Help for constant breast pain? Hi vast community! I am 32 and have dense, lumpy breasts and fibroadenomas. Theyre so painful, and have been for almost a decade. My partner cant hug me. I cant press on them. I lie awake and feel the lumps, and theyre very painful to the touch. The breast tissue in my armpits hurts constantly as well. Sometimes when I take off my bra at night (and I only wear extremely supportive, high impact sports bras because of the pain) it hurts when they move back. Its not currently cancer, Ive been getting scans. I wear 34DD. My doctor told me to get over it and wear stronger bras. Which I already do. Anyone have tips or solutions? Could a breast reduction or top surgery (which Ive been considering for identity reasons) help? I have a hormonal IUD, is that the culprit? Is there a life after this pain?? Would love ideas! Thats how my breasts are when Im on hormonal birth control. Hormonal IUD absolutely does not work for me. Ive been hormone free for about six months now, and its almost the first time in my life that my breasts dont hurt all the time. Its like a miracle. Find another doctor, please. You dont need to suffer so much. There has got to be another option for you. Is your get over it doctor a man? Find another doctor, please. You dont need to suffer so much. There has got to be another option for you. Is your get over it doctor a man? Find another doctor, please. You dont need to suffer so much. There has got to be another option for you. Is your get over it doctor a man? Find another doctor, please. You dont need to suffer so much. There has got to be another option for you. Is your get over it doctor a man? Find another doctor, please. You dont need to suffer so much. There has got to be another option for you. Is your get over it doctor a man? No, shes a woman. I get the sense shes just very brusque. Ahhh thats wild. Okay, maybe I need to consider (ugggghh more pain) getting it removed. I have no advice, but I really hope you get a second opinion. This is not something you should have to live with. And if top surgery is something you want for its own sake, go for it!!

My Barbie Boobie Stage 3 Breast Cancer hurt me. I just passed 5 years since Dx and am in remission, so yay, but damn, it was a hard road. My breasts were beautiful, 38D/DD, large soft pink nips, just... nice. Now, theyre implants, and just not great: Right-twix has slipped out of position, its low and will require a 3rd surgery at some point, and they removed and replaced that nipple, making it a smaller circle (oh, and neither breast has any decent feeling). Lefty is high and tight due to radiation tissue-tightening, and that nipple is entirely gone, giving me a smooth-ish breast, like a Barbie doll. So, the days of my well-loved and well-enjoyed funbags are gone, and Im left with this uncomfortable mess. So i bought some Barbie temporary tattoos and put a circular happy, smiley, rainbow-framed Barbie face in place of my lost left nipple -- i now have a real Barbie Boobie! Gotta laugh, so i dont cry -- happy to be here, and trying to make the best of it. You are grieving. Let yourself have this space to grieve. We all grieve with you. Now hear me out…. Googly eyes! thx. Im 2 yrs out from the last surgery (just realizing that fixing Right-twix again will be its 4th, not 3rd go at it...), and while itd be nice to look better (feeling...anything... is a lost cause), Im exhausted and just working on Being. and Accepting. but Im here, so i have time for that... i like the cut of your jib! :D I want to respond to you but I really have no idea what you are going through. So all I can say is I am really glad that you are here with us. aww, you neednt say anything more, im just venting/howling at the moon. its cool just to know Im supported, so Thank You! I must protest. GIANT googly eyes. I feel you! I had a bilateral mastectomy last year. My boobs were great, I was a C and they were so perky and my nipples were perfect and so sensitive which I loved for fun times. Now I have implants which have a rippling affect on one and theyre quite lop sided. Neither of my nipples were saved so I just have two giant scars that go straight across my breasts. Im finally getting some feeling back but its probably never going to be the same. Im going to get nipple tattoos one day but right now Im just trying not to be grossed out every time I see myself naked. Love the Barbie boob, you really do need to learn how to laugh in these situations! I admire your mental strength and ability to make the best, and find the humour, in life. I just have a lopsided neck- looks like Im craning my head out. If I put on some more weight (hah) I might flesh it out some. Take care, be safe- and Congratulations. Oh... and Fuck Cancer. Girl, you wear them titties with pride! Youre in remission for Stage 3 Breast Cancer.... youre a badass. yup, youve got me, sis -- Ive got that ripple thing too, \*gihh\* Ive thought about a nipple tattoo, but even tho i have very little feeling, still scares me cuz Im a big wuss. And as i said, at this point \*i am le tired\* of it all and just... adjusting, yknow? May your path be smooth and positive laughter is the best medicine, right? (sure doesnt suck like chemo, thats fer sure...) Keep yr sense of humor, too, and best wishes lolz, i try to. They may be crooked, but theyre my bumps, and imma enjoy all that i can in life! brings new meaning to the jiggle XD XD Love the sense of humor with it! Have you considered getting the nipple tattooed on your left one? Guaranteed to make a man(or woman) smile First I want to say that you are doing an amazing thing by being goofy and having a fun time with the situation. That said, I dont know where on your journey you are (especially with a 3rd surgery coming up) but something you might be interested in is nipple tattooing: [https://www.loveyourbodynyc.com/blog/3d-nipple-tattoos-after-a-mastectomy-everything-to-know/](https://www.loveyourbodynyc.com/blog/3d-nipple-tattoos-after-a-mastectomy-everything-to-know/) Obviously you have plenty on your plate, but I do know some insurance elects to cover nipple tattoos as part of the reconstruction, but from what I understand (I have not been in your shoes so I cant know where you are with this) it can be helpful to have this control in your court. Your body your choice, and what you do with it is also yours. Just wanted to share something that might let you make your mark on the situation the way you want to. i have, but im a total sissy and scared to. Plus $. Thx for yr support! hope so thx for the info! Im a big weenie and scared of the idea, despite being mostly numb in prettymuch my entire chestal zone... Still, knowledge is power, if i change my mind (would one say that i could boob up to said challenge?) You are in no way a weenie, you are a badass multisurgery survivor who has slapped some fun on the funbags and is being her best self! Do what brings you joy and if that means getting tattooed nipples do that. If it means passing thats fine too. Oh you have my sympathy. \\*HUG\\* I once saw a picture of a woman who had a double masctemy and instead of implants she did this gorgeous tattoo across her breast area and up her back. I thought that is so cool. If I get boob cancer this is what I am doing with the mess that is left, big ass tattoo and Im going topless. Because its not like I got boobies to distract the men anymore! Fuck um. Boobly eyes\* Ive seen those extravagant tats, and they are amazing! Im not a tattoo person, and would opt for a little natural look tattoo for myself, but oh boy, i do admire these walking works of living art! omg YES &lt;3! YES!!!! With a slightly up-angled eyebrow above above Lefty for some attitude! Im sorry you are grieving the consequences of cancer. While by no means your situation, I have a very noticeable scar on my arm where melanoma was removed. When asked about it, I have to face the subliminal dread of what if theres another spot Im missing or its growing inside where I cant see it before its too late. Totally different experiences, but I hear and understand your feelings the impact cancer has had for you :) My eyes are up here! er... wait I guess theyre down there too. oh man, the \*What If\*. i fucking HATE the \*What If\*. Esp after fighting S3: therapy, meds, meditation, All The Things just to cope with the \*What If\*. Fuck Cancer, SO srsly. So i kinda do get your heebie-jeebies over yr own What If, and wish you health, strength, and \*\*peace!\*\* also, lol the eyebrow! Im so glad you survived! I bet your boobies are just fine and lovely. I got some temporary tattoos for when I loose my hair! Gotta have fun with it. We will be the support to your left and right Twix — no more bras needed lolzomg im CRYING! also giggling like a lunatic, thank you! For some perspective, 10-15% of women naturally have asymmetrical boobs!! Not all boobs are the same:) Lets mourn the loss of what was and celebrate your upgraded healthy Twix you mentioned losing yr hair, are you facing chemo, etc? Gosh i hope not! if yes, tho, \*\*PEACE\*\* to you, and positive thinking re: tattoos, sticky gems (spectacular and fun!), superglam eye makeup and earrings, and YES, having fun with it! When my hair fell out, i sat on the front step, brushing out handfuls and crying. Then i rolled it into a Tribble and put googly eyes on it. its in a baggie somewhere (i know, i know, \*eww\*...) with the ponytail of 8+ of wavy dark-auburn locks (\*what, am i gonna glue it back on??\* yeesh lol)(\*look man, we all just cope as we can, not saying its not weird\*) MY PEOPLE, I LOVE YOU dig it: better to be here, lopsided, and laughing! Also some tattoo artists will do nipples for free for breast cancer survivors. But Barbie nipples are great too! [deleted] Aw babe, Im so sorry. Im glad youre still here, but I understand that it must be shitty to live with physical changes that undermine your self confidence. As crappy as it is to need yet another surgery, I hope they fix the slipped implant soon and you feel a bit better about it all. This might not be for you, and I apologize in advance if this suggestion is unwelcome, but have you considered getting some tattoos around that area? And if youre missing a nipple and cant get a nipple reconstruction surgery anytime soon, perhaps a skilled tattoo artist can give you one in ink? Tattoos can look super realistic these days. Some people find that their self-image improves with a bit of decorative ink, especially after an event that has left them with scarring or permanent physical changes. Ive always had such poor self esteem myself when it comes to my body. Whenever I saw myself naked in a mirror, I would almost only ever think negative things, like how I have ugly bumpy scarring all the way down one arm, or how I have some noticeable stretch marks, etc. After I got some tattoos, this changed. Now my eye is always immediately drawn to my ink, and the first thought in my head when I see it is always positive. Even if some negative self-critical thoughts follow after, at least the first thought is positive and that has done wonders for my body confidence. Scarring and stretch marks be dammed, Ive got some beautiful tattoos and I feel beautiful because of them! Big hugs to you and your Barbie boob. Im hesitant to put this here because I havent gone through what you have, and you likely are already aware, but there are [tattoo artists](https://youtu.be/jSWV2kNVdgk) that can really do realistic nipples. Best wishes, be healthy. really? i was unaware of that. Maybe my nurse-navigator can help me find summat-like, locally Look up u/mistress\_stephanie (NSFW). Not exactly your situation, worth a look. thanks! any info, well meant and kindly shared, is a gift and appreciated-- and Im learning more about a topic i havent really looked into cuz my trepidations, so your input is valuable your thoughtful comments are appreciated! i can see that looking into tattoos a bit more, is in my future -- youve found positivity and comfort thereby, and thats an

