bathroom because Ive had so many UTIs over the past few months. I just started having sex a few months ago and Im already getting recurrent UTIs. I wish someone had told me more about this in Sex Ed. Yes! Its super romantic but cup your hand over yourself and rum…even if you dont have to pee TRY… You dont have to cup but its easier to wash your hands then a trail uhhh what? bathrooms exist I meant run to the bathroom…stuff might come out OH omg sorry, the minor typo in your comment scrambled my brain 😓 Also make sure your dude is clean and treated. When it was younger I kept getting reoccurring yeast infections and its because my bf kept passing it back to me (he was symptomless). Consider a bidet attachment for your toilet. I used to get frequent UTIs and am on the same med (Im immunosupressed) I found condoms made them happen a lot more often. I had an IUD for a while but it caused pain and bleeding so after 7 years my husband offered to take over birth control and got a vasectomy. Since we got the bidet I havent had a UTI. Not sure if its a direct correlation or what. Also awesome for the eventual period poops and blood, cleans it off in like 3 seconds. I dont get UTIs luckily, but I bleed for a day or two after sex. Its not like my bf and I are particularly rough, and never go dry, but for some reason I bleed after sex. (Asking a gyno in a couple weeks about it) Bidet King makes a slightly more affordable one that is plug-and-play. If the power outlet is close enough, you wont need a plumber or an electrician. Cranberry does not treat the UTI it just makes the symptoms more bearable. Drink LOADS of water and if needs be get antibiotics. You should be drinking so much that your pee is clear when dealing with a UTI. Cut out sugar, caffeine, alcohol until you are sure your UTI is gone. Do not take hot baths. I get UTIs from not always drinking enough water. Look into D-mannose. It prevents the bacteria from sticking to the walls. Though i took a double dose to finally clear mine. Its exponentially more effective than cranberries. In addition to the good advice above: - Doubling down on the always pee soon after sex advice - Make sure your hand/fingers and your partners hands/fingers are freshly washed before exploring down there - Have your partner shower or clean their bits before sex; Ive read a number of anecdotes about women constantly blaming themselves when it was actually a change in their partners behavior (or a new partner with better habits) that alleviated the frequency of UTIs, yeast infections, etc. - Be sure to wash any toys you two use before each use (and preferably after as well) Your cervix may be low and hes bumping against it. Huh... interesting Theres some really good advice on here about UTIs, so I wont bother to add more. Essentially, cleanliness is key and pee after sex. As for the IUD, I bled for a long time after getting mine, but it evened out after a few months. I hope that your normalize soon, too. But I feel you- between the different kinds of birth control, IUD, occasional bleeding after sex, discomfort with some positions- theres been a lot to learn. Dont get frustrated. Youre putting yourself through a new experience and there are new things to learn about yourself and your partner. I hope that you both take the time to support one another and are gracious through this time. Yes. Gentlemen, wash yo dick. Ive read that it naturally rises and falls during the month, related to your cycle, in case you want to read more about it. This was really helpful for me. Now I know when to avoid certain positions and its been immensely helpful. Going on about 5 months of not bleeding now :) And then rinse it off! And, no sex during a UTI! Seems like that should be obvious, but... And if you arent 100% comfortable using a hand bidet to clean yourself, maybe just try a different brand of toilet paper. Made the switch last year and my wifes frequent UTIs are nearly a thing of the past. The UTI advice is all really well put here! As to your IUD it might not be for you or it might be placed wrong! I was like you and got my IUD for my first sexual relationship. It wasnt placed correctly in my uterus and after a year of suffering symptoms ( oh just give it time! ) they finally let me take it out and I felt soooo much better. I went back on the pill and while my period isnt perfect its a lot better now. Ask your ob/gyn about vaginal estrogen cream - its most commonly used for post-menopausal women with recurrent UTIs but considering how low risk topical estrogen is (less than a % gets into the body beyond the application site) its worth the discussion. In my teens and 20s it was an endless cycle of UTIs followed by yeast infections from the antibiotics. One of the UTIs was so bad I ended up in the emergency room. Ill just say there was a lot of blood, and I was told that it could have gone into my kidneys if I had waited much longer. Someone eventually turned me on to a book that it looks like they dont make any more. It was a womans natural health book. It recommended garlic tablets for the yeast infections and cranberry juice (not cocktail) and apple cider vinegar diluted in water and honey for UTIs. After that book, anytime I felt a twinge of either, I just started up the protocol, and it never went full blown. Take my upvote for the sentence flinging his penis all over the place 😅😅😅😅 Oops, yes. Thanks for the addition. Makes note to get joint supplements HI OP, I noticed no one discussed this, and this could help a lot of ladies commenting on this post. You should get checked for innerstitial cystitis (IC) and chronic UTIs. A lot of women who have recurring UTI symptoms or recurring UTIs need to talk to their doctors about it. No amount of peeing after sex or showering after sex is going to change that fact that some people are more prone to UTIs than others, and sex is one of the the precipitating factors for UTIs in women with chronic UTIs / IC. Yes, showering and cleaning after sex are musts if you are someone who suffers from these conditions, but sometimes people who are affected need to be on a sort of long term, low dose antibiotic, probiotic, or supplement to hel

Extreme itching months after Nexplanon removal, dont know where to turn. I have had nexplanon twice. First time was fine, some itching here and there but nothing terrible. Second time it was inserted slightly below a previous insertion site and I had some kind of reaction to it. Months of extreme itching and raised hives along the skin where the bar was. You could see the exact size and placement of the implant based on my large hives. Doctor said they had never seen that reaction before and we took it out. Its now three months later and I am still dealing with maddening itching where my implant once was. There is also what feels like a thick rope under my skin where the implant used to be, whereas I didnt experience that with my first one. Is it possible its internal scaring thats itching?? I honestly dont know what to do, some days Im so desperate for relief I think about cutting my arm open just to get at whats inside causing the itch 😭 It sounds like you probably do have scarring, yes. What does your doctor say about the itching? It sounds like youre having some sort of allergic reaction, so you may need to see an allergist. Normally your primary doctor can refer you to one. Yes, severe itching can be nasty! It sounds like you are having a bad chemical or allergic reaction to whatever it was, and some of the substance may be still left in there. I would see your doc ASAP, and s/he may be able to prescribe a steroid to settle your immune system down. But I would ask for a referral to a dermatologist and/or allergist and get that appointment made in case it doesnt settle down. In the meantime, something with menthol (Tiger balm, Icy hot) may help scratch the itch (it is referred to as a counter-irritant), and/or icing the area can help a lot as well. Disclaimer: not a doctor, a researcher with a lot of health issues.

New birth control has me feeling like an emotional wreck while trying to introduce a new puppy to my first dog. I have a mini longhair dachshund whos about 1.5 years old and he desperately needed a friend. He loves to play with people and especially other dogs even though hes usually the smallest one. I got him a brother literally born from the same parents. Picked him up yesterday. The cutest fucking thing ever. I also got my birth control implant replaced this week and the hormones are fucking coursing through my veins like Im on emotional speed. Like EVERY emotion amplified. It feels like Im getting smacked in the face every minute with a new overwhelming feeling. So I introduced new weenie to current weenie. In my naive mind I thought theyd be friends right away but that definitely didnt happen. Within a few minutes first dog growls at pup and he has NEVER done that before. I realize he has to establish dominance and let the pup know whats up but it just fucking broke my heart. He was super suspicious and didnt really know what to think. He eventually kinda played with him so I thought there was hope. But this morning was also a bit of a challenge with the puppy wanting to snuggle first dog and him snapping. I have been sobbing all day. I feel so bad and guilty. Im so in love with new puppy but my first baby is my first and I also love him endlessly. I feel so dumb for not considering the possibility of this more seriously. I wish I could communicate with them both better. Ive been telling my first dog how much I love him and making sure to pay attention to him too, but I can tell the puppy has him feeling some type of way. Ugh. I desperately hope they eventually get along and become friends and I also cannot wait to stop feeling like such an emotional manic. Thank you birth control. I have no advice about the pups, but I know how stressful this is trying to introduce new animals. It can be a fucking nightmare at times. And adding in that stress on the hormonal shit too? Sweet Christmas, my poor soul. You need the power of all the universes right now. Sending you what good mojo I can. I just had my Nexplanon removed due to frequent bleeding and holy crap, the emotion. I feel you right now. Hang in there. As someone who introduced a new pup to a finicky older dog recently, it gets better. Youre doing everything right. It just takes time for the current dog to get used to the idea of sharing everything, particularly if theyve never had a live-in companion before. Just keep on like you are and give it time, its going to get better. Im so sorry youre going through that! hormones can make you literally crazy. Its the worst. Maybe part of the issue is territoriality? I know its hard with an untrained puppy, but maybe you can try to let the dogs spend some time together away from your older dogs home turf?

Birth control changes. Why do people not talk about the side effects more?! I recently went from a nexplanon to the pill and while I was warned of the side effects, I was unprepared for getting weird vaginal twinges all day, every day. Not bad necessarily, not good either, but definitely annoying and googling this kind of thing results in NOTHING unless its related to pregnancy or yeast infections. So tired of womens health issues being regulated to those two areas. Anyone else have that happen or is my vagina a unicorn? I havent come off Nexplanon (intend to remain on it until menopause), but I have had that pain due to endometriosis. Its awful. Some side effects are uncommon enough that they dont know to prepare us for them. Ive had Lupron to treat endometriosis, and no doctor Ive talked to has even heard of the side effects I had on it. Most people have hot flashes, night sweats, and hair loss. I had none of those. Instead, my vulva hurt. A lot. Bad enough that I quit the treatment halfwa through - its two injections that last three months each, and I never got the second one. It was excruciating. It hurt to walk. And nobody had any real solutions for me. apply vaseline take a sitz bath Yeah those relieve it for a few minutes at best.

Not stealthing but Im uncomfortable So my boyfriend (32) of about a year told me (F, 28) recently that when we last had anal sex he came in me without a condom. Up until then weve always used condoms, and I assumed hed put one on that time as well. Usually its vaginal or oral sex, anal from time to time. As far as contraception goes, we agreed on condoms when we started dating.(Im considering an IUD as well). We did not, however, specify if that included wearing it for anal sex. Still, it was kind of implied since we had always used it. When he told me what he did he was apologetic, said he was in the wrong etc. Im sitting here thinking - why didnt he just ask me if I was ok with skipping the condom? I would have asked, if our roles were reversed. I regret not talking about condom use etc in more detail, and I dont want to put this all on him. Still, Im feeling really uncomfortable about it. Why didnt he tell me sooner at least? Honestly, Im kind of disappointed/nervous/afraid and want to pull back somewhat. Im posting this bc I would love some feedback/thoughts etc. Ive been scrolling reddit for similar situations, but all I find are threads about stealthing - and I dont feel like that applies here. (Ive told him the gist of this post, and made it clear this cant happen again.) Xx What about HIV, etc? Its not ok that he did this. Apology or no, Id make sure I had another form of birth control going. Have you both had STD testing? If hes not prepared to sex as an adult, you have choices to make. Best wishes. Trust your instincts. It seems reasonable, given just the plain facts, that he figured Whatevs, Im not gonna knock her up &amp; didnt think further, which is like an orange flag to me. Lots of straight men dont pay as much attention to sexual health information about butts and STDs transmitted via anal sex at school - if they even have sex ed. Lots of people arent educated enough about sex &amp; consent to think about condom use separately from birth control. But, it seems like common sense that hed ask you. Fuck, I cant reach the condom box, can we just...? How hard is that. But your instincts are important. You brain sees the whole constellation of his behaviours that you may not consciously put together, but makes you feel uneasy. If you feel like its a red flag, its a red flag, regardless of whether you can prove it, what others have done in similar situations, and what people comment on your post. YOU KNOW. For what its worth, I dont think its ok. But lets take the semantics out of it for a second- what its called or why he did it without asking doesnt really matter if its not acceptable to YOU. Does it make you uncomfortable? Does it make you not want to trust him? If so, then say so and do what you need to do. Youre in charge of your body and you get to decide on boundaries and whether or not you want to continue a relationship after this. I can see both sides of it. Im guessing he made the assumption that youve been together for so long that youre both monogamous and std free. He probably assumed theres no pregnancy risk with anal but on the flip side, thats a huge, inappropriate no no not to ask someone before you cum in them without a condom. I wouldve been pissed and I probably wouldve hurt his feelings over it. He likely made a lot of assumptions and if youve both talked about it and gotten those assumptions out of the way, then chock it up to a one off. I think its worth being angry over but I dont think its worth ending a relationship over. I really dont. An issue presented, you had a conversation. If hes an adult and a partner worth having, this will only happen the one time and if he decides to do it again, he will ask first. If he does it again and doesnt tell you, I WOULD call that stealthing and I would say you have bigger decisions to make. Once is a mistake, twice is a decision. Those are my two cents. Take them (and all others) with a grain of salt. Youre the one who has to be with him. Good luck! Thank you! Thats also really important. We both got tested earlier, so fortunately not a risk (I mean, if that had been a possibility Id be even more upset). Thats good to know! I guess other than drop him outright, the only other thing is to have a calm conversation, and see how he acts from now on. But get your BC in order. Exactly. I agree, thats a huge issue - just sex ed in general. And how aware and educated people are. Until now Ive thought of him as well informed and for the most part considerate of me. Neither of us have any STDs thankfully. But yeah, that scenario you described seems possible. And I just cant get it! Like how can you just happily go to town without feeling like you should at least ask? That lack of, I dont know, empathy? respect? is what bugs me the most I think. Thank you for your input, and the trust yourself pep talk at the end! I really needed that! Oh, I definitely will! Thank you for the encouragement! I sometimes have a hard time finding out what my boundaries are and (or perhaps mostly) listening to them. Ill spend some time really reflecting on this situation, and what Ill need moving forward. I do trust him still, but I feel like it has been shaken. Being intimate with someone is vulnerable and you want the other person youre with to have your back (no pun intended lol). And now Im not so sure if he always will. (Obv people do make mistakes, but yeah) Ah. This would give me significant pause too. A few questions that you may or may not have answers to: 1. How long after did he reveal that he didnt use a condom? 2. When he finally told you, what prompted that confession? Did you ask? 3. Did he admit it wasnt cool BEFORE or AFTER you shared your discomfort? 4. Okay, he admits it was wrong but WHY does HE think it was wrong? I hope these questions arent intrusive! Just trying to help you process and make sense of my own discomfort about what youve shared 😊 Thank you for your two cents! I appreciate getting some perspectives to consider, and I know Ill have to figure it out myself at the end of the day. There are two sides to this, as you put it. The ambiguity is partly why Im feeling confused I think, because its not like he had ill intentions or no valid reasons for acting the way he did. Yet very not ok at the same time. (Its kind of relieving to hear that someone else would also get angry) We have talked about it, but youve raised a good point about all the assumptions he must have made. I think I want to discuss that further with him, so I dont end up with a ton of assumptions on my end instead. I agree with your argument towards the end, it really depends on how he handles it the next time. Right?! I was like, um what?? Sure, to answer your questions: 1: it was a month after I guess? Could have been more. I get that bringing up something like this is hard, but that disappointed me a bit. I feel like he should have told me sooner. 2: we were on a hike, just discussing random things. Our sex life came up, I think I mentioned something (this was on a quiet day, no other hikers were scarred by our conversation!). I had no idea hed skipped the condom, so I didnt ask. He brought it up. 3: He said that it wasnt ok and apologized when he told me about it, before I had any time to react. I trust him on this, it would have been a lot worse if the remorse (or confession!) was prompted by me. 4: Tbh he hasnt elaborated too much. But basically that he regret doing it without my consent, and that he should have asked. He has definitely listened to my reaction to this, but I cant help but feel like he has moved on. If I want to discuss it further I know Ill have to bring it up - and I will. Thank you for asking some well thought out questions! That does help a lot when trying to figure something out. A month is a long time. Id be disappointed too. And mad, quite frankly. What would discomfort me about this is that if he was still thinking about it a month after, he likely knew it wasnt cool when he did it. Also, sometimes people make much of their apology to avoid accountability. Im sorry. See I apologized! Lets move on. Its probably why it feels like hes past it and wants you to be as well. Plus, as you said, youd have the consideration and empathy to ask beforehand. That he didnt and then apologized \*after\* makes it seem like a conscious choice at the time and not a bumbling mistake in the moment. And that, my friend, would put me on high alert. As for why he waited so long to tell you... He knew it was wrong, so he didnt say anything, he felt guilty, and eventually confessed. Do with that what you will. Chiat this seems to be a repeating theme - rape on here lately. Do yourself a favor and just gtf away from this toxic person. He didnt ask you bc youd say no. Rape was the better choice for him to get what he wanted. Hell do it again. I can promise you that. Why do we have to write a legal brief and mention every possibility? Ugh. I have a feeling you might be right, even if I wish you werent. If not this exact thing, in a similar situation. Yes. It was done deliberately and he knew this wasnt ok whats why he kept it hidden then confessed. It makes me wonder what other things this guys doing. If thats a minor confession is he a serial rapist too? Just really frightening. Unsafe. This is so chilling to read. Honestly, the last pragraph is what makes me afraid. If thats why he did it: Because he wanted to, regardless of my wishes. I cant wrap my mind around it, how can someone just disregard their partner like that? (Obv it happens all the time, still…) Im sorry. IM onky saying this bc Ive been in manipulative, exploitative relationships. People like this dont change. They just escalate imo. I hope you are safe. He did this bc he felt like it is my guess. He likely confessed to guage your reaction to see if hell tell you next time or not. Thank you, this was really helpful - youve put your hesitation into words, and it resonates a l

A conversation with a new hookup showed the disparity in what men and women are concerned about I just started hooking up with a man for the first time in a while. We had this convo: Me: So do you have any STIs I should know about? Him: No, not that I know of. Me: Okay, cool. Him: And youre on birth control? Me: I have an IUD. Him: Okay, cool. \*silence\* Me: …and I also dont have any STIs as far as I know. Like he was really just going to leave the convo at pregnancy prevention without wondering about STIs on my end?? Truly mind-blowing. Especially since my pregnancy would be less of a problem for him than him getting an STI from me?? Just…dude…where is your sense of self-preservation? Even I, as the person who would get pregnant, am more concerned with STIs than pregnancy. So strange. What are men. A friend of mine had Chlamydia. She was looking for hook ups with men. She disclosed with them that she had Chlamydia and everyone of them couldnt wait to bone her. Guys really dont care about STDs Was gonna ask if its possible he just assumed youd tell him about STIs when you asked him, but then I thought about these convos in my past… they always ask about birth control first. And when you say IUD they just immediately think they can go right in without thinking about STIs. I DID have some men ask when the last time I was tested was, but more often than not, the first thing out of their mouth is birth control. Realistically, theyre more worried about a lifetime of child support than an STI that can prooooobably\* be treated with a round of antibiotics. \*depending on what it is and whether it has developed a resistance to treatment. I cannot express how much that grossed me out omg Nah, I gave it enough time to let him return the question because I was curious if he would...and nope, he was ready to just move on. I mean even if you dont care, you at least pretend to care and you ask the question back, right?? Thats just like the rules of a conversation? Mind-blowing. And I think Im going to ask about it. I need to know the reasoning here lol. Other than the viral ones like HPV that cause a lump, Herpes (ouch) or HIV which is now very treatable, most STDs arent that dangerous for men. Theres not a risk of infertility, its just kind of a bummer if its Herpes or HIV. Same as it ever was. HPV causes cancer. Herpes means sores, medication, and having to disclose to every new partner, all for the rest of your life. Plus every STI means you have a chance of messing up someone elses life. Im not worried about infertility; thats the last thing on my mind. Pain, plus risking another humans health, are my main concerns re: STIs. Those arent gendered concerns. Men should be concerned about catching something that could cause them to hurt someone else. Or at least be like I assume since you asked, youre good just to get a complete confirmation instead of just… not caring. You should ask, Im curious to know what the reasoning is, too! Just not enough to try to track down some dudes from years ago…. Lol She knows she can take meds for that right? Youre right. But HPV rarely causes cancer \*in men\*, herpes sores are external \*on men\* etc. You see where Im going with this. This is so common. I wish it wasnt, but during my college experience a lot of my friends and I had to deal with people who lied about their status or getting tested in order to get laid. Also very common for people to push for no protection or try to remove it. Ask for results and watch your back. While STIs are important to talk about, they seem minor compared to the moral, emotional and financial commitment of bringing a child into this world. And while its better to be explicit, I could see him assuming that by you being concerned and asking the question about STIs, that you yourself did not have any or would disclose them then. Since you have an IUD, you probably arent worried about kids since the accidental pregnancy rate is so low, and so it falls off your radar as a concern. For him, even if he was planning on using a condom, its probably the number one thing on his mind. Im curious, if you werent on birth control and a condom broke, do you think your first worry would be about pregnancy or STIs? No I purposefully listed risks \*for men\* to show why theyd be worried about it. I dont really understand why sores on your dick/pelvis are less of a concern than sores on your labia? But yeah maybe they just have less care about their bodies/think theyre invincible. Personally, even for curable infections, the thought oh Ill just take antibiotics, its fine! is still crazy to me. You know its gotta be at least itchy until the meds kick in. I just dont understand that mindset. Haha I feel like the Cardi B meme WHAT WAS THE REASON about sooo many things involving men and sex 😆 For me to would be STIs, plan b is easy to access and some STIs cant be cured. An IUD doesnt make concerns fall off the radar. It is in and of itself a whole new list of scary, painful, and expensive concerns for a woman to worry about. Men just dont get it, because men dont consider the invisible labor women do. So just to be clear, this is condoms + IUD. Because Ive been raised my whole life that abortion is totally fine, its always been a no-brainer that Id get one. Most women I know are the same. If a condom broke, Id get Plan B and then my biggest fear would be STIs. Im not afraid of getting pregnant because Id just get an abortion. I have insurance and theres a PP in my town. Bringing a child into the world with a new hookup isnt even something that would cross my mind because of course I wouldnt. Its so obviously not going to happen. And the chance of me being a psycho whos trying to trap a strangers sperm so that I can destroy my life in exchange for some measly child support payments is sooooo statistically less likely than the chance that I might have an STI. So the fact that hes worried about the first situation and not the second is what surprises me. ETA: the issue is not bringing a child into the world vs catching an STI. Its accidental pregnancy vs catching an STI. Oh well thats easy. As a guy i was never that worried about my body. I knew it would either be treated or heal eventually. Pain is temporary. I avoided virals though because that shit is permanent and disgusting. But otherwise, why worry. Now of course, i feel different. I wouldnt let a cis dick anywhere near me lol. I have no idea why cishet girls do, wtf are you thinking 🤔 Thanks - I think I will ask him to get a test. I just made an appointment for myself too (but the clinics are understaffed so its weeks out). Lol well thanks for the insight. Men in general seem unconcerned with their own health so I guess it tracks. Im not het so this is the first one Ive been near in years lol and its definitely…something… Is he worth telling that he needs to educate himself? Not your responsibility obviously. It really is simple. Most STIs arent a huge issue for men or are treatable. The bigger concern, what has the greatest impact on our lives, is pregnancy. That isnt to say STIs arent a concern, they just pale in comparison to getting someone pregnant so more thought and emphasis is put on that. I mean you also dont know if he was doing something at the time of replying. Who knows the delay could be him taking a dump, driving somewhere or making a sandwich. Thats kinda why I want to ask, to try to open up some self-reflection…Ive got nothing better to do lol, why not! It seems reasonable to expect some basic health awareness from a hook up right? I do know what he was doing, actually, seeing as he was in my bed. Not sure why you assumed this was a virtual convo. Pregnancy has a bigger effect on womens lives than mens. Especially a pregnancy that results in abortion, which is what the majority of women would do if accidentally falling pregnant with a stranger. Its almost like theres an assumption there that if the woman you hookup with accidentally gets pregnant, the next step is that youll have a child?? But a woman wanting to have a child with a stranger is way less likely than a woman having an STI so I just dont get the absolute absence of worry about STIs. Absolutely. Plus lack of awareness reflects poorly on you intellectually and emotionally so it can really make attraction plummet. I wish more men understood that. There obviously needs to be a movement to change male culture, its just not a task I want anything to do with. And I dont think its on women either. So not sure what the solution is. Their culture/POV has to become negatively reinforced before they will change. But thats the thing, its not an absence, it just prioritization. And me saying it has an impact on mens lives doesnt somehow mean it doesnt impact womens. So you can put that strawman down. There isnt an assumption that the next step is a child, but it is a concern and also a possibility. To jump the gun here, being concerned about a possible child also doesnt mean they arent concerned about a woman having to go through an abortion. Me checking a parachute over and over doesnt mean Im not concerned that the plane is in good nick, just that the parachute is the main concern. My assumption about I being virtual was obviously wrong. HPV causes penile cancer, anal cancer, throat cancer etc. in men It quite literally was an absence in this situation, which is what I described in the OP. There was no return of the question. He was moving on. There are other women in this thread corroborating that the same thing has happened to them. Glad youre not the one downvoting me then 💜😂 What straight man do you know is at risk of catching HPV cancer of the throat from going down on a woman 😂😂😂 Maybe thats why they keep it to 37 seconds max lol Maybe Im just paranoid, but I ask for test results, not just their word. Too many guys I met think, Well, five years ago when I got tested, I was clean, so and that counts. So I ask