Gave my number to nice guy, turns out he regularly harasses people

Apologizing for everything... Today at the store my partner and I were loading groceries into our car and he almost dropped something but caught it and I said ohh Im sorry......Im sorry? I was nowhere near the item that fell, it wasnt a sympathetic oh Im sorry that happened to you, it was an apology that it happened as if it was my fault. This isnt the first time Ive done this and I know a lot of women that do it too without even thinking about it. Its just second nature. Its just nonsensical, apologizing for anything that someone else finds inconvenient or frustrating. I just hate that somehow in the early part of my life I was either directly or indirectly taught apologies are my job in society, particularly when a man is involved. Do you all catch yourselves doing this sort of thing and cringe? I hope going forward younger women dont get this somehow implanted in their minds. Its a hard habit to break once its there. I look at it differently. Apologising for inconveniences that arent your fault is (on average) a cultural difference between men and women but that doesnt mean the womens behaviour is less than or stupid. Its a way of expressing that you are trying to help with the situation. In some countries, its common to apologise if you walk into someone and in other countries its not. There is no better than in this situation. It can be a nice thing to try and make sure everyone is feeling ok. Both are fine, people of all genders should ve free to react in whatever way they want to without judgement. If you dont want to do this any more, then Im sure with practice, you can remove it from your reactions, but I also think you could be a lot kinder to yourself about it. Theres nothing wrong with it imo. My daughter gets very annoyed with me and will tell me that wasnt your fault! Stop apologizing! Its helped a bit but I still do it lol

A guide to more safely and happily navigating online spaces. Ive posted about some of this individually before but I continue to see more posts in multiple spaces that this would help mitigate. I should say that while this is most helpful for the most marginalized or targeted groups it can be useful for anyone who wants to avoid certain things online including allies. If you have more to add feel free to comment more stuff. I didnt list all social media because I dont use a lot of it and can only attest to this. Disclaimer: This post is not sponsored and Im not affiliated with any of the listed resources. Im just trying to help people. 1. Shinigami Eyes No not the song, yes something named after Death Note. This is a browser add on that makes it easier to see what people or websites are known allies or anti trans. Its already useful but the more people that use it the better and more reliable it becomes. Note that even if you arent transgender transphobic people generally also have other abhorrent views so its also a general catch-all. [https://shinigami-eyes.github.io/](https://shinigami-eyes.github.io/) 2. For anyone still using twitter I would encourage you to use this blocklist to make it more bearable. It will automatically block hundreds of thousands of problematic users. [https://www.theblockbot.com/](https://www.theblockbot.com/) [https://twitter.com/ErinInTheMorn/status/1519145702030467072?t=6IUD9z5yQOXxK0fJfmgmhQ&amp;s=19](https://twitter.com/ErinInTheMorn/status/1519145702030467072?t=6IUD9z5yQOXxK0fJfmgmhQ&amp;s=19) 3. You can prevent anyone from messaging or following you on Reddit. A lot of people have a problem with random people messaging them or following them for the purpose of harassment or argument. This is especially the case for people who dont hide the fact that theyre a woman or LGBTQ+/GSRM (Gender Sexual Romantic Minority). Most people dont often use these features on reddit as its not a social media platform in the same way other sites are. If this is the case for you then you can easily stop both of these from happening by following the steps below. To block messaging go to USER SETTINGS &gt; CHAT &amp; MESSAGING set both Who can send you chat requests and Who can send you private messages to nobody [https://www.reddithelp.com/hc/en-us/articles/360043470591-Can-I-opt-out-of-chat-](https://www.reddithelp.com/hc/en-us/articles/360043470591-Can-I-opt-out-of-chat-) To block followers go to USER SETTINGS &gt; PROFILE set Allow people to follow you to off. [https://www.reddithelp.com/hc/en-us/articles/4406644781204--How-do-followers-work-and-how-can-I-opt-in-or-out-](https://www.reddithelp.com/hc/en-us/articles/4406644781204--How-do-followers-work-and-how-can-I-opt-in-or-out-) 4. You can control who can message you on Discord. [https://support.discord.com/hc/en-us/articles/217916488-Blocking-Privacy-Settings-#:\~:text=In%20the%20case%20that%20you,let%20you%20block%20the%20user](https://support.discord.com/hc/en-us/articles/217916488-Blocking-Privacy-Settings-#:~:text=In%20the%20case%20that%20you,let%20you%20block%20the%20user). 5. You can also control who can interact with you on Twitter. [https://help.twitter.com/en/safety-and-security/public-and-protected-tweets#:\~:text=When%20you%20sign%20up%20for,so%20through%20your%20account%20settings](https://help.twitter.com/en/safety-and-security/public-and-protected-tweets#:~:text=When%20you%20sign%20up%20for,so%20through%20your%20account%20settings). [https://help.twitter.com/en/using-twitter/direct-messages](https://help.twitter.com/en/using-twitter/direct-messages) [https://help.twitter.com/en/safety-and-security/how-to-make-twitter-private-and-public#:\~:text=In%20the%20top%20menu%2C%20tap,then%20tap%20Settings%20and%20privacy.&amp;text=Tap%20Privacy%20and%20safety.&amp;text=Under%20Audience%20and%20tagging%2C%20and,the%20slider%20to%20turn%20on](https://help.twitter.com/en/safety-and-security/how-to-make-twitter-private-and-public#:~:text=In%20the%20top%20menu%2C%20tap,then%20tap%20Settings%20and%20privacy.&amp;text=Tap%20Privacy%20and%20safety.&amp;text=Under%20Audience%20and%20tagging%2C%20and,the%20slider%20to%20turn%20on). 6. You can turn off whispers on Twitch. [https://gamertweak.com/turn-on-off-whispers-twitch/](https://gamertweak.com/turn-on-off-whispers-twitch/) 7. You can control who can message you on Facebook. [https://www.aiseesoft.com/how-to/block-deactivate-facebook-messages.html](https://www.aiseesoft.com/how-to/block-deactivate-facebook-messages.html)