Whichever teenager wrote the post about the guy shes talking to asking for sex. Please dont have sex with that guy! Block that guy immediately. Sorry, this really bugged the shit out of me. I saw a post earlier about a teenage being groomed by some adult idiot to have sex. The poster deleted it but here is my PSA. Teenagers!! \* Do NOT have sex with men just because they want you to do it and they are the first guy to call you pretty. There will be others. \* Do NOT have sex with men who are sending you porn or pornographic materials in which they are taking a part without the consent of the parties involved and without your consent. \* Do NOT have sex with men who should be dating girls who are not in high school. \* Do NOT take sex advice from kids in high school. They do not know what they are talking about. They make fun of you for being a virgin and half the time they are jealous because they gave up their virginity under regretful circumstances. \* Listen to your instincts. Do NOT people please. Learn this now and it will keep you safe. If you feel like a guy is gross, weird, pressuring you, is making you feel uncomfortable in anyway, you do not need an excuse to drop him. Your survival instinct is all you need. Listen to that inner voice. Read The Gift of Fear. \* You are NOT in this world to make people feel comfortable and to sexually satisfy some idiot. Sex is for you too when YOU want it. When YOU are ready. Not some dude and not your friends. You dictate what happens to you body and if hes not interested in your enjoyment, drop him. \* Learn this now. Read some feminist literature. Read about healthy relationships and healthy sex on the internet from credible sources--not some stupid youtuber. People with experience as psychologists, therapists, etc. EDUCATE yourself. \* Educate yourself about sex before you have it. Make sure you know how to please yourself. Read books about it on amazon or the library. Visit planned parenthood or their websites. Dont walk in blind. Use protection in the form of condoms and preferably a back up method like IUD or birth control pills. AND DO NOT LET THEM TALK YOU INTO NOT USING CONDOMS. Go download the movie KIDS. \* You wanna be a grown up and have sex? Prepare yourself like an adult. This is your one precious life. People will try to flatter you to manipulate you into all sorts of things. Do not fall for it. &amp;#x200B; Edit: Dear whoever redditcared me. I live for that shit. I purposely did not block it because I take personal pleasure in reporting your immature ass. Get a life dork! &amp;#x200B; \*\*Edit 2: Someone asked for resources:\*\* Information on recognizing [abusive relationships](https://kidshealth.org/en/teens/abuse.html). (with links for help). More information about [abusive relationships and dating violence](https://www.plannedparenthood.org/learn/teens/relationships/abusive-relationships). Read and learn the signs. Did you know that \*\*1 in 12 surveyed US high school student\*\*s experienced physical dating violence? \*\*One in 12\*\* experienced sexual dating violence. Thats too damn high. [More information](https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html). [Am I ready for sex?](https://www.plannedparenthood.org/learn/teens/sex/all-about-sex/am-i-ready-sex) Great article from Planned Parenthood. [STD, Birth Control and Pregnancy facts for teens](https://www.plannedparenthood.org/learn/teens/stds-birth-control-pregnancy) [The Gift of Fear](https://a.co/d/gpNkgb0) [Why does he do that?](https://a.co/d/4oB2tHk) Another highly recommended book. Books on Setting Boundaries: This book, [Boundaries](https://a.co/d/gIfh4ju), is religious in nature, but easy to skip over, especially since the information is so good. If Christianity turns you off to the point that youre going to break out into hives reading even the tiniest allusions to scripture-- skip it. This book, [Set Boundaries , Find Peace](https://a.co/d/35Bjha2) does not include discussion of religion. [Codependent no more](https://a.co/d/faXblQb). I LOVED this book in college. Really contextualized my familys dynamics for me. If you have any favorite articles or books, please add in the comments!!! YES YES YES. wow thats really fantastic advice. I like that u were brutally open honest and gave sound advice. Teenager girls need this sort of upfront information to understand and help them deal with what these men are doing on line. Also the pressure they received from their peers is ridiculous. I hope they are reading and listening to as much information they can get their hands on. To many young women are tricked in to sex from online sources. Grooming is an online form of rape. Teenagers just cant see it for what it is. Just responded exactly this! Didnt know theyd deleted it. The whole sending her explicit content of other people to pressure her into sex was so fucking disgusting lol. Not to mention that if the girl in the video she talked about really was 13-15, and the guy is 17, then its not long until that is considered child abuse. I just really hope that she follows her instincts. Women dont follow them enough and we get into trouble. If something feels wrong, even a tiny bit, it IS WRONG. Sometimes I cant even name what is making me feel uncomfortable until later. Were so used to dismissing that inner voice--not allowing it to emerge so we can name the emotion or process the thought. Were so used to being told that we are wrong. It starts young with sexist parents and bullshit predatory men--wanting us to be pliable and submissive to meet their needs. No thank you! It was so nasty. I had to make this post because I wasnt sure she would see my comment. I dont know how this stuff is normalized. We just take it as gospel that men think a lot about sex, so we just have to put up with sexual harassment bullshit and abuse. Oh its just boys being boys! Its 2022. Its not an excuse anymore (if it ever was). Lots of men dont act like the tom cats in my neighborhood constantly impregnating the feral female cat I cant catch. Men have brains. They can use them to obtain sex through responsible, ethical and consensual means. Yes, it is even possible at 19 to not act like your dick is on fire and the nearest vagina is the cool water basin. I was 19 once, I know. lol Demand self-control from the men/boys in your life, teenaged ladies!!! oof, this this this! I dont think men realise how demeaning it is to other men to claim that theyre just thoughtless animals that cant control themselves either, never mind that its just an egregious excuse to not take responsibility for mistreating others. It makes me sad that she was only seventeen, too Thats all sound advice, and I appreciate it. Thank you for this post! I would add: how do you know when someone shouldnt be dating high school students? If theyre of an age to be out of college or have their own establishment, theyre too old. When in doubt, half of the older partners age plus seven is the creepy limit for the minimum age of the younger partner. Or at least, that was the rule of thumb floating around when I was in school. And no cheating on your age because they say youre mature. Just dont. There are and will be plenty of options who arent waving giant red flags. Wish i could read that msg when i was 15... Some links to sources in the post would be even more helpful Im sure This is what I told my daughter: if he says if you loved me, you would do x,y,z, \*your answer\* should be if you loved \*me\*, you wouldnt pressure me to do something Im uncomfortable with. She was also told to call home for a ride immediately after staying this. This is excellent advice! I added some resources and books recommendations in the post! If anyone else has some to add, please do. Why was this removed? Why is the post deleted? This is great! Thank you. Excellent post. And for a resource on your sexual health, please see \*\*Cycle Savvy\*\* by Toni Weschler. This is actually more the period book we should have all gotten as teens, as she goes over the menstrual cycle and learning to chart your cycle according to the fertility awareness method (FAM). But there is a chapter on sexuality close to the end that all young women should read. Spoiler: its about self-esteem. Actually, I read this book in my 40s and found I got something from that chapter I needed. Thank you so much. So important that young cis women become familiar with their menstrual cycles. Mood disorders are especially common in the post ovulatory (luteal phase) period prior to the onset of menstruation. And those issues can begin right before a girls first menses. We just arent taught anything about mood disorders like PMS or PMDD. Thank you. Also, dont listen to anyone who says sex is required in exchange for food, alcohol, drugs, housing, or transportation. Thats a big red flag. I hope angel strangers like you are still around when my daughters hit adolescence. Bless you! I was in my 40s when I started charting my cycle due to extreme peri symptoms. I wanted to start to determine if I was still ovulating. I started with Toni Weschlers TCOYF, but found it to be overwhelming. Then I found out she wrote the teen book, and found it was more at my level 😄. What surprised me is how empowering the process of charting ended up being. The level of self-awareness I got from being scientific about observing my cycle really surprised me. Its like Im now the authority on how I feel. Not my friends, peer group, parents, tv, some article I read, society, etc. I really wonder what my life would have been like if I had learned to do this when I was a teenager. I would have been a different person. Thank you for sharing this story! I have PMDD and I didnt know I had it for YEARS because my doctors were either inept or didnt give a shit about me. I basically went to my doctor and said I have PMDD and they noted it in my chart. But it took years of noticing t

Found out husband was cheating on my honeymoon I dont know which sub to post this in, I just needed to get this out and for me to say/read out loud that I am done with this. Ive been up all night crying and he is sleeping next to me about to wake up with a shocking discovery. So hubby (39m) and I (39 soon to be 40f) got married in 2020 and been together for 7 years before getting married. We couldnt go anywhere cuz of the pandemic and working from home and being in each others face caused some friction. I live with a man who isnt very vocal and I knew this going into the marriage that he has a hard time communicating his feelings, but when he does its truthful (or seems that way). When we were dating he mentioned he has a high sex drive and wasnt sure if monogamy was for him. I respect that and I said Im ok with opening up the relationship if we can be open and honest with our communication. And given how hes not great at communicating I suggested we see a professional to help establish boundaries since Im new to this and want to do it right. We went on with our life and I figured when he was ready to be open we would see the professional. No mention of anything for months and then suddenly out of the blue he says theres a couple thats interested in meeting us the coming weekend. I was caught off guard and told him I needed some time to process and that I was upset I was never part of the conversation. I (reluctantly) agreed to meet up but it fell through. End of conversation, nothing after that. I once again told him if he was chatting with someone I would like to be involved from the beginning so I can get to know these people as well. Shortly before we got married we were going through a dry spell. It could have been the stress, my newly installed IUD, depression, you name it. I havent initiated sex in a while, and felt guilty about it. I made an appointment with a therapist to get to the bottom of this. I kept thinking to myself I dont blame him if he ends up cheating. In November 2022, he said he wanted to talk about his feelings. He wrote me a letter because being vocal is hard, and his letter stated he was not happy and is not having his needs met. He confessed to sleeping with other people and that he will seek professional help. We both cried. It was a hard conversation but I was thankful for the honesty. I told him Im hurt by his choices but I apologized and took responsibility for not being there for him physically. I continued to see my therapist to see what I can do about the letter and thats when I realized in order for me to initiate sex I need to feel a connection. And him expressing his feelings (good or bad) made him human. The sex after the letter just kept flooding in. I initiated it every single day and I actually felt empowered and confident. I felt good and told him I need him to connect with me more often so we can keep having amazing sex. That way both our needs get met. I was fully committed to making this work. I got outfits, booked us a hotel to role play as strangers. I asked him if he was having fun and he said yes. Back to yesterday, day 4 of our honeymoon and only having sex twice so far, I felt it in my gut that something was off. I wasnt feeling the connection. Were in Mexico and I told him i thought we would be all over eachother. I asked him if he was hiding something from me, or if there was something I did. He said his sex drive has been lower than usual since hes been taking his antidepressants. And I can relate to that, so I said we can take it slow and let me know if Im crossing any boundaries. I still had this gut feeling that something was off. So I did something I havent done since we first started dating, I checked his phone. He has been messaging someone and have been secretly meeting since Dec 2022 (month after he gave me the letter). Here I am working hard to make this work and he just went on with his life like nothing happened. Hes never booked us a hotel to role play, but booked hotel visits atleast 3-4 times with her. I feel like a fuckin moron for believing this would work, that I could trust him again. my marriage and commitment was all a joke to him. I read their messages and there is no way I can go back to ever trusting him again. the sneaking around, and meeting for hugs, kisses and amazing sex. I felt sick to my stomach. What really broke my heart was I had previously mentioned one of my boundaries if we were open would be, not to have them in our house cuz thats my happy place. Guess what, he had her over twice to our house when I was away. The last message she sent him was I hope youll still be able to send messages when the wife isnt around. Some women arent ok with their husbands being with other women and I dont want her suspecting anything. To which my husband responded that would be an awkward flight home. I drafted a message (didnt hit send) that said, some women may be ok with their husbands being with other women if the husband was open and honest about it. Some women never get to be part of the conversation or the chance to be ok with it. I guess itll be an awkward flight after all. When he wakes up in a few hours hes gonna check his phone and know that I know. Sad cuz he actually had a lovely day planned for us, sunset walk at the beach, sitting on the sand and having a picnic, bonding etc. If you made it this far, thank you for reading. I am currently figuring out the living situation if I can afford to live in the house by myself. Or let him keep it since its no longer my happy place. Either way, I am done with this. I deserve to have my boundaries respected. Waiting to get home so I can talk this out with my therapist. Now I get to have an awkward honeymoon for the next 7 days.

partner mad at me for removing my iud This is something that is blowing my mind rn. Ive recently come to the realization that my hormonal iud has greatly affected my mental health. I had some mental health problems before my iud, but its made them CONSIDERABLY worse. After doing some research, Im not the only one; other women out there have validated my experience. I want to be birth control free for the first time since I was 18, to let my hormones level out and actually receive my period and let myself be healthy. However I am in a long term relationship and told my partner what my plan was. He was absolutely shocked. He said he didnt want me to cause he enjoys having unprotected sex. I told him I know it isnt the most convenient things but I think my health is more important than our ability to have unprotected sex. He still wasnt impressed. What is really making me irrate Is that men/society assume its the womans sole responsibility to worry about unplanned pregnancy, at the expense of our health.Birth control is notorious for mental health problems, cancer, stroke, weight gain, blood clots ect. And yes I know birth control was a major step in womens rights and our right to choose, but It takes two people to make a baby, and condoms work. I know plenty of couples whos main source of birth control is condoms. What makes me even more mad is that I went through a medical procedure, with NO PAIN MANAGEMENT, or local anesthetic and had a foreign object put into my body. That was so painful i fainted after the procedure, and lets jot mention the agonizing cramps i had for weeks aftwr. And when I told my partner that HE has the choice to go get a vasectomy if unprotected sex is really that important to him, and he said he doesnt want to because he shouldnt have to go through a medical procedure and it will be painful. Even though hes of age to be able to get accepted to get one, and they can be reversed. I love my partner but this whole situation is really making me realize how unfair this is. And how men dont realize women are sacrificing our health for the sake of unprotected sex. (Yes I know not all men think this way, but its enough). Update: i did not think this post was gunna blow up like it did, so i just wanna say a few things. I have an appointment set and I dont plan on being on birth control again anytime soon, no matter what anyone says. Yes I agree this situation is shitty and my partner could have behaved a hell of a lot better and i reacted accordingly. BUT I made this post to prove that even the men we love and know have internalized misogyny against women and our bodies. Also to the people Simply saying to break up with my partner and leave him over a disagreement that we have and will continue to talk about and work on, clearly have never been in a long term committed relationship and had a major fight. Dont jump to conclusions and assume you know the dynamic between me and my partner over a paragraph post on reddit. Thank you lol. please reconsider whether you want to be with someone who prioritizes the feeling in his dick during sex over your mental and physical health Thats so fucking sad. No woman should feel like their physical and mental health is less important than a dick feeling less during sex. Im dissapointed but not surprised men like this exist. What I dont really get is why so many women edure the pain of being with men who dont even respect or like their partners enough to want them to be healthy. Are women so afraid of being alone? [deleted] Im sorry, but hes bitching about how improving your mental and physical health immeasurably will be \_outweighed\_ by the fact his orgasms will be slightly less fun. And hes happy for you to suffer, provided he gets his favourite way to have orgasms. Your partner is an arsehole and you should consider if you want to be with him. \_Especially\_ if you dont want to be pregnant because if the condom breaks or comes off is he going to pull the but \_I\_ want to be a daddy so you have to suffer and not terminate so I can play catch and build treehouses (and do none of the actual parenting)? Feels like someone this concerned about slightly less good orgasms Vs his partners wellbeing would definitely not value your autonomy in other ways that inconvenience him. I asked mine to get a vasectomy after 2 kids and 4 miscarriages, 2 of which were at 12 weeks. He said no because I wouldnt be able to carry full-term anyway. This is how entitled men feel about womens bodies. I am so sorry you are going through this!!! Men have no idea how big an impact hormones have on womens mental and physical health. Being on the pill made me seriously depressed!! Its been 3 years and Im still recovering. You do not owe any man unprotected sex, not ever!! You should not go on hormones to please a man! The pill was revolutionary in allowing women to take control over their bodies and choice to decide when they want to reproduce. Unfortunately men have taken advantage of this, they now expect women to be on hormones in order to satisfy them. Its now up to you to take control and decide how you want this relationship to be. Is he a good man, that will listen to you? Is he open to change ? Some men are not bad men, they are just seriously uneducated. But if he is not willing to listen to reason then you have to decide if this relationship is worth it. Please remember that YOU have the power here!! THIS IS YOUR LIFE! YOUR BODY! NOT HIS! If hes going to choose his comfort over yours, then you should do the same. To hell with these double standards. If he shouldnt have to go through surgery and suffer, then you shouldnt either. At least you know now whats more important to him. Omfg what a tool. Youre 100% correct in almost every aspect of this situation, and your partner is a fairly decent-sized asshole. However, vasectomies should NOT be considered reversible. Any responsible urologist will tell their male patients this fact. Source: Had a vasectomy because I would never ask my wife to go through a painful medical procedure to ensure we dont have children. Vasectomies are wildly less risky than tubal ligation. It is unfair, but you do not have to accept this. As a wise woman on twitter once pointed out, condoms make a pleasurable experience slightly less pleasurable. If your health isnt more important than making his experience slightly less then you probably have some thinking to do. Good luck. Im sorry youre dealing with a man-child. FWIW you dont have to. So an IUD can mess with you mentally? Ive suspected this for a year or two but I try not to Google my medical questions, it always seems to just lead to a cancer self diagnosis. Between the pandemic, being unable to go out as freely, the state of the world &amp; the particularly crap weather weve had, I just assumed it was reactionary to crappy real life. Ill research some tomorrow (its very late in UK) but if anyone can share their experiences with this, Id be grateful for the starting point. OP, you deserve treated more fairly. Hes being selfish &amp; cruel. He just wants to ejaculate into a vagina without any consequences but doesnt want to be inconvenienced or made to be uncomfortable in any way. But its perfectly okay for you. Thats what he thinks of you. Thats so fucking grim. Why wouldnt you be able to carry to full term? Ive had two miscarriages at 11 and 12 weeks, no earthly idea how many Ive had between 0-10 weeks. I have 5 kids. Even if a woman is diagnosed medically infertile, that is rarely a reason to make sure you dont get pregnant if you dont want to. Infertile refers to the statistical likelihood of getting pregnant, its not usually absolute. How long have you been with this person? Did you tell him BEFORE having it removed? For a lot of guys the attitude comes from the unexpected change it situations, not the change itself. It would no be about whether it smis your right or not but including him in your health because you are together. Edit: Apparently I missed or misread the sentence where the OP said she had told him in advance. &gt; For a lot of guys the attitude comes from the unexpected change it situations, not the change itself. She answered this question in the OP: its about his pee pee. Somehow I missed that sentence in my read. Thank you. Just leave him, doesnt sound like he cares about you at all. If you read her post she did tell him prior. I cant feel anything when I wear a condom! Im gonna punch you in the face while wearing a rubber glove. If I feel it, youre correct. Im sorry but your bf sounds like a turd. Every bc pill, patch and shot I ever took reeked havoc on my mind and body. Made be super emotional to the point I would randomly cry, bloated my body up. If its choosing between condom free D or my sanity, Ill choose the latex. We dont need or deserve to take all these chemicals that are making us feel shit just so someone can have some more comfortable sex. Hell, shit lasts for a few min anyway. Not worth being in agony forever He can get a vasectomy. Thanks. I somehow missed that on my read. There are copper IUDs which are non-hormonal (also used as emergency contraception) and hormonal versions. In my own experience, the implantation was the most painful thing Ive ever experienced. A broken bone or concussion had nothing on this. Bleeding for a couple days after. Severe cramping. However, I think in comparison to the dual hormone pill, this has levelled my premenstrual depressive symptoms considerably (in combination with a variety of other factors) I should add that I have the copper IUD I get way too much second hand rage from being on this sub, my core burns for all of us. The person you are describing OP takes their own pleasure first before your health. I agree to deeply consider whether you want to be with this thing or not My husband is counting down the days until he can get his vasectomy because hormonal BC absolutely effs my mental health up.

Vaginal Infection Mystery..HELP! I have been dealing with what I though were reoccurring yeast infections since I got my Kyleena IUD in February of 2021. A few weeks after getting my IUD put in I was feeling off and went to my gyno, they took a culture and tested me for everything and it came back positive for BV. I took the antibiotics and everything was fine. In August 2021 I started to feel a yeast infection coming on, I know exactly how they feel and look (its unmistakable) and Ive had a number of them in my life but they were never difficult to treat and always easily cured with some monistat or a single Diflucan. The yeast infection in august was difficult to treat but not impossible, when the multiple Diflucan and everything over the counter didnt work I started taking Jarrow fem dophilus as well as cut out all sugar, wheat and alcohol for a week and that seem to do the trick. Fast forward to December, I started getting itchy again and it came on out of no where, I wasnt having sex or doing anything that would normally trigger a yeast infection. So I started taking the Jarrow fem dophilus again thinking it would nip it in the bud this time, but no. after suffering for about a week I decided to get my IUD removed on January 3rd. When I had my IUD removed they took a look at a swab under a microscope and said Thats definitely yeast!, gave me a diflucan and said now that the IUD is removed this should clear up fine. Well it didnt and since then I have been to multiple different gynecologists and all my tests are now coming up negative. Here are the things that I have tried: Cotton underwear (washed separately on high heat with seventh generation fragrance free detergent.) Only using water when showering Boric Acid - I did the boric acid for about 14 days straight with no improvement. Everything I read says its a magical cure and you feel better within a day or two but that has not been my expirience and I would love to hear from someone else who has had success with it without instant results. More Probiotics - I now take the garden of life vaginal care 50 billion, 2 pills twice daily. CandidAssist - 3 pills daily for the last 4 weeks. Diet - I havent had any sugar, alcohol, wheat or vinegar in over 4 weeks. Every over the counter cream / suppository Tercanozole 3 day cream - Prescription needed Brexafemme - Very expensive newly approved drug for women with reoccurring yeast infections that are resistant to diflucan. I also have not had any kind of sex since early December ( very sad ) &amp;#x200B; I had an appointment on the 25th of January where they told me since I keep testing negative for everything and they dont see any yeast it might be just irritation and prescribed me a steroid cream for the itching. I tried the cream and it kinda helped me sleep but thats about it. I went to another appointment today with another gyno and the first thing she said it you have a lot of discharge ( something I had not have very much of at all during this whole thing, mostly just discomfort and itching ) She shows me the discharge and its that unmistakable small while clumps. She takes a swab to look at it and comes back to tell me....theres NO YEAST. She says she thinks its actually BV and prescribes me antibiotics. How the hell can you have discharge like that and no yeast?? I am truly terrified to take these antibiotics and make whatever this is worse. Please help a girl out. Should I keep doing the boric acid ? I feel completely helpless and defeated at this point.

Is finishing inside the norm? I recently got a significant other and this is the first time Im sexually active in my life. Im on arm-implant birth control. My partner finished inside me the other day and it made me wonder what the norm is with couples. Is finishing inside what couples \*normally\* do? Or do most couples pull out even if theyre on birth control? &amp;#x200B; Edit: I was super paranoid about pregnancy even tho Im on bc, good to know that people finish inside every day Inside is normal , I dont think there is a norm. Every person and every couple will have a different comfort level with risk, and will act accordingly. I have met numerous men who believe women should all be on BC, and men shouldnt ever have to wear condoms, especially if theyre in a relationship. There is no norm. It should be whatever you are comfortable with and it should be a conversation between you and your partner Inside is more usual in a long term relationship where you are on birth control and both confident in each others sexual health, but if youre not comfortable, its absolutely something that should be up for discussion and respected. I dont think there is a norm, its whatever a couple is wanting to do that particular time. Where my partner finishes varies depending on our whims [deleted] There is no norm. Its up to you. Its your body. You decide what you want to do with your body. I am in my 40s in California and have been in a variety of partnerships since I was 15. With only one of these men was it the default for my partner to ejaculate inside me. And that was a partner I always wore condoms with. In my experience, most men pull out by default unless they are actively trying to conceive a child. Clearly, experiences vary. There is no normal. Do what youre comfortable with. Make sure youve discussed STI testing with your partner if you are having unprotected sex, youll want to know that hes been tested What you say goes. Never mind the norm. Its the norm for me, but only because my husband had a vasectomy 5 years ago. When we werent trying to get pregnant -- or when I was with any partner before him -- finishing IN my body was not an option. It was have sex with a condom or no sex at all, their choice. It doesnt really matter what the norm is. Do what you are both comfortable with. As everyone else says, it doesnt matter what the norm is, every couple should decide works best for them. I have only had one sexual partner (now my husband) and I dont think he has ever pulled out. For 7/10 years Ive been on the pill, otherwise using condoms when not trying to get pregnant and thats always felt sufficient to me. However, we have started things before putting the condom on occasionally. As everyone else says, it doesnt matter what the norm is, every couple should decide works best for them. I have only had one sexual partner (now my husband) and I dont think he has ever pulled out. For 7/10 years Ive been on the pill, otherwise using condoms when not trying to get pregnant and thats always felt sufficient to me. However, we have started things before putting the condom on occasionally. Its personal preference. We tried for just over 3 years to get pregnant, before then hed always pull out or wear a condom. Some people like the feel. Some are grossed out by it. I was at first. Bullshit. The norm is what happens MOST often. The most common i assume is finishing inside, yes But does the norm matter? You do you.

Im worried that Im pregnant… Hi everyone. Im just needing advice during this difficult time. Im worried I may be pregnant. Basically, 2 weeks ago I had sex with a man who wouldnt put a condom on. I asked him to stop and put one on multiple times. He eventually pulled out and never finished. I told him I wanted him to pay for a plan b but he refused. I bought one anyway and took it but Im over the weight range for full efficacy. Fast forward to a couple days ago and Im having brown bloody discharge coming from my vagina plus cramps. Of course the internet is saying this is implantation bleeding. I took a pregnancy test which was negative but it was also 7 days before my expected period so it may be too early. I messaged this man and let him know Im worried Im pregnant. He said something along the lines of nice try, but it wasnt by me. So says my vasectomy. A vasectomy he never mentioned before? That seems off to me. Anyway, what should I do? Im extremely worried and kicking myself for not being more adamant he stop unless he wore a condom. Any advice is appreciated. Thank you! [deleted] I think that what is scaring you the most is that the sex that you experienced was traumatic and you are feeling really bad about that. Because you are feeling so bad your negative emotions are coming out sideways and that your fear that you are pregnant after doing everything that you can to address the pregnancy are largely just you feeling really really bad about the sex. If you are pregnant you have options, it is not something that you want, but you will get through it. More importantly though, I think that you should spend some time thinking about your lifestyle because I think it is leading you down a path of unhappiness and despair. I think that you should see a therapist or if you are religious get some counseling there. I think mostly you are feeling unhappiness and you should not take that lightly. Most likely you will discover that you are not pregnant, but if that happens dont just drop it and move on. Spend some time trying to figure out how to address your underlying feelings. I wish you well and hope that you find more happiness than you are experiencing now. Good luck. Thank you so much for the comment. Im hoping you are right! Youve helped ease my mind for the meantime. What is this bullshit? What lifestyle can a woman have that causes a man to be an asshole and have sex without a condom after being told to put one on multiple times? This shit happens with boyfriends and husbands, so its not a lifestyle problem. Lets not shame the victim. Please dont blame yourself. You told him to put one on and he didnt. All of the blame falls on him and I do hope you are done with this creep. Its likely that you are not pregnant, but take a pregnancy test in another week to make sure for your peace of mind. A STI screening would be a good thing too. Need I even say it? Dump this jerk. Do better. Dump this guy and get tested as soon as possible. Like 3 to 4 weeks is an accurate test. As a guy I really dont like how other men play around with unprotected sex. I think she is better than idiots like that and that she is feeling regret that she was with him. He clearly did not care for her at all and it may be that she is feeling really bad about what went down and that at least some of her fear and angst is related to her negative experience with that guy. I think that she correctly regrets having anything to do with him. Dont blame yourself but LEARN FROM THIS EXPERIENCE. I dont care how much you are into it. If dude is being a jerk about not putting on a condom or being receptive to your requests, get up, get dressed and walk the fuck out. Guys that pull this shit dont care about you and if this happens you should care about them even-less. Uh no the blame does partially fall on her. If she said to put on a rubber and he didnt then the smart thing to do is to say ok were done here

My Fiance can feel my IUD (THE STRINGS ARE NOT THE PROBLEM) - Has this happened to you where your partner can feel the metal part? [deleted] Yes, this could happen if the IUD moved. You need to see your doctor ASAP. In the meantime, use a backup method of birth control like condoms. You or your partners shouldnt feel an IUD during sex, although your partners may feel the strings. Although rare, IUDs can move. If you experience symptoms of this or think it may have moved, you should see your doctor. [deleted] Can you feel the string vs the hard device with your fingers? Wouldnt hurt to have a doctor make sure it hasnt moved or anything the vagina isnt a gaping tube like the cardboard in a toilet roll. its more like a crumpled up sock clenched in a fist. when were fully aroused and/or had an orgasm, it lengthens and loosens to allow for comfortable insertion. even then, an object being inserted doesnt make a hole like in clay. your cervix is probably close to the entrance (crumpled up sock) and his penis is nudging it. the cervix also isnt attached to the very end of the toes of the sock. it can lay low, high, to the side. mines low (like on the sole of the sock) and down towards my tailbone. does it matter? is it causing you pain? has he ever slammed your cervix before? can you try different positions? eg doggy hits my low cervix, missionary doesnt. are you fully aroused before penetration? can you feel a difference? is he just going ewie because it touched pp? You should go to your gyno ASAP!!!! Go today or tomorrow if you can. Your partner being able to feel your IUD during sex is a sign your IUD may be displaced. Dont try to put it back in yourself, you could cause an injury. Your gyno can see if its out of place and you can decide what you want to do from there. Use birth control if you have sex again and decide if you need an emergency contraceptive. A pregnancy test is also a good idea. I hope Im wrong, but either way, you should see the gyno ASAP. If nothing is wrong you can breathe a sigh of relief. If you have a problem, then youll be in the right place. [deleted] [deleted]