I knew I shouldve gone to a female doctor… Ive been having heart palpitations so I scheduled an appointment with my doctor. The woman doctor wasnt available so I got scheduled with a male doctor. I told the nurse my concerns which was my heart and my knee. Doctor proceeds to read my chart and goes on a weight tangent. For context, I weigh 150 and Im 50. Meaning my BMI is high. However, I cook at home daily and eat veggies, fruits, and go to the gym 3-4x a week. A lot of my weight is also muscle. I am naturally thicker but I do exercise and eat healthy. Brown rice, etc, we do that. Anyway, without listening to me - he goes off on how I shouldnt eat junk food, how I need to stop eating cookies and drinking soda. How I need to get up and do cardio and not strength train. I struggled with an ED in the past and you know what he said? Its not about what to eat to lose weight, its about not eating. Excuse me?! I used to starve myself to look skinnier. Thats not something you say. He spent 15 mins on my weight and told me Im obese. I almost cried. Whenever I told my female doctor I felt fat, shed tell me that as long as I was exercising, eating well, and my health was good in the labs, I shouldnt be concerned and neither was she. In her words, I am just thicker and thats ok. Nexplanon made me gain 30 pounds. But regardless Ive always been pear shaped. Just I feel awful. Edit: I finally got home and cried for a solid 20 mins over this experience. BMI is bullshit. https://www.medicalnewstoday.com/articles/265215#:\~:text=BMI%20(body%20mass%20index)%2C,of%20Medicine%2C%20University%20of%20Pennsylvania. Seriously, if your doctor isnt concerned, I wouldnt be either. That male doctor sounds like an ass anyway. I am sorry that you werent heard today and Id definitely let your primary care (female) doctor know how he made you feel. Im just going to say, this is not a helpful comment at all. We are here in this subreddit to provide support - not to justify this doctors comments. BMI is totally unrealistic anyway. A quick Google search provides lots of information to back this up. Every body is different. Telling someone that they are dangerously fat when they just said that a doctor berated them for 15 minutes about being overweight and they almost cried? WTF? Thanks, however I do lift and do weight training 4x a week. Im pretty active as I kayak and paddle board too. Im not just on my ass like he claimed I am. I used to be 115 and gained a bunch of weight following my birth control. Thanks for calling me almost clinically obese. Its hard for me to lose weight. I dont show it, its just harbored in my thighs. Ive struggled with weight all my life, and Ive stopped eating before to just look skinnier. This weight gain wasnt by choice. It was the implant hormones. Thank you. Ill read on that. Ive been feeling more confident lately and today just shattered that. I really am trying and I am healthy with all my tests, diet, and exercise. Its just my BMI. Please ignore the ignorant assholes who just want to be assholes. Tell your regular doctor what happened and ask (ask) that your patient records reflect that you do not want to be seen by that doctor again because of inappropriate comments about your weight. Ive had terrible experiences with female doctors too. The sexism and fat phobia is baked into western medical training. I had a brain tumor, with all the classic signs, saw many many doctors before one said, hey, maybe you should get an mri to see if your headaches and seizures have a cause other than being 25 pounds overweight. After it was found, the neuro oncologist couldnt believe how long I had symptoms before anyone sent me for an appropriate test. It doesnt matter what is wrong with me, every doctor I see wants to blame me and my weight, tell me Im a bad human and a waste of their time because Im not already practically perfect in every way. Western doctors suck ass if you are a woman who isnt a triathlete. My old doctor started the weight lecture when I was in my early 20s so i spent many years avoiding appointments. Now I have new doctor who doesnt do that and Im better at making appointments. I have a solid body type and even as an active teenager felt bmi was bullshit. I will do that. Ive been crying since I got home. I feel so berated. Im sorry you werent heard and it took that long to find out. Are you doing ok now? This has been my first time being berated like this, I was over it within the first few minutes. Ive never felt so…ostracized. This did discourage me and ever since I left Ive been feeling like shit. I thought about never going back. Im probably going to switch and hopefully find someone who doesnt berate me. Yep thats a good thing to do I think. Weight being the only thing about everything irritates me to no end. Its taken me years to appreciate my body and how it keeps me going. Most of the tumor is out, my brain is somewhat fractured, it is expected to return, and I can either keep letting the surgeons cut at my brain, if the insurance company will pay for it, or let the cancer take me. The last time around, the insurance company wanted to let the tumor grow untreated. But then Obamacare came into existence, and I could change insurance carriers. Statistically, I should be dead, and would be if I hadnt had the surgery. Im so sorry you had this experience of being berated. Its bad medicine and so unhelpful. All it does is let the doctor feel smug, superior and self satisfied for shaming someone they think is not deserving of their medical care. Ive found that I receive \*much\* better care from virtual visits than I do from in person medical visits. The doctor doesnt get a chance to see my entire body and judge me as unworthy of care. I also have found that nurse practitioners are generally less awful and will actually ask questions about my lifestyle, diet and exercise before lecturing me to do things I am already doing. BMI isnt accurate for people with more extreme body types. Extra thick/ muscular or just naturally slim build. Sounds like youre healthy so dont let it get to you. Keep doing what youre doing. Also yeah birth control does make you heavier, as you get older too! It didnt initially make me pudgy but as I got into my 30s it did. I got my tubes removed and stopped the birth control and it slimmed me down a bit, sadly. I was always a skinny and shapeless waif that wished I had more of your body type! Wow. Fuck. That. Guy. I wonder if that doctor I was arguing with about the other post and the lose weight comments is gonna show up to again explain how it \*is\* all about weight. we want to help our patients and wish we had more time with them. yet \*this\* doctor chose to use his limited time going off about how his patient is overweight while again not attempting to diagnose anything. And I will repeat: if their only focus is weight and they refuse to listen about other concerns to attempt to diagnose the issue they are a shit doctor. I dont care if the issue is due to weight, it still needs to be treated \*now\* while the patient continues to work on the weight issue. leaving it untreated is willingly killing your patients. and \\*gasp\\* maybe some of the issues with weight gain is a symptom to a bigger problem! I gained 20 pounds very quickly with no change in my diet and I am concerned! doctor: lol, lose weight. Wow I am so sorry. I want to cry for you, that guy is an asshole and should not be a doctor. He clearly didnt care about your health. You shouldnt have to deal with that. Keep taking care of yourself. Your HEALTH is what matters, not your weight. Complain. Write reviews... what a jerk!!! Men need to seriously relearn their role in society. They are not all knowing, all worshipped, beacons of hope to women... the are people, and if they could understand that, then there would be a lot less hate on them... What the hell makes them feel so superior anyway??? The do cardio and not strength train really shows he doesnt give a shit about your health, but only about what he would personally find sexually attractive. &gt; Ive had terrible experiences with female doctors too. Same. I feel like theres a lot of equality in the medical field: female &amp; male doctors have been equally likely to treat me like shit. Report him. Report this doctor immediately. Im so glad youre getting the treatment you need. Im so sorry all of that happened to you.. It boils my blood to read that the insurance company wanted to leave the tumor! Our healthcare system is so broken in so many ways… but it makes me angrier than all else that insurance companies would rather we get sicker, or just die, instead of helping like theyre fucking supposed to. Its so hard to get help to begin with… being taken seriously and treated like a whole person worthy of respect and care seems almost impossible to come by. Why does it have to be such an uphill battle? Im so sorry the doctor treated you that way… what a dickbag of a doctor. Definitely go see someone else, and maybe complain about that doctor, too, if you feel up to it. Arrogant assumptions on a doctors part can cost a patient dearly. I get heart palpitations, too. Ive been dealing with them for years, and Im still working on trying to resolve them but at least the doctors listen slightly better (sometimes). I had one even suggest it was all in my head. It was so dehumanizing to be treated like a waste of time for this debilitating, terrifying medical condition. I cant tell you how many times Id just get a metaphorical pat on the head, a prescription for more drugs I didnt want, and then told Im just anxious, come back in 3 months. Keep fighting. Youll find someone better. You deserve better. I had a male pediatrician growing up and getting this exact same lecture every year at my physical contributed so much to me developing an ED. I refuse to see male doctors for anything anymore. There are other trauma reasons for that

My boyfriend asked me to get breast implants

We think Implanon implant is killing our relationship - what is the best path forward? This submission was removed: Rule 4 Relevance: Posts must be relevant to our experiences as women, for women, or about women. [more](http://www.reddit.com/r/TwoXChromosomes/wiki/rules#wiki\_relevance) [Questions asking for the perspectives of women](http://www.reddit.com/r/TwoXChromosomes/wiki/faq#wiki\_xy\_here.3B\_am\_i\_allowed\_to\_post.3F) are not considered relevant. --- [2X FAQ](http://www.reddit.com/r/TwoXChromosomes/wiki/faq) | [2X Rules](http://www.reddit.com/r/TwoXChromosomes/wiki/rules) | [2X Moderation Policy](http://www.reddit.com/r/TwoXChromosomes/wiki/moderationpolicy) | [reddiquette](https://www.reddithelp.com/en/categories/reddit-101/reddit-basics/reddiquette) | [reddits rules](/rules)