If he doesnt understand, break up with him. Seriously. I have never dated before, I came from a conservative country and family, no sex before marriage kind of thing. But of course, when you start dating, things escalate. However, very sadly I have a very thick hymen, most probably annular hymen. I cant even insert a pinky finger inside myself and have never tried tampons or diva cups. When I first told my boyfriend, the first thing he said to me was: Its okay, we dont have to have sex because itll hurt for you. Its not like you dont feel good from clitorial stimulation anyways. &amp;#x200B; He always takes care of me (seriously. I tried to blow him and he was like: but if youre not finishing :C why are you blowing me :C what does it do for you :C.... like miss girl, i wanna make u feel good) &amp;#x200B; We talked about our future, like when we get married, what about having kids. He shrugged and say, Okay, well go with whatever you want. Whether no kids or yes kids because I couldnt decide. He cooks for me. When I got shy and didnt dare to ask him for a massage he went: Just tell me what you want me to do. and he always gladly gives me a back or neck massage (I try to reciprocate this but he always says its ok but ur expressions say otherwise LMFAO) and he told me I dont have to go on birth control just for sex in the future since my period is painless and considered light and having birth control or IUDs can mess me up. (Plus IUDs hurt like a fuck) He understands my boundaries, is willing to listen to me, kisses my hands and wrists and has a great singing voice and for some reason dont sing a lot unless he major simps. You can find someone like that. Dont settle for anything less. There ARE good men out there. He sounds wonderful, I hope you two have all the happiness!

My crushs reaction to me saying we needed to buy lube This sub is an amazing community and I really love participating here. I learn so much from other women, so I wanted to share my recent experience in the hopes that someone else might learn from it. I think that a lot of women struggle to have our partners understand our needs relating to intimacy. Im 26 and sexual self-advocacy is something Ive been working on for years. Its still in progress for me, but Im reminding myself that if someone isnt interested in what I have to say about my body, hes not worth being intimate with. I am very, very sensitive and even with lots of foreplay, sex can still be a little uncomfortable for me. I have had some downright awful experiences that were incredibly painful, causing discomfort that lasted for days. A few months ago I started legitimately crying during sex and had the guy stop (poor guy, he took it well). I have a huge crush on a guy (hes 32 years old) Ive been seeing. One night last week we were having sex and I was just really hurting. I decided to finish the round, but was wrecked after. He woke me up an hour or so later by pushing himself inside me (100% fine with me, he has my explicit and ongoing permission whether Im drunk or sober, I like it)—I straight up yelped. I was mostly asleep and still tipsy, but I remember telling him there was no way I could handle sex and that we really needed to get some lube to keep at his place. He handled it like a champ and curled up next to me. I didnt think anything of it. I ended up going to his place unexpectedly this weekend. Things got heated and he said, oh, I got us some lube. He took it out, applied it, and resumed. It was so simple, so easy. He didnt expect any praise, he just remembered that Id been in pain and so he was proactive about it. End of story. I cant get over it. Obviously he thought about how Id felt before and then acted on it. He knew he wanted to be intimate with me again and he didnt want me to be in pain the next time (plus he wanted multiple rounds, which I most definitely also want—its very, very frustrating for me when I have to stop). This is all part of my journey of self-advocacy like I mentioned, but… wow. I am just really not used to having a partner be so considerate of my body and my needs. Ive introduced a few past partners to lube and theyve been down to use it, but it was always something I took initiative on. I felt like it was my job; I never stopped to think that a product that ensures my physical comfort during sex could possibly be something my partner might provide. It always seemed like a me thing but really… its an us thing after all! I considered it to be my burden and was embarrassed how it impacted my relationships. I actually had already ordered a couple of lubes that are supposed to be really good for sensitivity—gynecologists recommend this brand to patients who have low estrogen due to cancer treatments (a lovely Redditor shared the info which is how I came across it; the brand is called Ah Yes). They also have a moisturizer that I ordered. Im really excited to try them all. Still, I hadnt picked up a lube to use in the interim and I am so, so grateful he did that. Zero pain for me!!! He made me feel cared for, valued, and appreciated. I feel like I can continue to be open with him about my needs. Its way more than him just buying something at the store; theres so many factors at play here that are all making me feel really good (emotionally and physically!!). And super cute… when I woke up the next morning, hed opened the windows so there was a perfect fall breeze and the sun was shining. His apartment has high ceilings so everything felt light and airy. I was sooo comfortable and relaxed, and on top of everything else I was so amazed to have absolutely zero physical pain. I wandered out into his living room and found him there. Hed run out to get an iced coffee for himself and an iced tea for me since he knows I love iced tea. It was the perfect scene. His thoughtfulness is evident all around! \*As a friendly reminder for us all, oil-based lubes (or oils in general) can break down latex condoms, so please be sure to use water-based lubes with condoms!! One of the lubes I ordered is oil-based. I dont currently use condoms: my crush and I were both tested right before we started seeing each other, were seeing each other exclusively, and I have a copper IUD. If we used condoms, Id only have gotten the water-based lube for us to use together. Of course, you can use oil-based lube solo. I am so happy for you. I also wish the bar wasnt so low that we all celebrate the basic decency of a partner. This sort of thing should go without saying. I am happy for you, but damn it is kinda soul destroying that men are praised for simple decency. Oh how I love a good ending 🙂 Im male and distraught that this sort of basic human consideration is considered to be remarkable. Is the bar really set that low? WTF is wrong with some men? And why on earth are women - any women! - fucking them? I feel the same way I would if a woman was all excited to report that this morning her lover kissed her instead of slapping her in the face like he does every day. Like, thats not normal and thats not supposed to be. Regardless, Im glad you advocated for yourself and got what you needed/wanted. Im just sorry that table stakes for basic human decency is so incredibly fucking low. Its so freaking tragic that basic human decency is unusual. FYI, cause Im in my 40s and literally learned this tip last week. Some people can be allergic to glycerin in condoms and lube. I never knew that and have had frequent infections for 8 years! My husband And I checked our stash, everything had glycerin! We ordered new stuff from Amazon ASAP. I think the post is more that she has struggled with boundaries/self advocacy so I take the post as more of her feeling good that she voiced herself which is awesome. But yea, I do agree that basic human decency is seen as out of the norm this day and age. Ive seen some women be amazed that a man knows how to make soup, trim his pubes, or doesnt try to violate her sexually. Like what? Id like to think that the majority of men(and women) have basic life skills and empathy but maybe its out of the ordinary now...who knows. Great for you two. My wife and I use lube all the time, even with toys. We have oil, and water, flavored. We find that playing is soo much better with than without. Have a great journey. This is true. As a dude i continue to be shocked at how low the bar apparently is. Goes to show how lacking many boys upbringing is. This is basic human decency from a partner. Im glad that you are happy, but is the bar for men really so low that women are getting excited that their partner cares about their physical comfort during sex? Its frustrating. You like him, youre exclusive, and he clearly cares about you and remembers details like your favorite drink. How is this not a relationship? What a wonderful wholesome empowering story! What a dream scenario 🙄 Im just curious, why is he just a crush if youre sleeping with him often enough to warrant that kind of consent agreement? Truly no shade here, Id just think hed be more than a crush by now Imagine the world we live in, that you take care of your partner as a male and you end up being a whole story on some female subreddit. When you think of how low the bar is set for males is quite sad. All things considerate, of course im glad you found a partner that fit your needs and enjoys having sex with you as much as you do with him. Im completely confused by this too. I know Im old but that wording is just so casual, its almost impersonal. The bar is really that low :( Im in my mid thirties and am only now in my first relationship with a man where I dont need to constantly plead to be treated like a fully realized human being. Like you, he is constantly surprised at what Ive put up with simply because all the other girls I knew had the same issues when dating and none of us knew any better. There are absolutely caring and considerate men out in the world, but finding one was so difficult. Protip to anyone who cares: being single is better than being in a bad relationship! Id be more impressed by an accommodation by a guy that resulted in him having LESS sex. If thats impressive you need to improve who you hang around with. They seem to be skewing your perception lol Or how most of us were raised on porn where no consideration is taken for how the girl will feel during sex. Ngl I thought this story was going to end up different, I have read awful stories in this sub and was prepared for a sad ending, its nice to see something positive for a change. Also a guy with a wife with similar situation as OP. I agree with what youre saying but my internal hurdle was about how I must not be a skilled partner if she requires lube. My pride/lack of self-confidence was quickly topped by her comfort, but its a mental thing Im betting a ton of guys have and its pushed from porn and the narrative of toxic masculinity. If your overwhelming sexual aura cant get her like a fountain then you must not be much of a man. Porn pushes it too with these girls just always ready to have aggressive sex on cue. Not gonna lie, it took me a bit to realize the source and cut that shit out. But the reason this minimum effort gesture seems admirable is bc a lot of guys are bought in to that mindset or havent yet realized it. Either way, pretty selfish bc it boils down to them caring more about their image and pride than their partner. 12 paragraphs dedicated to a guy who bought lube after hurting you during sex. wow. Maybe they just dont want to be in one and are happy with caring sex in a casual context? Anecdotal from the other side: I felt uncomfortable when a woman I had started seeing (in a mostly FWB/hookup manner) complimented me on how thoughtful and caring s

I have unwillingly become the house mom for my male roommates. One of the grown men I live with actually behaves like a 12 year old living with his parents (we live in a student house). He rinses (NO SOAP) the plate he eats off, keeps his room neat, and thats it. If he sees me cleaning the kitchen, he wants to help by maybe wiping off one surface then having me come and look at it and tell him what a good job he did. He thought sponges were SINGLE USE until last week when I asked him why he was trying to throw away a brand new sponge. And this mf has the audacity to self identify as a very clean person, and truly believes all household chores are split evenly. Hes admitted to his mom doing everything for him at home, and its painfully obvious hes still oblivious to the fact that keeping the household running smoothly is done by A Person and doesnt just happen. This man is 23. 4 years older than me. God save us all from these man children. EDIT: Yall telling me to just move out are not being helpful lol, Im a broke ass college student. I live here bc its a good deal. Trust me if I could afford a nice place alone I wouldnt be here to begin with! When you live with roommates you need to schedule who does what and when, you dont just clean everything when they dont. This specific guy just moved in recently and had a big thing about how hes such a clean person lol. I know we need a rota but Im just dreading the initial conversation bc I know he will be in utter disbelief. If youre cleaning up after them, they need to pay you for that. Like I tell my kids, there are no maids in this house. I also take pictures of stuff because they like to argue about how they did something so I keep evidence ready to go. Time for the housemates to have convo about household responsibilities. They may just be completely ignorant of what is required. Whatever you do, dont fall into the trap of Oh, fine, Ill just do it then…theres no trophy waiting for you and youll only get angrier, while they wonder what youre on about. Stop doing all the things youve been doing that they should have been doing . When someone brings up the fact its getting messy you can turn that i to the conversation of how shit doesnt just get magically done and they dont have a maid. They are grown ass men and need to clean after themselves. If you are doing it for them they are just going to continue letting that happen. The one guy you singled out sounds like he wants to make an effort, is just ignorant of some things. Maybe you can help him. Edit to fix first sentence( added they) So you are enabling him too? I swear there are some sociological comparisons to be made here with Neaderthals. Maybe you should make them do the grocery shopping. Ive been in this situation, its tough. A lot of people are suggesting that you just stop cleaning, but that doesnt really help when your roommates are blind to the mess, and then youre just stuck living in a disgusting house. If he wants to act like a 12 year old, and the other men in the house dont want to step up either, then maybe match that energy and put up a weekly/monthly chore chart on the fridge lol. Say that itll just make it easier to keep track of what needs to be done. Then itll be pretty obvious how the chores are being split. you should offer to do his laundry and use poison ivy as dryer sheets [deleted] [deleted] Sorry girl, as you go through life youll find lots of guys (roommates, boyfriends, coworkers) trying to turn you into their mom. Have you tried talking about this in a non-confrontational manner? Youre justified in being upset here, but getting upset with him isnt going to be productive in resolving this issue. I know this is still labor but you should probably schedule bi monthly ALL ROOMMATES MUST SCRUB DOWN THE WHOLE UNIT meetings and put it in your calendars. If he tries to weasle out of this shit, look into finding other living arrangements. This is why I only move in with dudes who are cleaner than I am lmao Thing is, micromanaging people to do chores is just as bad as doing the chores themselves, even if it works. They are still acting like kids and through intentional ignorance wasting your time. This right here. As soon as I started living on my own the place was a pig sty. I was almost the exact same, thinking I was a clean person because the house my mom kept spotless was always tidy. But now I am to the point I wont let my roommate clean because I think HE does a shit job lol. The only reason that happened was because I was forced to actually deal with my own mess I made. Plus, an added bonus: women tend to appreciate when a dude keeps a clean house, who knew? &gt;A lot of people are suggesting that you just stop cleaning but that doesnt really help when your roommates are blind to this mess Literally, I have taken this approach but living in filth does not feel any better. And eventually I will have company over and my bluff gets called bc its gross and embarrassing :( Humiliation. Last tactic but will work like a fucking charm. Casualty joke about how messy he is and maybe tell him about a friend that rejected a guy for not knowing how to cook and clean at a basic level. Pepper in that shame until something triggers in his head. You better tell him, his friends and anyone else you see him with Youre totally right, by creating a chore chart shed not only still be doing chores but also becoming the project manager of the chores. It sucked having messy roommates. Every morning I would come downstairs and start my day getting extremely angry at how the shared living space was left disgusting. Its not a good way to live. I would start by giving your roommate a room. Then throwing in a bucket, a cleaning cloth and some cleaning agents plus mop or vaccuum. Then you lock the door and tell him he can come out in 3 hours. &gt;this mf has the audacity to self identify as a very clean person, and truly believes all household chores are split evenly. Okay, lets put him to the test and make a list of everything that needs to be happening in a household (with the instructions next to it) and whos mostly responsible for it. im really curious in how much he really knows what needs to be done and how much of this is split evenly. Dishes ( Clean with hot water and soap, whipe them dry and put them back correctly): OPLaundry ( Sort by color and correct Washing program, dry on rack or dryer, Iron if needed, fold or hang up accordingly): OPTrash:Clean the kitchen: &amp;#x200B; Also OP, use that opportunity to be clear to him you are not there to help him or guide him any longer. Have you talked to him about it? &gt;The one guy you singled out sounds like he wants to make an effort, is just ignorant of some things. Maybe you can help him. I actually live with another guy who self-describes as dirty and unhelpful. But with him I can dump his moldy dishes on his bed or what have you and he never gets mad bc he agrees he deserves it. Its the desire for praise and coddling that boggles my mind. Unfortunately this seems to be so common in shared households around your age group... One of my male housemates literaly only knows how to cook bacon and eggs, and had never touched a mop before. When it was his turn to clean the kitchen he had to ask me how to use one. (Arent mops self-explanitory???) Right?!! Like Im pissed at him but Im also pissed at his parents for raising this situation. A rota is definitely the way to go when sharing. It doesnt necessarily mean everyone will always do it, or do it well, but at least you can see whos not pulling their weight. And have dishes for each person or something if it gets bad. My partner had a similar situation. Made a weekly chore wheel where you put your initials beside the chores you do. Every week it was her initials on everything, and gave her a good position to force some changes. Honestly, if I had this agreement with my room mate each week, room mate life would have been much better for the both of us. But that was a decade ago and now Im a mom who has to cajole everyone into doing their parts. We are getting there, but damn, I hate being the project manager. Wait till you get a hold and latch onto some of these gamer man babies. They are the epitome of infantilism. My SO was like that when we moved in together. I very carefully explained that I aint his maid nor his controling mother, and this situation is damaging to our relationship, as I feel exploited. Took about 2 years for that message to sink in, but now we do 50/50 on house chores. We were about 27 when that occured. Theres hope for your roommate yet OP. Yeah Im a horrible project manager so Ive never stepped up into that role but I dutifully showed up to all hands cleaning days/would do my portion of the cleaning when I could (once I lived with two chicks who had the opposite schedules as me so I would clean the kitchen when they were gone and theyd clean the other rooms when I was gone). My fiance is the project manager now lol. I pay the cleaning people and I do dishes and laundry when its my turn and try to keep my mess in my office lol As soon as she gets a dollar, theyll make a bigger mess on principle. This might sound crazy but if no one ever physically showed him step by step what to do he might feel extremely anxious or nervous or flat out have no idea what to do. Have you tried charting out cleaning for the week? Maybe give him a crash course in how to clean (or at least to your standards for what you need)? Im 40 and I inadvertently do this with my wife. Shell ask me to do a chore, ill do it, tell her and expect praise. She calls me out on it every time Im not giving you an atta boy for doing the bare minimum. Fair enough. Im working on just doing the thing and getting it done without expecting anything. Its a process 😅 I had a male roommate last year who was 29 years old and had never, I mean never, cooked or cleaned for himself at all. He w

Scared of IUS and sex without a condom Hi all, I was hoping if anyone could maybe help calm me down about the IUS and its possible complications? Im getting it in secret from my parents to provide peace of mind protection during sex and me and my boyfriend were concerned about having sex without a condom after insertion and with fears of complications thereafter. Any experiences with the hormonal IUD or IUS would be so welcome!! Id keep the condoms, honestly. IUDs are good but not perfect, and if you are trying to be discreet, its hard to explain a UTI away. STIs are another risk. You know you, and you trust him, but things happen. Protect yourself for the long term. Always use condoms unless you are wanting a pregnancy. No BC, IUDs included, are 100% effective. IUDs are as effective as sterilization, but are not effective against STIs (obviously). If you have ANY doubt at all, please continue to use condoms (in addition to IUDs.) Ive had both hormonal and copper IUDs. Its absolutely a great option and I wish more women could use them. The other downsides are insertion (a common issue) and complications (rare but it happens.) So educate yourself. Overall, though, only go IUD solo if 1) youre very comfortable taking STI tests regularly, i.e. every year even if youre monogamous, and 2) enforcing/ensuring that your partner does so as well. Im very good at asserting boundaries and sussing out if someones trustworthy or not (at least for sexual health, Im not great in other areas, haha). I do STI tests before and after every partner, and literally read the test results of my partners. I find it easy to talk about things like STDs and abortions and do so before sex, even. I find it easy to nope out if my potential partner displays any irresponsible attitude towards sexual health, e.g. Oh, we dont need to use condoms, Im clean. (huge red flag.) In short, dont use IUDs only if your bf is 1) ignorant/uninformed about STIs 2)lax about sexual health 3)not monogamous 4)not comfortable talking about STIs/abortions. If youre not yet comfortable talking about STIs, or youre not 100% confident/comfortable ensuring your partner takes and shares their test results freely, or your partner shows some lax/ignorant/uninformed attitudes about sexual health, then always use a condom in addition to an IUD. Edited to add: Ive had IUDs since I was 18. Im nearly 40 now. So Ive had several placements. Never had a complication. Insertion pain depends HUGELY on your doctors experience, and if you take enough of a painkiller beforehand. The first time was the worst for me, it was like a papsmear x 2 in terms of discomfort and length of discomfort. I also do uterine ultrasounds every couple of years, always had great placement. It is 1,000% worth the peace of mind. If youre relatively comfortable when you get pap smears and have access to a doctor with at least a decade of experience, then go for it!

NSFW: Anyone with an IUD experience mild cramping or a twinge of discomfort during/after orgasm? So Ill start by saying (however relevant it may or may not be) that Im a trans guy whos been on testosterone for about a year and a half. Ive had an IUD for close to a year and have had no problems or issues with it whatsoever. However a recurring sensation Ive noticed that has never really lessened or dissipated is that when I orgasm I get ever so mildly crampy. The best way I can describe it is that during and after orgasm it kind of feels like my uterus tightens a little and cramps. As my muscles contract it can feel kind of like a very mild cramp or twinge and then it subsides usually within a few minutes after my orgasm ends. It doesnt make my orgasms painful or unpleasant per se, its more just an inconvenience (and the stronger the orgasm the more painful it can be). Obviously Im aware orgasms involve uterine, pelvic floor, and vaginal contractions but this is not something I dealt with pre-IUD insertion and was wondering if anybody else experienced it or if my anatomy is just weird, or if somehow my IUD is slightly misaligned or something. I couldnt find anything about this online so please let me know if anyone can relate. [deleted] Thats so interesting thanks for the information. I think Ive heard about that before but never quite heard much about how it manifested or what it looked like or when it happened etc. Thanks Ill definitely be looking more into that and dig through the ftm sub as well [deleted] Yes, Ive had this experience post orgasm or during sex in general with an iud. I ended up having it removed after a year of discomfort. It wasnt misaligned, just my body reacted strongly to it. Interesting, sorry to hear that thanks for sharing! Was it just consistently so painful that it was just worth getting removed? What was the pain like? If you dont mind me asking It felt like period cramping after sex. The better the sex (orgasm) the stronger the cramping. I was also bleeding post sex as well. Im fast, I was spotting/bleeding most of the year I had the iud. God that sounds horrible Most folks have a generally good experience. I was just the flip side. If youre experiencing pain post orgasm, check with your doc… they may have to check the placement and/or remove it for a different brand. In my experience, I couldnt get used to it like I was told… but I was the exception rather than the rule. I mean the vast majority of people remove it well before expiration date, so uhm... But yeah, same I did not agree with the pain.

Solutions for sweat and UTIs I decided to post here because I dont know what else to do: - I shower everyday - I wash my intimate parts with cold(ish) water - I am taking probiotics for both UTIs and vaginal flora - I wear cotton undies and change them 2x a day because I sweat a lot - I havent had sex for almost 6 months - When I do I pee and wash up right after - I clean front to back - I dont wear tight clothes - I dont have a period (I have a hormonal IUD) so I dont use pads ever, not even the daily ones - I try my best to drink 1L of water everyday - I dont drink acidic drinks but I cant do it with so many UTIs and yeast infection due to the antibiotics for UTIs. Anyone have some suggestions on what to do? Should I buy menstrual undies for daily use to solve the sweat part? I dont know what else to do but I am open to honest suggestions. Thank you! Have you asked your doctor to look into medical reasons as to why youd be getting recurring UTIs? That sounds awful. My biggest tip for the yeast infections is asking for an anti-yeast prescription when getting any antibiotic. I always get prescribed fluconazole and I specifically ask for 2 rounds of it. One I take halfway through the antibiotic and the second one I take the day I finish the antibiotic. Any doctor should have no problem with this. Even when I had a tooth infection my dentist prescribed it for me. Also, boric acid suppositories work wonders for the symptoms of yeast infections. As for the UTIs, do you use a bidet regularly? My cousin bought one during early 2020 and got rid of it a few months ago because it was essentially washing all the bacteria from her bum up into her vaginal area and giving her recurring UTIs. She had bought a cheaper one with only one stream of water versus some of the higher end ones with two separate streams for each area. She hasnt had a UTI since getting rid of it. You didnt mention it in your post, so I just thought Id bring it up. Thank you so much for your comment! I have asked several doctors about it and even my gyno and no one really paid much attention to it no matter how many times I mention these issues, unfortunately. I have also grown quite tired of spending money to be gaslighted into Oh its nothing, thats why I am turning to the Internet :( I will ask for the anti-yeast prescription next time I need to take any antibiotics because it seriously wrecks my system in general. About the bidet, I usually do tend to wash myself like 3 times max a day because I just feel so uncomfortable all day, I get home from work I am so sweaty I have to shower, I go for for a small walk around the corner I have to shower because of sweat and its not only overwhelming as it is so mentally draining that I almost never feel comfortable... I will try your suggestions, give them a test at the very least as I just want to figure out what works and what doesnt. Thank you again! Question, do you drink a lot of fizzy water? I ask because I am struggling with reoccurring UTIs as well. I got a yeast infection because I was taking so many antibiotics back to back. 😩 Im about to get a second opinion from a Urologist as the first one wasnt very helpful. I dont have an active infection right now after a trip to the ER, but Ive completely cut out drinking sparkling water the past few months, and Ive found my bladder isnt as irritated. Ive started asking medical professionals to note it in my chart that they are refusing to look into/treat symptoms and that I would like a copy of my chart after the appointment to verify that it was actually written. Its a scary think to ask if youre an anxious person like I am but it will usually snap them off the high horse theyre on and theyll start to actually do their jobs. I did just see a new comment about someone going to a urologist so maybe that would be more helpful than the doctors you have seen! The anti-yeast was a game changer for me when I was having a ton of dental work done and was on and off antibiotics for months. I hope you start to feel better soon! When you do have sex, make sure to use condoms as the bacteria on the penis can get shoved up there and not always get peed out completely. (Or stop penetrative sex or a while, which sounds like its been a while anyway.) Also, are you drinking Red Bull or any other energy drinks? I never had a yeast infection until I started drinking those and now that Ive stopped, Ive had no problems at all. No :( I did stopped drinking frizzy drinks all together since September but I also didnt notice any change... Thank you for sharing your experience, I will book an appointment with a urologist to get an opinion as well to see if theyll tell me anything different! I have been having no sex at all, penetrative or not, because I am just so uncomfortable all the time I cant even fanthom the idea of having sex right now 😭 and still it hasnt made much difference :( Also I dont drink energy drinks and I havent been eating much sugar or frizzy drinks, but thank you for letting me know about those! Look into daily Celery juice healing chronic utis or cystitis. Tons of stories out there Thats such a scary thing to do for me as well but I will try to stand my ground next time I have any kind of appointment because I am tired of not being heard... I will take the advice of going to a urologist, see if theyll tell me something different and give me better help Thank you for your best wishes and tips! I had reoccurring UTIs constantly in high school (like within a week of finishing the antibiotic I would have another one). They ended up putting me on a low dose antibotic for nearly 2 months to ensure it was all out of my system. After that I havent had the same problem again. Unfortunately that solution probably requires seeing a specialist which is not always feasible. Make sure you book it with a female Urologist, or mainly a Urogynecologist. Hi, I worked in urology both adult and paediatrics before. My 2 cents: - Do try again to engage with a specialist, at the very least an ultrasound scan to rule out anatomical reasons that make you more prone to UTI. Im sorry that so far your experience with health care professional hasnt been great, but keep trying and I hope youll find someone who will investigate this, and if everything is negative then it will reassure you - in the mean time, try something called D-Mannose. Look up D-mannose uti, its a type of carbohydrate/sugar that your body doesnt absorb, so it gets flushed out by the kidneys. When it reaches the bladder, they stick to the bladder wall, and as a result, bacteria cant stick there and cause infection. You get it in health shops like a health supplement, in capsules. Even Amazon sells them. No need for prescription. We use it in children born with congenital anomalies in their tract which mean they get UTI all the time and yea basically tired of taking antibiotics prophylaxis all the time. It works! - Another trick I often suggest is double peeing, so after you finish, try to push/pee again. - drink more water! And go to the toilet more often! I hope you live/work where it is easy to access toilet facilities. A lot of females get uti because the toilets are so dirty and they moderate their water consumption to avoid going to the toilet at all. Get one of those water bottles with hourly marker on them. If you have to try to drink at least 1L that means youre not drinking enough! Two thoughts (other than going to a doc) 1. look into boric acid suppositories 2. do you eat a high carb or high sugar diet? Unfortunately some people find that sugar is the enemy for these things. Sugar (whether its in the form of rice or candy) raises blood sugar and the amount of sugar in urine, leading to UTIs and fungal infections Hey I went thru this stage. Doctors would not take me seriously, it sucked so much. So I ended up telling the Dr if she sent me home with cream again I was going to get rather irate. She turned out to be an amazing Dr. She prescribed a pill and the cream for me to take for the whole cycle and it worked, and Ive never had a yeast infection since. Basically what was happening was the bacteria causing the infections would get treated and we all thought it was cured, but then when I ovulated the bacteria which was actually just hiding would take advantage of the change in pH conditions and go mental again. Get your Dr to swab test for the bacteria and demand a long program of treatment, at least one cycle. Also if you have regular sex partners make sure they get treated too as they can pass it back to you. Edit: After reading some more comments - I cut out sugar, caffeine and alcohol too, and we used condoms, nothing worked except proper treatment. Definitely stand your ground with the Dr, you shouldnt have to live like this. God that sounds miserable. I have no additional advice other than definitely see a urogynecologist. Be prepared to advocate for yourself and consider bringing a support person. If you have a friend or family member who is highly educated in the sciences or medicine, see if theyd be willing to go with you. Ive 100% gone to reproductive medical appointments with friends who felt like they werent being listened to and slung my degrees around. So sorry your bits are being this mean to you. Hopefully you get some relief soon! One of my close friends had a similar problem for years- constant yeast infections and UTIs that eventually led to severe kidney infections. She had tried everything from the antibiotics prescribed to her to natural remedies, but as soon as she got her IUD removed (she had the copper one) the infections suddenly stopped. Not my personal experience obvs but could be something to consider! What do you mean you wash up after you pee? You probably wash your vagina too much. I dont wash my vagina at all. Only shower once a day, and scrub your pubis mons, but only above the slits (always gently) And wash your butt crack, but but no