Im ok with being shy, but I cannot stand the kind of guys that are into shy girls Just a vent more than anything. Ive always been quiet and shy and I dont really want to change that and force myself to be someone Im not, but I hate that it comes as a package deal with being a goddamn \*creep magnet.\* My latest case is an (ex) friend from an online game who started hitting on me and of course, it spiralled out of control very quickly and now Im getting paragraph after paragraph of harassment from him. I told him at the start I was fresh out of a nasty breakup and not looking for anything, and he swore up and down that he just enjoyed talking to me and it didnt have to go anywhere. Then he started pushing harder and harder every time he found a weakness, testing how far he could go before I fought back. He constantly used the words entitled when taking to himself and responsibility when talking about me. Hes entitled to my full attention, I shouldnt ignore his messages when Im doing something. Its my responsibility to wear makeup and heels and dress up every day to look nice for him. Etc. Etc... Any hesitation on my end was a character failing, didnt I see that he was just trying to help me grow? Be wanted me to dress in clothes I was uncomfortable in because he was trying to bring out my beauty. He wanted me to participate in hobbies I didnt enjoy because he was trying to bring out my talents. He wanted me to use explicit pornographic language and send him nudes because he was trying to help me be more comfortable with my body. He wants me to get implants because I mentioned offhand that I was jealous of a girl with a nicer figure than me once so clearly its what I want too. Really if I just listen to him Ill love all these changes, I should stop trying to fight it. Meanwhile he drops one red flag after another and if I reacted at all Im horrible and cruel and judgemental. Yes he dated a 19 year old in his 30s but how could I not understand that he values emotional maturity? Yes he has a blatant porn addiction but how could I not understand that hes just been single for a while so its normal? Yes he wants me to change my body but begs me to assure him I accept him being overweight but dont I see hes just watching out for my health and dont I know its really mean to confront him over something hes sensitive about? I told him over and over that I didnt feel like he was actually interested in \*me\*, just projecting his dream girl onto me and trying to turn me into her, and every time hed pull back and go on about how thats just my insecurity speaking, I just cant appreciate how perfect and beautiful he thinks I am already and hes trying to build my confidence so I can see that. I finally put my foot down when he tried to stop me taking birth control and said dont you think it would be more fun to come over unprotected and let me change your life forever?. I told him he was pushing me too far and I was feeling uncomfortable and, as expected, hes immediately dropped all pretense of not being completely unhinged. Now Ive been lying to him about my interest in... things I repeatedly told him I wasnt comfortable with and only begrudgingly agreed to after he put on the pressure. Ive been leading him on by calling him pet names... only when he explicitly tells me to and sulks if I refuse. Ive been deliberately preventing us getting to know each other properly by... Not dropping everything any time he wanted me to call him - including while I was at work. I swear its the same every time, these creeps project whatever they want on to me and refuse to take no for an answer. Im just so sick of it. Ooof hes a weak coward who is attempting to manipulate but it wont work on you, because hes neither (A) good at hiding his true self to keep up the manipulation, nor (B) proficient at sizing up his intended victims. Youre valid, sane, smart, and strong. Thanks for sharing your tale. I hope you lose that loser and only think about him if youre fantasizing about the justice he deserves. Eventually, I hope you never think about his loser self again. Stay awesome Yo why are still communicating with this creep?? He has thrown out like a million red flags. Cut off contact and save yoursel, he sounds unhinged. Ugh trust me, the DMs are closed. Its been a struggle to not take the bait of replying to his long list of all the ways I have wronged him but what could possibly come from that? I dont see any chance for some self reflection from him. Block block block blockity block. Block himmmmmm, he doesnt deserve a microsecond more of your time! All the red flags with that one, and does sound unhinged. Thanks for feeling comfortable sharing your experience, especially one that is so goddamned freaking creepy. This person clearly has predatory-level creepy behaviours and will probably go and whine to others (or claim he had a relationship with you). Glad you were able to block him. If he has ever had access to your personal information or photos from accounts etc, make sure to have two-factor authentication activated. Take care of yourself and keep blocking! Good god, fucking red flag jamboree up in here I cant even comprehend why you would willingly be in contact with a person like this. To each their own I guess. Animals usually make some kind noise to communicate. Thats just the sounds manipulative assholes make. It doesnt mean anything to you. This guy is really bad, but the problem isnt that he is into shy girls. People have preferences of behavior. I am into dynamic girls that brighten my days, so I could see people that want to be with shy people to have a relaxing relationship. A bit out of the topic of the whole text but since its what is on the tittle I mean, I think the implication is that the guy is only into shy girls cos he thinks theyll be easier to manipulate. Its not about having a preference for somebody that compliments his personality, its a power thing. If he really was just a shy guy into shy girls, and has found himself in a friendship with a shy girl that he hopes will develop further, why not just be nice to her? Why spend all that time telling her all the ways in which she should change in order to be pleasing to him? Its cos he wants to make her feel bad about herself in the hopes that shell begin to crave his approval. Uhhh.. I just dont understand how the conversations ever got to this point. Like... Block him wtf hes toxic as hell and telling you to do things I wouldnt put up with in an actual relationship, not a self-described entitled demand fest. That is fair and I agree that using that claim of preference is a good way for manipulating men to gaslight women. I just wanted to point out that having a preference for shy girl isnt inherently wrong, except if you disagree, then Id like to understand why Yeah unfortunately loud and sassy women are seen as too much of a challenge by weak manipulative cowards, so you become the easy target because they have more time to, as you said, test for weak spots before youll push back. Sounds like this guy is an insecure fat nerd to put it harshly, and he figured he could prey on your self-esteem and confidence to try and drag you down to his level. Ghost ghost ghost af. Unfortunately wont usually stop these guys for a while, they dont realize that their shown hand cant be covered up by simple apologies and retractions of the horrible shit they said, and that their true self has been revealed for the world to see. They may truly have convinced themselves these outbursts are just one-off mistakes and not a reflection of their true selves, and theyre just a nice guy who reacts poorly when pushed too far. Disgusting self-deception unfortunately. Oh my fucking God. 🤮🤮🤮🤮 Ive met my husband playing Call of Duty, and he is the best. But christ, the shit I put up with from random dudes. I dont use my mic and have my permissions all to private. Fuck this guy. He is not your friend. Hes trying to groom you or some shit. Creeps like this will also try to take advantage of girls with eating disorders and try to control their lives in exchange for nudes. I dont disagree with your statement, its just seems a little tone-deaf to bring up in this context. OP has used quotation marks around the words shy girls in the title, which can indicate sarcasm, irony or euphemism. In this instance (based on context) it appears to be indicating euphemism, which could be read as something more like: I hate my personality being fetishized by creepy people who dont see me as a real person. Theres no real need to point out that its ok to have a personal preference for a specific personality type because thats not the point thats being made. That is a good point, Ill have to agree with you on that one

First IUD - POSITIVE EXPERIENCE [deleted] When i got my first IUD, the doctor had a sense of humour and knew i was nervous. As he dons his gloves, holds up a rather large box and says Ive just got to remove the packaging ........ the look on my face must have been quite something as i sat there thinking there is no way on this God given earth is that gonna go up there! Fortunatley it was the last one in a box of 100 or something. Stars were thanked many times. Im so happy for you! I wouldnt wish my experience on anyone. Hahah thats funny. Im glad you were able to get a laugh before it!

Men only like women au natural if it fits the beauty standard I have struggled my whole life with body image issues. Specifically my breasts. I just got ripped off genetically, they really never developed. I am 38 years old, 58, pear shaped and a little chunky, and I have AA boobs (maybe less even). I have never felt sexual, I have never felt feminine. I cant fit clothing. Ive dealt with cruel comments about my chest my entire life. I am considering breast augmentation surgery. I have finally saved up enough money. I am hesitant though, because of the risks. I spent a lot of time searching on reddit for women who have had the surgery to share their opinion and experience. And each of those threads are FULL of men expressing their dissatisfaction with their SOs size (too small), while simultaneously berating women for wanting to get implants because au natural is better. They go on to call implants franken-titties, and say how awful they look and feel during sex. But to them, au natural means a nice B cup, maybe even a full A. These same men who say they want au natural are the same ones who will have no qualms telling flat chests like me how inferior and undesirable we are. They only like au natural if its not too small. So few people understand what its really like to be FLAT, and not a petite person. If I was small and skinny and cute like a fairy, Id probably just rock my flat chest. But Im not. Im tired of reading the cruel comments online, and tired of laughing them off in real life. I just want to fix it, but I am so scared of the risks of surgery and BII. And for the record, women are just as cruel about it as men. Im tired of being inferior. This kind of turned into a rant, Im sorry. Im just really struggling a lot with this. I am in therapy, but honestly I dont think therapy is going to help when the world (men AND women) tells me constantly that I am unattractive and undesirable. This morning I requested a consultation with a plastic surgeon :( I know a few women that are very happy with their breast augmentation surgeries. The recovery takes a lot longer, but if you go the fat reallocation route youll have more natural looking and feeling breasts, but again this will take a lot longer to heal, but its a lot more comfortable once recovered than standard silicone/implants. Which can cause some discomfort. The truth is your breasts arent the biggest deal, but the only person living with them is you. If youre unhappy, and you can afford to change it. Thats 100% your call, but really look into everything, and make sure youre making the best choice for yourself. Im about your same dimensions, and I feel your struggle.. Ive always been bullied about my breasts as well, and it didnt help that my best friend growing up had DDs. I went through therapy, which helped a little. But the thing that helped me more than anything was getting out of my head and into my body through some sexy classes. I did aerial silks, pole, some other erotic-adjacent stuff. In those classes, I learned that every body has the ability to feel sexy, and its about what you make of it. Now, if someone says something about my chest, I have a much easier time brushing it off. Occasionally I have a moment of I wish I just had some cleavage for this shirt but that passes. Ultimately, Im in favor of people doing what they want/need to feel comfortable in their bodies. I just wanted to offer another option for you if youre still unsure about surgery. Finally, I want to throw it out there that there ARE men who exist who dont care about the size of your tits. Or, who actually LIKE small tits. So I wouldnt let reddit commenters convince you that all men are like that. [deleted] Thanks for your suggestion! Ive always wondered if taking a class like that would help, but I have about as much coordination and grace as a bulldozer. I fear I would just end up humiliated lmao. Maybe I should just give it a shot anyway! These are not the men you should be trying to please. If you are unhappy with something and you can change it then you should change it. Be aware that there are men out there who will tear you down regardless. They choose things like breast size because its an easy target. Dont let trolls influence your decision on something like this. The kind of guys who go online to complain about their significant others bodies are not normal, and strangers opinions arent paying your surgical bills or anything else. Get an augmentation if its something YOU want. I know lots of people who have had this procedure and loved their results. If youre worried about a long-term adverse reaction like BII, maybe it would be worth bumping up your savings goal to include a reversal if you change your mind later. If you havent had any consultations yet, maybe its time to start doctor shopping. Find out what to expect, whos worked on candidates similar to you, and whose aesthetic best fits what youre looking for. A consultation doesnt commit you to surgery and what they have to say may help you make your final decision. Patriarchy created a rating system for womens bodies and actions. It also built a society where your value as a person is dependent on your score. If you look or act in a way that men dont approve of, they will punish you for it. If you dont look the right way, you will not be respected as human being. If you look the right way but you dont act the right way, you are a slut for not sleeping with them. If you try to look better, you will be accused of cheating and trying too hard. Because women arent the ones who get to decide who is hot or not, only men are. There is no winning this game. Look whatever way you please, use all of the makeup and surgical procedures you want for your dream body, including none at all. But whatever you do, do not do it for men. They aint fucking worth it. Do it for yourself and noone else. Yeah, Im in that DD range and I dont have men knocking down my door and have had complaints that they are two big. Those complainers were just jerks not worth my time. [deleted] [deleted] Great advice. Thank you! I had a man get angry at me because I wouldnt admit Id had a boob job. I havent. Also, if Id paid for these breasts Id be pissed. I didnt see him again. If you act that anything about me is a consolation prize then I set you free to go after what you think you deserve. I dont Pick Me Dance for men any more. Interestingly this is where my dating turned a corner and I finally started meeting quality men. Women have no idea how much entertaining clowns is holding them back. Edited due to api changes I would like to give you my sympathy more than anything, tell you how much I envy you. I am super short (not even 5) and had E/F sized chest by age 16. I was harassed and assaulted pretty much daily - oh, and of course it was my fault for having boobs. And when I asked for a reduction, well, I clearly didnt know what I wanted. I cant tell you how many jokes I was the butt of, because apparently you only fit the beauty standards if youre in a certain box er ..uh... cup. And I never had that cute tiny waist thing like Jessica Rabbit either. Think like a Hobbit or a Dwarf from LOTR. I sincerely hope you can love your beautiful self for all the wonderful things you are, and if an augmentation is what you think will make you happy, PLEASE find the best possible doctor, and remember all things are temporary, but the love and respect for yourself and who you are can only come from one place. Be safe whatever you choose. So, I got a breast augmentation, went from A on one side and B on the other to a equal D cup. I have wide shoulders and wide hips, so it really balances out my body and I love them most of the time. I suffer from eating disorders and body dismorphophobia, and therapy helped a lot, but its still hard. Some days I love my body, some days I hate it. I work out a lot, yet my bum is forever square and never lovely and round. Genetics and my eating disorder just fucked my body up. I got the surgery for me and only me alone. Because it made me feel better for myself. I dont wear tight clothing, I dont show them off, friends sometimes joke with me that all that money went down the drain, but nah, its just for me to feel more comfy. If you really want this, have been to therapy, it wont ruin you financially, then go for it. Be aware that theyll look bad for a year or so, lol, I hated them at first, they need to heal and your mind needs to adjust. Yes, there are many risks, as it is a surgery, but at least it is common practice nowadays and there are specialised doctors for it. And dont cheap out on the implants! I got the most expensive natural looking ones, my boobs dont look like theyve been made and because they fit my body, you cant tell I had them done. But if you want a more fake look, there are options for that too. And heres where my comment makes sense finally, lol: Men love my big natural breasts... Until I tell them, nah, they arent real. Suddenly they arent as attractive anymore. Suddenly they can feel my implants, they couldnt before. And you really cant if youre not a doctor, because Ive gained plenty weight now and went up a cup size. Suddenly they just arent as great anymore. So yeah, even if my boobs are bigger and natural looking, they are actually fake so theyre ugly. Pf, good thing I didnt get them done for them and I like em. As other commenters stated, obsessing over the current beauty standard is a fools errand. Do what makes you happy and do it for yourself. There will always be men and women who are cruel. Ignore them, you dont need people in your life who belittle and put you down. Attractiveness is relative. Not everybody is going to find you attractive and thats ok, just a part of life. What you can do is work on your self and work towards goals that will increase your confidence because at the end of the day the most important thing