Crying after orgasm Hello.. I was wondering something. So today I was over my boyfriends. We were having a good time. Good spirits and all. Nothing bad. We kissed and watched movies and ordered food and played with his puppies. Mixed in with that, we also found time for ourselves. Weve never had sex with each other before and plan onto soon. Im 20 and hes 24 btw. For now, we just practice outer course as recommended by my doctor until I can get an IUD. Anyways, he was fingering me...he usually has a hard time fingering me because he doesnt know how. But I teach him over time when I can and hes gotten way better to the point where he teases me. (Side note): I normally do not finger myself. I feel it gets too messy and wet and sometimes its a lot of effort...another main reason is that I tend to have tiny crying episodes after orgasming with my fingers or toy in..and Im not sure why. Im not hurting myself or hate my life. Im not suicidal or anything like that..its just like, crying, straight bawling like a baby... So, to masturbate, I just rub myself I guess if that makes sense...its not that I dont like the crying, its just so much emotions for some reason..and I dont know if its healthy. (end of side note) Anyways, fast forward to today, he was fingering me and I was reaching my climax. When I orgasmed, it felt very good, however...like normal (and which I mustve forgotten I had this problem or else I wouldnt have let this happen), I started to cry. Straight into his shoulder. Ive never cried in front of him before. Maybe over the phone a couple times because I get emotional with him alot, but never in front of him and especially never after orgasming. I tried to stop it because I felt embarrassed and Im also like an adult and didnt wanna freak him out or anything.. He didnt freak out, instead he held me there until I found my words. I told him I was ok I promised he didnt hurt me, because thats where his mind went to. I told him I just have very emotional orgasms and usually I cry alot right after but its not a bad cry.. I told him most of them, Im usually thinking of him and how much I love him, so maybe the love is so strong that it makes me cry?! I dont know, it sounds so cheezy. He just held me really, relieved that I was ok and told me to not be embarrassed because its apart of who I am.. So...Im glad I didnt freak him out and he accepts me for who I am...but aside from that, is this normal? Have other women cried after an orgasm and men, how did you respond if your gf or wife did this? Do men cry after an orgasm??? Is this normal..? Or do I need a doctor? Thanks for your response and sorry if it was a bit TMI... Sometimes I cry after an orgasm. I just get these facial twitches and cry. Its not emotional, just physical. Ive heard other people, women and men, say the same. It may not be common, but I dont think its anything to worry about. Hey!! Youre not alone. Also- youre boyfriend sounds so sweet. Im so happy he was mature about this. :) also dont you worry. Everyone reacts differently to orgasms. It can be super intense and emotional. If youre enjoying it then thats all that matters. Enjoy the intensity of it. Ive cried once or twice. It was super intense and deep and we were so in love and into it. I was just overcome with emotion. A good partner wont judge you for it and will be there to hold you and smile through it with you. You might enjoy this! By Molly Peacock MY GOD, WHY ARE YOU CRYING? When someone cries, after making love spills a pail of tears inside, it is the ache of years, all the early years emptiness hollowed into a pail-like form which fills with feeling now felt aloud, that resounds. Why would an orgasm make someone weep? Why, for being loved now when one had not been. The anger tendered into tears astounds the lover with fear to have struck so deep. I sometimes cry after orgasm too, usually when its well needed or very passionate sex. I feel like its just an emotional release as well as physical one 😉 Theres an old Dire Straits song, Romeo and Juliet. It says when we made love you used to cry, you said I love you like the stars above, Ill love you till I die, theres a place for us, the Movie song. Emotion is never bad. Just go with it. Thanks everyone for their responses and even some poetics about this topic. It really helped me see that Im not a weirdo! Just emotional and passionate :) I appreciate it. Ive totally cried after an orgasm. Ive also totally laughed hysterically. Once I laughed AND cried and then laughed at myself crying. Luckily none of these were partnered orgasms because how do you even explain the intensity lmao Omg thats alot of emotions! Ive never laughed before after 🤔 This happened to me yesterday! It was my first time getting there and it was a lot of emotions. It is draining in every way possible.

So confused and scared about my sexuality Ive been in a relationship with a lovely man for almost 7 years. Hes everything I could ever want in a partner, and up until the last year or so, sex has been good/exciting. But now sex scares me. I feel disconnected and often talk myself into having sex to avoid rocking the boat. My boyfriend is handsome, and I enjoy cuddling and kissing, but I dont have a real urge to have sex with him these days. He doesnt pressure me, and I dont think he knows the degree to which I have to talk myself up. In the last year Ive gone through a lot of traumatic/stressful events, including reporting a sexual assault committed against me as a child and moving in with my boyfriend. Ive also got back on Prozac and got a Nexplanon. So all those reasons would explain a low sex drive, right? Except Im still very sexually attracted to women, but almost never men, and Im more curious about women than ever. Ive known I was bi since I was 12, with a strong preference for women, but have never been able to explore my attraction to women other than a few kisses. I dont have many women in my life anymore since I graduated and moved, and I find myself missing female company all the time. Ive joked for years that Im only attracted to about 5 men on the whole planet. I dont know if this is a perfect storm of normal bedroom stagnation, my personal anxieties, and a lack of female company making me feel this way, or what if I really am a lesbian. Its tormenting me. I love my boyfriend so much. We share an apartment, we have a beautiful future planned together, and weve been together through our entire adolescence. The thought of risking all that and betraying him absolutely terrifies me. But I cant shake the feeling that theres something wrong. Im so confused. I dont know if its my sexual orientation causing all this trouble, or just a combination of stress factors. I really really need guidance. [deleted] The antidepressant makes a huge impact for me. My doctor said I could try another kind that has less impact on my libido, cant remember the name. Birth control makes another obstacle and the history and reliving of the sexual trauma. Its a recipe for a dead bedroom. I know exactly what you mean by talk yourself into it. I think you really need to talk to your partner. I have found if my husband gives me an extended massage or cuddle session without the goal of sex I feel safer and more loved and am more inclined to want and initiate sex. It sounds like youre doing everything right though.... just up that communication. If hes as amazing as you think, hell be receptive and help you through it. Talk to your doctor about the prozac, maybe an adjustment or change can be made. I think its more so all the other factors than your desire to explore your sexuality with women. Id try to adjust those things first before relationship altering steps. I feel this so much LoL screw spelunking too! Who honestly thinks thats a good idea? I dont trust them.

Plan B and ovulation Last night my boyfriend and I had sex, for the first minute and a half we had sex without a condom and then he put one on. I am sure I am ovulating (my tracker says I am and I feel the symptoms) and I am not on BC (working on getting on this, living with strict parents makes it difficult) I have been talking with the folks at planned parenthood over chat and my plan is to take plan B and then call the clinic Monday when they open to get an IUD potentially. Does anyone have any advice or similar experiences? I feel so alone and ashamed, I cant talk to my mom because I know she will be angry with me. I am just worried that I am pregnant and that Plan B wont work. Ive had to take Plan B a couple of times just to be safe. Its the smart thing to do. If you choose to get an IUD fitted because thats the right birth control choice for you, then that will be you backup protection for this time having unprotected sex. You need it fitted within a couple of weeks of the sex Sounds like you got good advice. For the future it would be helpful to have a good conversation with you bf about condom use. Hes as responsible for causing a pregnancy as you are. You dont have to have sex with him if it isnt on your terms - whatever those terms are. You get to decide what safe sex looks like for you. I dont want to make a judgement, but if he isnt willing to respect your boundaries you have to ask yourself if you want to risk having a baby with this man. There are plenty of men who will respect your boundaries. Dont make yourself uncomfortable to please someone else. But also dont beat yourself up about your current situation - youre figuring all of this out and youve learned some stuff this time round. Make sure your inner voice is talking to you like your best friend would. Best of luck!

Documentary Made Me Ill Trigger Warning: Detailed Medical Trauma I mean, I didnt need a reminder that womens medical care is always on the cusp of torture, but here we are. Started watching the documentary Bleeding Edge about medical devices in the United States and how theyre rushed for approval. The main focus is on the permanent birth control implants, Essure, and how absolutely fucked it is. It caused Autoimmune Disease, neurological conditions. Sometimes women found 5- devices inside because if one misfired, theyd just out in another. And there was no formal way to remove them, so when they tried, the device shattered and went throughout the body and resulted in an emergency hysterectomy.... Im so grateful that I found a doctor willing to perform a salpingectomy instead of any kind of implant bullshit. But the fact this was recommended and pushed? Jesus... Then it talked about a woman who had a severe drop in her bladder and pelvic floor after childbirth. So, they implanted that hernia mesh to lift everything up. It literally molded her organs together: her bladder, uterus, vaginal cavity, and more fused together over this mesh. They didnt get to remove it all because its impossible. The mesh even encapsulated nerves. And the mesh migrated to the surface of her cervix and it actually cut her husbands penis during intercourse. Like, holy shit. Then it gets into ways hysterectomies were done improperly and their internal organs fell out (literally, their intestines and colon fell out their vagina). And this was happening because they pushed robotic surgery and surgeons werent trained. Just. Its a lot of medical care and complications involving women. Only one case here involved a man and his hip socket complication, but the rest is all women and gynecological care. My stomach hurts. And, Im sorry, Im sitting here seeing all these women go through these things and Im like Why arent their partners getting vasectomies? Why is it all on them? Wooooboi. I am mad. They talk about partners leaving because of the medical chaos and or because they cant have sex? Good god, sorry, my organs fell out, but youre mad you cant have sex? Just an afternoon in which I am grateful to have my organs in place and a supportive partner and no-bullshit doctor. Also, great documentary. Recommend it. But fuck the medical system in this country. I agree. I dont know if this will help your mood, but a lot of my straight married friends (we are millennials) are opting for vasectomies once theyve had the number of children they wanted. So far 5/6 couples have had it. I know its anecdotal, but it gives me hope Gen Z will continue the trend. The first couple that got it actually did it because the wife had a very traumatic birth and the husband said like fuck Im letting this happen again so he got a vasectomy after their first kid and are on some adoption lists for their second. That does give me a glimmer of hope. I know these good people are out there. I know many who are pursuing vasectomy or have done so already. Were also millennials. The documentary speakers were all Gen X or Boomer, so. That speaks as is, but. Wow. J Marion Sims, dubbed The Father of Gynecologys first speculum was a soup spoon bent in half to prop the vaginal walls open. He also practiced surgical techniques on enslaved women, one of whom had up to 30 surgeries performed on her. Of course without anesthetic, the other slaves were made to hold the patients down. The entire practice was never with womens comfort in mind, just the convenience of men and general society. Oh its still terrible and we need to slow down the R&D to sales pipeline because thats exactly what it is. Rushing new tech out bc money, not because its gone through enough trials to show it overwhelmingly improves outcomes for a procedure. I tried getting sterilized by having parts of me removed many years ago, and of course got rejected. There was some talk with doctors about the new Essure device but I knew enough to know it would cause a massive allergic reaction in me as Im allergic to nickel - like who tf saw the metal that causes the most allergic reactions in humans and thought itd be the best option to permanently embed inside someone? Definitely and harshly said no, so I was able to stand my ground and not have a known allergen implanted inside me, but it took another 15ish years before I got that bisalp I wanted all along. Im so sorry that it took you so long. I was denied about five years ago, but managed to find and be approved with a doctor I found through the Childfree subreddit. Even then, it was a waiting game and took a year total to achieve. Im glad you got it in the end. Yeah, as soon as I saw the metal I was shouting Wtf at my television. The whole purpose was to create an inflammatory response and no one said Hey, bad idea? oh my god when they misfired the spring and were like whoopsie, who cares, just fire another like our insides are a fucking game of Space Invaders. the poor woman with 4 daughters and no home. enraging. Ive never understood the fear men have of vasectomies. Compared to all the horror stories surrounding womens healthcare, its a walk in the park. I cant imagine letting my wife go through any of those proceedures when something so quick, cheap, easy, and noninvasive is available. 8 years later, no issues and no new kids. I recommend it all the time and Im glad some men are waking up to the reality of it. \*And, Im sorry, Im sitting here seeing all these women go through these things and Im like Why arent their partners getting vasectomies? Why is it all on them? Wooooboi. I am mad. They talk about partners leaving because of the medical chaos and or because they cant have sex? Good god, sorry, my organs fell out, but youre mad you cant have sex?\* Ugh it makes my skin crawl. So many men dont give a single shit about anything but themselves and their need to get off whenever they feel like it… you see it on DeadBedrooms (one of the vilest subs on this site) all the time. Any man who refuses to have a vasectomy while insisting his wife has an infinitely more dangerous and invasive operation instead for his benefit is total gutter trash. My heart breaks for the women who feel trapped in relationships with these entitled degenerates

Is being tight really that important? Im sorry if this is too weird of a question. I just figured this would be a safe place to ask a question like this. I hear lots of guys at school and see posts online that make it sound like girls are only desirable if theyre tight down there. Some of my girl friends say similar stuff and will say that girl is loose as a pejorative. I guess Im asking cause Im dealing with vaginismus and it can be really difficult to deal with at times. I finally found the courage to talk to my mom about it, saying that I cant even use a tampon, or a menstrual disc which made periods so much more manageable. I dont really get periods anymore thanks to my IUD, but its still worrying you know? Well my mom basically dismissed my concerns. She said its good that Im that tight. That its gonna make pleasing my future husband much easier. And that sex is gonna hurt the 1st few times anyway so I shouldnt worry about it. So now Im just really confused and thinking maybe being this tight as a virgin is a good thing? Sorry for all the rambling I just thought maybe I should get your guys thoughts on this stuff. Honestly its just a way to shame women. Please talk to a doctor about getting help. Theres a person for anyone, I like to think. Doesnt really help to listen to schoolyard lore. [deleted] I want to. Its just really embarrassing and if mom wont take it seriously then Ill have to ask my dad to take me which is even more embarrassing Its a made-up thing men complian about because pussy isnt at all like their own death grip from Rosie Palm. People hung up about it are probably virgins or pedos. Thats bullshit. Every vajayjay is different. Im a guy so my pov is more the tight vs loose Ive been with women who were so small down there and then Ive been with some that were larger. Personally it doesnt matter much to me. I love who I love, not what they have physically ya know? your mother said that? how is vaginismus a good thing when it causes you pain and discomfort? 😦 your future husband will ideally want you to be comfortable and not in pain, so theres nothing positive about it. thats such a weird comment especially coming from your mother. anyway, your comfort is a priority. sex shouldnt be primarily about pleasing your partner. its mutual and should be enjoyable for everyone involved. im so sorry youre dealing with that Just say that youd like to see a doctor A \*female\* doctor. There are ways to deal with vaginismus, and none of them include forcing yourself to go through the pain anyway. Male doctors are vastly more likely to dismiss your pain and/or tell you to just suck it up and stop being dramatic. And please please take this to heart: Your mother is wrong. Straight up. Sex is NOT about solely pleasing your partner. If you have a good partner, you will hopefully both be trying to please each other, out of genuine care for the other person. But sex is NOT one sided! It should \*always\* feel good for you too! Now yes, the first couple times can be a bit uncomfortable as neither you nor your body is used to it--but there are ways to help with that. It should \*never\* be outright painful and you can \*always\* revoke your consent at \*any\* point. First of all, this whole tightness thing is a joke. Women literally give birth to a whole ass baby and snap back. So not sure how much more evidence you need beyond that. Not sure how some guys penis is ever going to be equivalent. Sex isnt meant to be this terrible painful ordeal if you have a good partner. Besides, Vaginismus is an abnormal response to penetration. Not sure why your mother thinks your partner wants you to be in so much pain you dont even want to have sex. Id go and get a visit with a pelvic floor physiotherapist (assuming your doctor has ruled out other medical conditions that can cause pain there). They can teach you how to relax those muscles so penetration isnt painful. Trust me, you want to work on this before you start having sex. [PS. Some men are obsessed with tightness because they watched so much porn and masturbated with death grip. So now they have an abnormal response to a normal vagina. Somehow its the womens fault though, right? Obviously some losers dont know anything about the female body and just repeat nonsense to slut shame women. They make it seem like you get ruined by sleeping with lots of men. But tell me how sex 10000 times with one partner isnt the same thing? Crazy people have crazy logic] Well its difficult to talk about this stuff with her so I just said it hurts and that its really tight. It started after I was sexually assaulted which is what makes me think its vaginismus. But obviously Im not a doctor so I dont know for sure My wife and had this discussion after she had a baby, and again more recently as weve gotten older. Both times it was her who brought it up. Shes not any less tight than she was when we met. Theres a difference, but it has nothing to do with tightness. What youre experiencing with the guys mocking women about tightness has more to do with their own issues, as well as most likely inexperience. As others have pointed out, its just a way to shame women. Your moms point about pleasing a future husband by being tight is mostly incorrect (in addition to being dismissive). Good sex is about communication. Yes, theres definitely some physical things that can be done to enhance it (the physiological parts of both partners are muscles after all) but that is only learned through communication. So, I know this is a male point of view, and I do not mean to offend or mansplain . This came through my feed and it jumped out at me since my wife and I literally just talked about it a few weeks ago. In response to a snarky comment that my friends vagina was probably too loose for him, she replied back that the problem isnt her vagina but that his dick is too small. Tight just means \*under aroused\*. Sex should not hurt, PERIOD: not vaginal, not anal, not oral, not digital. If youre in pain, something is wrong. Yes, even the first time. Get thee to a doctor, and dont fuck people who value you for the tightness of your anatomy. Your friend is amazing!! you deserve support and you need help. you shouldnt be struggling alone and you didnt deserve what happened to you. i know what its like not to be able to rely on your parents when it comes to sensitive subjects. it really sucks and you deserve to be listened to and cared for. is it possible for you to talk about treatment options with your gyn? Yeah. Constant entertainment. Why are you talking to my boobs? They arent going to answer you. Yeah. Constant entertainment. Why are you talking to my boobs? They arent going to answer you. Lmao Im using that one Theres tons of men out there that think having sex causes our lips to grow and for our openings to spread - which is ridiculous. I have friends who are moms that gave natural births, and while they arent the same as they were before, they still have throughly satisfying sex. Its horrible that youre dealing with this, theres engrained and ingrained misogyny everywhere in our world. Try not to let it bother you too much. Youre fine the way you are and you dont need to worry about that, youre not just a cock sleeve for some man. Theres many causes for vaginismus including prior trauma and sexual assault. I think youre right on the money, youre right to question whether its healthy (its NOT) and its unfortunately all too common. Being locked off that part of yourself can impact relationships and emotional connections, most importantly, the connection you have with yourself and your body. You should be able to enjoy yourself without being in pain. What others think about tightness is stupid. Theyre completely unaware of medical conditions like vaginismus that leaves people feeling deeply depressed and ashamed that they cant access that part of their body. Theres a kindly group at [https://www.reddit.com/r/vaginismus/](https://www.reddit.com/r/vaginismus/) if youd like to learn more. [deleted] THIS! Medical conditions are medical conditions. I separate them from the average debate of opinion vs opinion. Outside of that, to answer the question, dont worry about making yourself presentable to whomever. I know its easy for an outsider to say but the person you do find later down the road wont be worth your time if hes expecting you to conform to make believe standards. And as uncomfortable as it was, I have had to go to a second doctor sometimes because I was not comfortable talking to the first doctor I made an appointment with. Not easy to deal with but perfectly okay to go to more than one doc until you find one you are comfortable with. Vaginas are neither tight nor loose. Those are just terms made up by men to degrade women. Vaginismus aside, in the normal course of things, vaginas do not become permanently loose after having sex or giving birth. It does stretch to allow the baby to pass through, but after sufficient recovery, it returns to its original state. No amount of sex can loosen your vagina, and men cannot tell how much sex youve had by how your vagina feels to them. Its all a bunch of bullshit men came up with to blame things on women. You need to know that you do not owe any man sexual pleasure. Sexual contact with a man will not make him like you more. (I wish I understood that when I was younger.) Also, when you decide to have sex, your pleasure matters, too. If something is painful or even uncomfortable, you are allowed to ask them to stop, even if you initially said yes. If they dont stop, that is rape. I dont have personal experience with vaginismus, but it is treatable. I assume youve been to an ob/gyn, since you have the IUD. I would ask to speak to the doctor privately, without your mother. Most doctors should agree. They can recommend treatment, possibly with a specialist. It may be that you have to wait until you are older if your parents object. In the mea

Feels like my vagina is maze-like I only started to notice this after I got my IUD 2-3 years ago, but its possible it has been happening for longer. I feel like stuff gets stuck inside my vagina. For example, my period usually only lasts for 3-5 days, but afterwards I have to stick my fingers up my vagina and scrape out the blood clots or else I will be passing blood clots for 3-5 more days. I had sex recently and sure enough, 2 days later there was still cum stuck inside my vagina. I obviously showered and cleaned the outside after sex but I thought my vagina would clean itself better than this?? Is this normal? A gynecologist has never said anything about my vagina, and sex isnt usually painful for me. Im in my 20s if that matters. Ive heard douching is horrible for you but now Im considering trying it. Help! We dont generally allow medical questions or advice, so please mind not to give medical advice. Approved the thread in case others have similar experiences to share or help with, but you should seriously see your doctor about it. See your doc, definitely odd \*Im not a professional, just specualting\* When you have a finger in there, does it feel like it is misshapen? Or perhaps you have deep muscle ridges in there that are trapping these clots ect? Or maybe your uterus is tipped making the shapes different? Is it your cervix position blocking/ being an obstacle half way down your canal maybe? Definitely see a dr if you can but I know this isnt always easy, especially at the moment. If it isnt painful or getting in your way bar the extra rummaging you have to do, I wouldnt worry too much. But do check it out to be sure. https://helloclue.com/articles/cycle-a-z/vaginas-101 TL/DR version: It isnt a simple tube. Definitely mention this to your doctor, if you are concerned.

Anyone out there who use only Phexxi and havent gotten pregnant? Went to see my gynecologist today and we discussed some health updates. I was recently diagnosed with autoimmune disease and Ehlers Danlos so that means we have to watch estrogen hormones and an IUD is iffy due to connective tissue issues. Ive been taking hormonal BC since I started my periods at 12 (so 17 years now) and Ive always had a period every 3 months. For the last 3 years Ive struggled with constant UTIs. At one point my doctor treated both me and my boyfriend due to ureaplasma. But they kept coming back. Ecoli or ureaplasma. Finally ended up at a Urologist and got put on a six month round of antibiotics and a before and after sex preventative. She said I had a film of ecoli on my bladder and that Id have to take the antibiotic six months to wipe it all out. Everything cleared and was great… until six months ended. Within three days last week it came right back. Burning, frequency, tearing during sex. Today during my pap my doctor barely touched my cervix with a qtip and it was tender and started bleeding. So shes testing me for bacterial and viral infections. But we started talking about methods and I said Is there nothing new on the market? She hesitates but brings up Phexxi. She said she doesnt usually recommend it because it requires you to use to it correctly each time but that if you do its as effective as oral BC. She said she was worried it would cause infections due to PH changes but said she read the research and it doesnt seem to. She said its worth a try and that oral bc can actually increase infections so maybe this would be better. I looked it up when I got home and found many women saying its crap and they still got pregnant, it shouldnt be used alone,etc. idk what to believe because I told my doctor straight up thats my biggest fear and why I stay on the pill but she insisted its almost just as effective as long as you finish sex within an hour of inserting it. Ive never know what its like to not be on hormonal birth control and Id really like to try it but Im scared to. Luckily I live in one of the most liberal states in the country for abortions but Id like to avoid conceiving… Is it possible to cut out bc altogether and use condoms as a test for your recurrent UTIs? I believe that hormonal bc led me to have constant BV and other infections that resolved when I got off. Can you try it out while you are still on BC just to see if its something youd like, then you can stop the bc once you are comfortable with it? Just an idea. All birth control is effective when it is used per instructions, as long as you commit to really following the instructions, it should be okay. Hello! I have hEDS as well, I also cant use estrogen. I am on the nexplanon which is technically more effective than sterilization. What do you think about that? My boyfriend is uncut and it makes condoms really difficult. They always end up coming off and we have to dig them out whether we try over or under the foreskin Yeah thats why my doctor went ahead and prescribed it so I can try it out. I just feel like its hard to know if its effective. But Id at least know right away if it causes sensitivity What do you mean by over or under the foreskin? I cant picture what you mean... Is the condom rolled all the way to the base of his penis? Perhaps he needs a smaller size to fit more snugly. She probably means whether the foreskin is retracted or not. The foreskin should be retracted and a smaller size should fix the problem. It might be a drag for your partner but birth control should not fall completely on you especially when your health could be improved by trying other methods. Its not effective. You will get pregnant. I used Phexxi a few days before ovulation, it gave me chemical burns so I couldnt have sex for weeks, now Im pregnant. There are numerous similar stories. My advice: STAY AWAY!