PMS but no period on nexplanon When I was on it (really need to get another implant it was such a relief) I had the insomnia, and slight cramping, but nowhere as bad as my usual pain. Youre not alone with still getting some PMS symptoms. Yeah, this isnt unusual. You still have a hormonal cycle, and lots of people still get periods on nexplanon too - it just depends on your particular body which bits of your cycle stop, which get less pronounced and which stay the same. Your bodys hormones still cycle, so youll still have some symptoms. Im on my 4th implant and still experiencing it. This submission was removed: Rule 4 Relevance: Posts must be relevant to our experiences as women, for women, or about women. [more](http://www.reddit.com/r/TwoXChromosomes/wiki/rules#wiki\_relevance) Please see a doctor, nurse or pharmacist. Nobody commenting here is qualified to give you advice. [Medical Advice on 2XC](http://www.reddit.com/r/TwoXChromosomes/wiki/moderationpolicy#wiki\_medical\_advice) --- [2X FAQ](http://www.reddit.com/r/TwoXChromosomes/wiki/faq) | [2X Rules](http://www.reddit.com/r/TwoXChromosomes/wiki/rules) | [2X Moderation Policy](http://www.reddit.com/r/TwoXChromosomes/wiki/moderationpolicy) | [reddiquette](https://www.reddithelp.com/en/categories/reddit-101/reddit-basics/reddiquette) | [reddits rules](/rules)

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

My doctor ruined my life by lying to me For context Im a trans woman and i had been taking diy hormones for 3 months before seeing my hrt doctor for HRT. I also live in New Zealand When my old doctor started me on estrogen HRT, I asked the doctor if it was still possible for my face and jaw to grow at my age (19) she said that it wasnt possible for any bone growth to occur and that my growth plates were sealed which both turned out to be lies. Over the next 6 months I experienced paradoxical masculinization symptoms + masculinizing bone growth on my face and I ignored the signs because of what she said and because my hormones levels were normal despite feeling suicidal. I suspect that my hormone blockers are not working because of suspected congenital adernal hyperplasia or adernal tumor I confronted my current doctor about my facial bone growth and she said that bone growth at my age is unlikely until I pointed out that acc wont fund dental implants until 21 due to the risk of jaw growth. She said that it would be possible if I started puberty later and admitted that my old doctor lied to me by telling me it was impossible at my age. All of this couldve been avoided if my doctor actually listened to me instead of talking over me and lying to my face when I told her my concerns Now my facial bone structure is so masculine that I need facial feminization surgery to pass and look beautiful as a woman despite not needing it before. My beauty was all I ever had and now its gone until I get a $15,000 surgery which I paid the $2500 deposit for but i still have to pay $12300 in 4 months which will be very hard to earn on a minimum wage job. things like my skull size and midface length cant be fixed by ffs so my face will always be more masculine than if this never happened. Im even forced to remain in the closet because Im afraid of being seen as a non passing trans woman in my town. I lost 30kg of weight so that I could look beautiful and get a boyfriend and it was all for nothing. I feel like my entire life is on hold until I get ffs surgery done and until then Ill be a sad, lonely introverted woman. Surely there must be some avenue to pursue recompense from this doctor. [deleted] [deleted] [deleted] [deleted] [deleted] [deleted] [deleted] [deleted] [deleted] I filed a treatment injury claim with acc but It will probably be rejected. I could file a complaint with the HDC but theyre toothless and dont do anything to doctors here. Passing would allow me to not be treated differently by cis girls when I socialize with them. It will allow me to live my life without transphobia or hate. It will be life changing Because theres an active genocide against us and passing allows us to live normal lives Your specific situation with the doctor is valid. The rest of that is frankly insulting to hear as another trans woman. It sounds like you have a serious complex about looks that needs addressing, a lot of what youre describing is unreasonable even for cis women. Whats wrong with being upset about the masculinization of my face and not being able to pass? Its more you saying that it makes you have no chance of passing and ruining any chance you have of being pretty, and you saying its ruined your life. Its just parroting a bunch of transphobia and misogyny. How do you pass with a wide jaw + chin and brow ridge? Because Im having no luck with it. Face changed over the first 2 years of HRT, bones are the same but soft tissue changed a bunch. Just time really. My face still has some masculine features, but people just see me as a woman thats kinda androgynous looking in the face. Theres plenty of cis women that are the same, so people assume Im cis. Many cis women are not passing when people use narrow definitions of what is acceptable. Pretty is by definition above average so half of all women are below average. You dont have to be pretty or look a certain way to be a woman. OK but Im still angry about what my doctor did. It was so preventable I wish I was still beautiful though 😪 As you should be! But, its not the end of the world. Its just going to take longer for you to get where you want to be. But, you will get there! [deleted] Source?? Passing alleviates dysphoria for transexual people 💁🏼‍♀️. You cant take one of our words away because you dont like it. https://www.reuters.com/world/us/desantis-signs-florida-ban-gender-affirming-treatment-transgender-minors-2023-05-17/ Maybe I can still pass but I still want justice for what happened as I wouldve passed by now if it wasnt for her. Now Im less beautiful because of her. I still want to fix the damage done to me by her. if that requries me getting ffs to fix it then i will do everything to make it happen. I know about that. Wanting a source for the majority of trans people dont pass

I am having breast surgery at the end of the month They are implanting an RFID chip in my breast this week to help with removal of the lesion. I was telling my husband about the upcoming procedure over breakfast and was jokingly speculating on what kind of radio stations I could broadcast with it. His reply was that if it was a TV signal I could broadcast Nippleodeon. It was the best giggle Ive had in a long time. Thought I would share it. Please wish me luck for the surgery. Edit/Update: the implant procedure went fairly well. Sore boob, got TWO tiny ice packs this time. Titanium bead showed up on US, RFID chip placed right next to it. I wont be able to broadcast radio or TV signals but my left breast now has cell phone capabilities. The surgeon will activate it wirelessly when they start the surgery so she can locate the signal. No tinfoil bra required. Best of luck, sounds like youre in the right headspace if you can still be silly and joke about little things like that. Good luck! Your humor will be a great gift now and always Good luck! Sending you happy thoughts (and maybe salsa to go with your chip?) :D Good luck! Maybe youll get HBoobO too! Thanks. The reason I can joke about it is because it doesnt look cancerous. Otherwise I would probably be having a mental breakdown. Tell him that if he makes a cone out of aluminium foil, youll be able to pick up tv signals from the Mars Rover. A - thats awesome. B - Whats the name of this surgery? I want to learn more about it to troll religious nuts about the Mark of the Beast being implanted into boobs. Best of luck! Kids these days be doing implants differently. Best of luck! im glad you both have a great, and shared, sense of humour! best of luck with the surgery! will you be able to make contactless payments with your breast now? [deleted] Best of luck, you got this! And, apparently more TV options as well. Its just a surgical removal of abnormal tissue. The RFID chip is necessary because the titanium bead they studded me with during the MULTIPLE needle core biopsies didnt show up on the ultrasound my surgeon did in her office during the consult. A Madonna Bra with reception Sadly the subscription only lasts a week so no shopping spree for me 😳 Luck! Youll be fine, especially if you and your husband are meeting this difficult situation with humor and love. Best of luck with the upcoming procedure. LMAO! Bit o advice if youre being anesthetized for the first time, try doing a few led meditations or yoga nidra guided sessions beforehand. I get anxious going under myself and the practice helped a lot last time. Good luck and its all going to go fine! Plus it sounds like youve got a great partner to be by your side! Might wanna get a pregnancy test if hes begun cracking dad jokes Ive had a bad experience after anesthesia during my back surgery. That was rough. Vomiting for 36 hours afterward. Asking for extra antinausea meds this time around. Im really sorry for your experience, that sounds miserable! But, it sounds like you have a good plan for this time though! I have to have procedures done every three months and it always helps having a plan going in. I hope it works out better this time! So its there basically because the RF signal is more visible? Best of luck to you! Im glad your spouse is being funny, I think he wants to keep it light-hearted. Good luck and thank for the chuckle Yes. They want to make sure they have the right spot Every three months?! That blows. I am so sorry. Do you go under each time? Yep. It sucks, but the procedures keep me alive. I am pretty lucky, though, that I dont get terribly sick from anesthesia. Kinda wanna know where the f the titanium bead is now... I didnt know there were RFID fiducials. Learn something new every day! Hey, good luck, and good health! Wishing you the best. I just had a needle core biopsie this week too. Funnily enough we ended up in a rather long conversation where my doctor was explaining that she has a particular clip (the name for the marker she used), and its her favorite because it shows up on ultra sound really well, whereas almost all the others dont. Not sure thats helpful info, but its just funny to read about it when I had this conversation with my own doc on Friday. I will say, the RFID chip has so much potential for great jokes, you just cant pass that up! That was funny! Good luck with the surgery and recovery. best of luck &amp; speedy healing on your surgery!!! &lt;3 Tits up! you got this. Best of luck! Giggles are the best for serious things. Aerial aerolas My breast was bruised and swollen from the biopsies for about 2 weeks after. They gave me the worlds tiniest ice pack for my bra. The size of a tea bag. I got one of those too! Best of luck in the surgery! Laughter is the best medicine. If its a radio station, its call sign would probably be W-NPL. Good luck with your surgery! Oh hey, an RFID chip works with [these automatic cat feeders](https://www.surepetcare.com/en-us/pet-feeder/microchip-pet-feeder), you could get one for chocolates that your spouse isnt allowed to eat unless you stick your boob into it. swap it out for a RFID for a credit card, use boob to pay at check out :D &amp;#x200B; am female, so not werid :) edit: \\*scanning items noises: boop, boop, boob You should go to a modern hotel and see if your boob can open up a door! Best wishes! Best of luck! Good luck and wishing you a speedy recovery!!!! https://forum.dangerousthings.com/t/quick-technology-primer/13320#what-can-chip-implants-do-7 Its standard operating procedure to put a SaviScout or other localizer prior to surgery. The localizer typically targets the biopsy marker (ie clip) as long as one is present and in place, so even though your surgeon cannot see it under ultrasound, your radiologist can definitely see it, if not under ultrasound, then with a mammogram. MOST clips show up better with mammogram than ultrasound. Most clips only show up as a small white line on ultrasound, but have all sorts of different shapes on mammogram. Good luck with your procedure tomorrow! Its a fairly quick procedure and for most people, it ends up being easier than their biopsy. The localizer typically targets the biopsy marker (clip, titanium bead) during the procedure. The two should be right next to each other. The exception is if the clip is displaced. Both SaviScout reflector and clip get taken out by the surgeon. This is confirmed by an X-ray of the tissue that is taken out. I wish you the breast of luck. Good luck, hopefully everything goes well! Good luck , I had mine and so far so good for 3 yrs. It didnt hurt too much but the pain hung around for a couple months until I decided to do some gentle stretch motions and it quickly reduced. I was home the day of the surgery . Best wishes for a strong recovery and many years of health. The team of women who put the chip in made the tiny room we were in feel uncrowded and everyone was both excellent professionals and yet gave me such a good feeling of caring. I felt their support of me very strongly . I hope your health team provides you with that same quality of care. Not soppy emo just mature women supporting another. If you need counseling there is a lot offered through the BCA . I think you missed a prime opportunity. Breast of luck to you! Wishing you the best of luck. 💪🏻💪🏻 If I may ask, how will the RFID chip help? And can I get this procedure for my next Comic-Con? How dope would it be to just motorboat the kiosk and have it ding. And the BooBC too! Definitely talk to your anasthesiologist beforehand- they can prescribe things that really help, and they can watch you in post op to make sure you are ok, and push the meds into your IV while you are in recovery. I have had a few surgeries on my ears and face and always get nausea coming out of it. They gave me a scopalamine patch the last time and it worked great- double duty keeping the nausea away and keeping the facial swelling down because it tends to dehydrate you. The first time I had surgery I vomited before I was awake and aspirated it, that was awful. More like breast of luck Wow, I laughed more than I probably should but half as hard. Good luck. Remember an old nickname for TV? Whatever it broadcasts, you can watch it on the boob tube. As someone who has had a huge reduction, I was pleasantly surprised at the complete lack of pain after the procedure. The stitches itched though. Good Luck! [deleted] \[Insert joke about if youre doing it, something something Discovery channel.\] Heartfelt best wishes to you, internet stranger. Can you also charge them with money? Would make paying for groceries really interesting. All the very best for a great outcome for you - humour found in grief is one of the most valuable things you will have. Youll soon meet many, many people who are working through this awful disease and humour is an incredible tool to have in your arsenal. Take care, be as strong as you possibly can - we are all thinking of you and love you! National GeoBrapic? The only thing that really matters here is if he immediately followed it up by singing nip nip nip nip na nip nip nip—nippleodeon! If not, you might need to fire him for breaching duty of care. [deleted] Ah, beat me to it! Id legit get a chip integrated, so I can easily pay even without my phone! Woah never heard of that. What does it do? your hubby is a gem! best of luck - im sure youll be great! Best of luck and speedy recovery! So his boob joke made you titter? 😇 Best wishes on a speedy recovery! Laughter is the best medicine 😂 Doubles as a Tomb Raider cosplay Hope all goes well and Good Luck. Your humor and humanity are inspiring. Quality pun. You are correct. Stream NipFlix over cellular. Talk about Boob Tube! Good luck with your stuff. I got those too! Still bruised, as it was just a couple days ago, now to see how long the bruising lasts! Good luck!!!!! Honestly another commenter sugg

Its hilarious that incels spew stuff like MeN aRe AttrACted to YouTH

Boyfriend said my nails are fleshy colored I kept seeing if he would notice them and wag my finger. He said he meant it as a compliment, lol.

I hate having giant boobs. Advice/similar experiences welcome Edit: maybe read my post before you tell me to go a diet. Edit 2: for the love of god please stop telling me to talk to a doctor about my weight. I dont need weight loss advice!!! Jesus I just need to rant a little. Im 23 and have 38 DDDs. Since I got my IUD out, theyve felt even bigger and incredibly sore. I workout 6-7 times a week and do yoga daily. However, Ive been overweight (hence the working out consistently for 2 months) and Im trying to lose weight. Ive been eating much better, not going out to eat a lot, and exercising regularly—mixing cardio, weights, Pilates, walking, etc. Anyway, I wish I could get a breast reduction but its SO expensive and you have to be a certain BMI or less. Im technically obese—220 lbs, 56—yet the healthiest Ive ever been in terms of my diet and movement. I just HATE my boobs. Theyre SO heavy, exhausting to stuff into bras (especially sports bras), and everything I wear is an extra size up because my shirts wouldnt fit otherwise. Im just so uncomfortable all the time. I dont know what to do. I have a history of an ED so I dont want to be obsessive with calories because it triggers the really bad habits Ive had in the past with not eating or binging. I dont know what else I can do. Im just so tired of this. Ive had large breasts since I was in middle school, but the weight gain took me from a C to a DDD. Any advice or people with similar experiences/frustrations? I have yet to meet a woman who has gotten breast reduction and says she regrets it. Granted, my sample is younger women (27-40) so maybe theres a regret that pops up later, idk. Id say keep up with your grind, talk to some doctors (ideally a female physician if you can) and try to make a plan to where you can get to where you need to be. Best of luck to you, sister! [deleted] No advice, just sympathy. Have had giant tatas since puberty, pretty much (regardless of weight, theyre always disproportionately large) and been hating them for about the same length of time. Thanks for the reply ❤️ I have an eating disorder therapist and have spoken with a dietician before. Mostly to include more veggies and eat only when Im hungry and stuff. Which I have been doing, I dont really eat out of boredom or after dinner. I used to be hugely unhealthy with binge eating and then restriction, and eating mostly fried or processed foods, so the last 2 months Ive changed that significantly to be produce and protein and much less processed food or eating out. Strength training and exercise got rid of my chronic neck pain, so Ill try the type of strength exercises you mentioned. I love barbell but have similar issue with rows. I havent looked into fish oil before or magnesium—I can definitely include those. I take a multivitamin which has helped my energy levels a lot. I havent been consistent with my protein shakes, so i should probably do that more after workouts. The only bra I like for HIIT or running is a zip up, too! What brand did you get? Are you me? Ive given up trying to not be fat and Im worried about getting a reduction because then Id lose what figure I have. I cant even qualify for a reduction unless I lose 40 lbs, and thats not an easy thing to do 😭 [deleted] Thank you so much!! Weight loss isnt always the answer. A girlfriend of mine Ive known since we were teens (now late 30s) was petite everywhere except her chest. The extra weight in her chest resulted in back issues at young age. Dont beat yourself up over something that could just be genetics. That blows. Have you tried a different doctor? I was able to get my reduction due to back pain. You dont HAVE to be a certain BMI. I also went to a place in New Hampshire who invented liposuction for breasts. They do it under the breast and I was then able to still breastfeed my next two kids. Also I only have four small circles for scars. I also have an ED. I think it is because we are so top heavy we think we are fat. I have empathy for you. EDIT: once my procedure was done, it was enough to fill a 12 pack of soda. I got a breasts reduction at 25yo and my only regret is not having it done sooner. The recovery wasnt even really painful, just... exausting. I slept for a full month straight. I went from a GG to a D cup and +20 years later, excuse me for being so blunt, but my boobs still look fucking amazing. 10/10 would recommend. Since I had back pain I didnt need to be at a certain BMI; I was 220lbs when I got the surgery. Also since Im in Canada it was free but if you have to pay for the surgery just know its so damn worth it! If you have a medical history of back/shoulder pain, you might be able to have the reduction covered by insurance. A physician or physical therapist should document it in the medical records and you can try and ask about insurance requirements. Im the same size and hate them. Im in perimenopause and they are just getting bigger. Even when I lose weight I dont lose any of my boobs. So frustrating. I definitely want a reduction but I avoid elective surgery I have huge boobs when Im very thin too. I hate it Unfortunately, even being underweight youd still have bigger boobs than youd like. Trying to be healthy is good, but try not to equate being thin and being healthy. I personally love to work out, but Im about the same height and weight as you. Would honestly prefer if it sat in my chest or my hips tbh, I feel really ugly compared to my partner for not having much of either I feel very healthy, which is why it sucks my body seems to not reflect what would be healthy looking. Ive always been way more weight than I look—when I was 160 lbs in high school, my ribs were showing and people thought I was sick. Thank you for the reminder health doesnt equal thin ❤️ I havent looked around too much but thats what Ive been reading :/ maybe its not accurate though. It would be really expensive though and Im in grad school 😭 Thank you!! Thats good to know—my sister is a triple H and she has severe back pain for a few reasons. Weve been really disheartened reading about weigh requirements so thats good to hear its not always the case [deleted] Ive been a C-cup or bigger since I was 12, even when I weighed less than 120 lbs. I also did 20 years in the Army, so I understand the sports bra struggle. Im currently a 38DDD, and stuff my tatas into a 38DD - Champion model 1602. No over the head contortions, no underwires, and relatively inexpensive ($25-ish) Sorry, but you dont know me—some trauma isnt really what I have. You have no idea what I have worked on with my doctor. Dont worry about my health (thats not even what youre doing, tbh). I didnt ask for weight loss advice. I am so, so sorry youre going through this. Its not diet, its not exercise. Its genetic. and, when we gain weight, evolution says those puppies should get more than their fair share because baby making demands it. If you can, see a doctor and get an evaluation. After losing all the weight I could, I did, when my insurance would finally approve the consult. The doctor walked in the door looking at my chart, looked up at me and shook his head. First words were Of course you need surgery. I think I cried. I finally got a reduction from G to D. My life changed. &lt;3 Good luck to you. How you feel is always more important, especially compared to a number. People who are really thin or the superhero body types typically dont feel very great, especially if theyre dehydrating to look ripped on camera. People with health problems exist at every size, and its really hard to destigmatize fat Have you had a bra fitting? A properly sized 38DDD is not that much larger than average, so it sounds like poorly fitted bras might be contributing to your discomfort. I would highly suggest checking out r/abrathatfits Breast tissue is extremely responsive to total body fat content and of course estrogen levels. If you plan on getting a breath reduction it would be wise to ask if there are better clinical results from losing weight before (likely causing more loose skin available for the surgery), or if losing the weight after is safer. I struggle with my weight and have large boobs, even with a normal BMI. (I was a 32G, now Im a 36G (4D) with an overweight BMI.) Ive found that walking helps me a lot. I try t walk 3+ miles a day. I do count calories, but Im shorter than you (and dont have an ED, I just like cooking/baking/food/eating), and its very easy for me to eat more than I need in a world full of much taller people. If you lose the weight, your boobs will shrink. Mine do (a bit anyway), and I had giant boobs to start with. I had a sizable breast reduction 23 years ago and absolutely regret nothing. Its been amazing. Also 38DD and considering a breast reduction. They are sooo heavy and in the way. I dont have be e any details but my daughter-in-law got breast reduction done with insurance because it was really messing with her upper back and causing pain there. It is certainly worth talking to some doctors about it. I was 40DDD and lost some weight but still a DDD. I wear glamorise sports bras as everyday bras. Torrid and Lane Bryant under wires are supportive and comfy. I wear DDs to workout in. I just ordered some binders for working out and they work great I would guess theres a very good chance youre wearing the wrong bra size, since we have this (very incorrect) societal perception that DD = HUGE KNOCKERS which really is not the case at all. Bra fitting is SO much more complicated than that. And if youre wearing the wrong bra size, thats going to contribute hugely to being uncomfortable and hating your boobs. I highly recommend doing a deep dive with the resources and trying the calculator from r/ABraThatFits its such an amazing and life changing community. TOTALLY changed my perception and knowledge about my boobs and made me feel so much better with my chest. Im sorry youre dealing with this. I was going to h

am I pregnant?! Had protected sex on the 17th early mor 18th then took a EC pill just in case, then had sex on the 19th but the condom broke, took the EC pill on the 20th and then got the copper iud on the 23rd. Its been 23 days since sex and DPO, took a FREP this morn very faint line could be Evap This submission was removed: Rule 4 Relevance: Posts must be relevant to our experiences as women, for women, or about women. [more](http://www.reddit.com/r/TwoXChromosomes/wiki/rules#wiki\_relevance) [Medical Advice](http://www.reddit.com/r/TwoXChromosomes/wiki/moderationpolicy#wiki\_medical\_advice) is not considered relevant. Please see a doctor, nurse or pharmacist. Nobody commenting here is qualified to give you advice. [Medical Advice on 2XC](http://www.reddit.com/r/TwoXChromosomes/wiki/moderationpolicy#wiki\_medical\_advice) --- [2X FAQ](http://www.reddit.com/r/TwoXChromosomes/wiki/faq) | [2X Rules](http://www.reddit.com/r/TwoXChromosomes/wiki/rules) | [2X Moderation Policy](http://www.reddit.com/r/TwoXChromosomes/wiki/moderationpolicy) | [reddiquette](https://www.reddithelp.com/en/categories/reddit-101/reddit-basics/reddiquette) | [reddits rules](/rules)

From heart disease to IUDs: How doctors dismiss womens pain https://www.washingtonpost.com/wellness/interactive/2022/women-pain-gender-bias-doctors/ Several studies support the claim that gender bias in medicine routinely leads to a denial of pain relief for female patients for a range of health conditions. This recently happened to me. No one told me I had heart issues, but my lab work reflected those problems during every physical Ive had the past four years. The only reason I found out after all this time is that my doctor thought that the issues had gone on for too long and that the damage was on the cusp of being irreversible. Better late than never? 😑

Can an IUD alter weight/Widen hips? Im 21F. Ive had the IUD since April 25th and have gained 2 pounds (124 to 126) and my mom/aunt/grandma are all saying Your hips are widening :/ and I really dont enjoy the attention. My boyfriend notices but he doesnt make a big deal cuz he knows I already hear it from my family. I dont think an IUD should alter bone structure but my doctor did say I could use some weight on me...so ig 2 lbs doesnt hurt even though Im still working out everyday. However, I am wearing shorts that used to fit sorts loose and now its a bit hard to get around my hips and then buckling them isnt too hard but theres a resistance. And this is with all of my jeans. Maybe its just the weight. I dont know. The one I have is Kyleena. Anyone else experience weight gain/widening hips? Thanks. I think its less your iud and more growing up. Puberty doesnt stop at 18, and your body still changes in early adulthood 2 lbs is a normal amount for your weight to fluctuate by. Hormonal birth control can cause weight gain in some, but it doesnt alter your bone structure. Could honestly just be that youre not a teenager anymore, so clothes that fit a couple of years ago wont fit on your now-adult body quite the same. If youre fairly active you might be putting on some muscle, too. Physically active teenagers often stay slim just because theyre still growing and a lot of energy goes into that, but fully mature young adults are in an ideal hormonal state to build muscle mass. Just be aware that adult metabolisms start slowing a bit as you approach your mid-20s, so you may need to adjust lifestyle habits accordingly if you want to stay more or less the same size. I would agree with this. I found my body didnt really stabilize fully until I was 26 and since then my body has changed much slower but still in ways that I can see over time. This is 100% just your body finishing developing into its adult form. Happens somewhat to everyone around this age. Its normal. I was much more slender when I was 18 than now at 22. My hips have widened a lot more and my chest as gotten bigger. Im still slim but with more curves, I also dont take bc so ya we dont have teen bodies forever. Agreed. For me, the 21-22 age was when my hips grew in and gained a bit of weight. Like significantly more than OP lol. It was a pretty uncomfortable transition and I had to buy all new clothes. I feel you! Had the same thing happen to me Update: :/ so Im never insecure about my looks...i love my body and try to keep it tame. But I have lost a pound since this post because I started to only eat one meal a day..my dad keeps saying Im getting broader or whatever but I dont feel like it. Im not any heavier and all my pants fit fine. I asked them was my face getting bigger but they said no...so Im like what is it?? I think my parents are trying to imply that Ive been having sex. I recently got the IUD and have been practicing very safe sex with my boyfriend only and no one else. Weve calmed down a bit too because sex isnt even that big of a deal. But my parents sure think its like, something to scrutinize. I think their reaction to me having sex is continuously say Im getting, fat/broad/bigger or whatever. Now I keep watching my weight thinking Im getting fat or something and not eating and counting my steps because of paranoia that Im getting bigger. Sorry.. Im venting but thats whats going on. I see a lot of you all suggesting to stay active and I am. I have my pup that I hike with. I love walking him. I also constantly walk at work because Im an in-store shopper and I practice yoga. I also see a lot of you saying that a females body doesnt stop maturing at 18 and birth control can cause weight to fluctuate. So, all in all, Im probably ok...just a bit annoyed I guess. Thanks everyone for the information :)

How do I make myself attractive enough to be a sugar baby or stripper? I dont really have any job options at this point. I hate every job I can realistically do. How do I become more attractive on a budget? I am trying to gain weight to become more thick/curvy but I am naturally skinny and its been a struggle. I want to save up to get breast/butt implants and a nose job. What else can I do? Start with therapy. It doesnt really help one become a sugar baby. Being a sugar baby isnt as financially sensible as working a job even if you hate it. I think it can be much better than working a job. You dont have to do much work, dont have to go into an office, no micromanager. And you can make much more money. Considering your post history therapy is a great idea regardless. I dont think youre looking at it rationally. Theres a ton of people out there trying to be sugar babies without success, or end up in bad situations for the money. Looking at your post history you want a job that makes a ton of money without much work? Life doesnt typically work that way. Thats why I want to be a sugar baby. So youre ok being a sex worker? Yes. Enlist in the military if youre that desperate Ugh, no way. Im anti-military. So are many people in the military. Most of them are just doing it for a job and frankly if I was as desperate as you seem by your post Id go for it, better than the alternative. Nah, I would never do it. It just doesnt make sense that you feel something as unstable as being a sugar baby is better than a steady stable job. Focus on hygiene. Beyond that, you would need to work on personal interactions that make them feel wanted and interested in you. Probiotics and lots of squats. I struggled to gain any weight for 25 years - when I ate more, I just burned hotter and pooped more. Sometimes I also lost weight. Turns out, I just had no gut flora left after a combined 2 years of antibiotics. I didnt change my eating or exercise habits and gained 20# when i took probiotics. Pretty much every job is horrible. I also dont like being tied down to a job. I need freedom. You dont really have to do anything. Nice well fitting clothes and practicing your make up is enough. There are men with money that likeyour body type. I feel like it makes more sense to try to finish a quick comp sci online boot camp and look for a small local role. Not an insane amount of work and learning basic coding isnt super hard. Its also unironically probably an easier path than sex work. Keep in mind that sex work will likely require additional mental labor in the form of trying to stay safe. Basic coding skills do not land you a job. Coding schools are money making scams. Yes coding schools are scams, Im not saying to attend one of those cringe heavily advertised fad schools. I meant like a short python course on coursera or udemy. Then do a small data analysis related personal project (like analyzing patterns in election data or something) and put it on a GitHub folder. This wont get you an insane 200k per year apple job like the scam schools claim but you could definitely secure a position with a small local company needing a data analysis person. The important thing here is that this is way lower risk and way higher reward than the strategy you have rn. Its also literally probably easier. How about the civilian conservation corps then? As an ex-dancer my experience is that you dont even really need to be pretty to be a successful stripper. With the lighting plus heavy makeup you cant see all that much unless youre doing lap dances and will be right in front of them. Just be really sure that youre ok with people you know from your past you dont really want to associate with anymore knowing about what you do for a living because it will probably get back to them. Be careful, op. Its not an easy job contrary to what a lot of people say

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My breasts are just not good So, my breasts, theyre around average sized, B-cup, but thats not really the problem, the problem is how spaced out they are, theyre super wide-set and I can fit like four fingers between them and its so ugly, they make my shirts stretch out and it looks so bad. I just keep thinking to myself that my breasts arent normal, everyone has cleavage, everyone looks so pretty and I get so envious sometimes because without implants (which are just so expensive), I dont think Ill ever get any cleavage. I just feel like Im not normal, I dont wish for perfect breasts (although that would be pretty fucking nice) I just wish they were closer together and didnt make my chest look so stretched out. How old are you? Some people are late developers, I was b cup all through my twenties and c cup through my thirties. Finished thirties at D cup and then metabolism started slowing, weight went on and Im now F! Also there are all types of breasts and they are all pretty in their own way. Theres just as much variability as other parts of the human body and I 100% guarantee you that nobody is looking at your breasts as critically as you. Ive certainly never looked at any womans body and even noticed what kind of breasts they have. And if youre worried about men, then theyre just delighted by all breasts as far as I can tell Im 18 and I know that everyone has their own insecurities and Im probably being too overly critical of myself but it just feels kinda sad sometimes, in media all I ever see are women that are so beautiful with chests that just dont look like mine. I know they probably have their insecurities too and I dont mean to come off as someone who thinks breasts are the be-all end-all but I just cant help but think that my breasts are just not good enough. But still, thank you, for showing me kindness \^\^ At 18 everything is still to come, though it may be hard for you to believe. At 18 I was so skinny you couldnt see me if you turned sideways, had glasses and looked about 14 - boys never looked at me and when I went out with my friends I looked like a child next to them. My looks improved in my twenties, helped by my increasing confidence and it was in my thirties I finally got confident with the body I had - I think it was Nora Ephron who said - I look back at pictures of me in my thirties and wonder why I didnt spend all my time in bikinis. You may not be ready to hear it, but being a slow developer is not all bad - those girls you see with fabulous boobs are getting all the wrong attention from all the wrong guys and that may f\*\*\*k them up for longer than your concern about your breasts- theres a certain type of man who likes to get with girls around your age because theyre more naive to relationships, easier to manipulate and easier to put down because they have low self- esteem. So Id say forget the boobs, concentrate on your own self esteem, believe in yourself and when your body changes, youll be a stronger person, a take no shit woman who will be in a good place to handle it all! Teen years are ghastly and older people can forget that, but trust an oldie… it gets so much better! You got time still, boobs kinda grow and shrink based on weight gain and whatnot. Breastfeeding will change them for sure. I get it though, Im not a big fan of my boobs. I got a small B and a large C. Makes it hard to find anything including bras that fit or look right. Ive been self conscious about it my whole life. Until recent years. Hubby tells me all the time how beautiful and great my boobs are so now I just dont care as much what others think. I just regret not being as carefree when I was younger, I missed out on a lot of cute outfits. I wouldnt fret too much- everyone loves boobs no matter what shape or size and you still have second puberty to go through. A fair few of us get good cleavage with the use of very well constructed bras. Without my bra, I have a bellybutton between my nipples. With the right one (it. is. industrial.) I have cleavage you could get lost in. Dont compare yourself naked to other people fully clothed. People in media are so photoshopped and have spent so much money on their looks its not fair to compare yourself to them. I really struggled with thinking my boobs sat too low on my body for so long. Till I started paying more attention to how more average women looked in everyday reality. Every body is different. But every body is also beautiful in their own unique way. But with all that, insecurities are so hard to shake and I hope you give yourself the space and kindness to work on them. ^^^^^damn I laughed at bellybutton between my nipples. Yep. I hear ya sister! I feel sad when I read this because people your age are exposed to so much manufactured imagery. I was your age in the late 80s and while some things were not great I didnt compare my body to someone with surgery and airbrushing. What I have learned is 1) go get a bra fitting at a high end store. 2) Do this every year or any time your weight varies by more than 4 kg (8 lb) 3) when you buy bras, they need to fit. Find out exactly what that means for your body. I was just trying on a bra that was the right size on paper but it still didnt fit right, which is a bummer because they had a 2 for 1 sale. 4) learn to stand upright. Poor posture wont help one little bit, it just draws attention to what you are trying to hide 5) if you are in a relationship with the right person they will love your body as it is. Im sure this thought will gross you out but my 55 year old partner still thinks Im gorgeous even though Im 52 and going through menopause. A good bra and the cut of your clothes can make a huge difference in how you look. We are all different shapes and most market clothes dont really fit anyone that well. Most media content is very carefully curated and many people have not just make-up, camera angles and filters, but also perfectly tailored clothes working for them. I think here in the middle of unrealistic beauty it is super important to be kind to yourself and your body. It is not easy, but try to look at yourself with kindness and intentionally search for beauty in yourself. Fashion trends and our bodies change throughout the years and decades we live, and cultivating a feeling of being enough and delighting and appreciating your body as it is can be so powerful. I have larger breasts as a 32DD, and I dont get any real cleavage. Even with the biggest and best push up bras, it just made my chest look awkward and lumpy. I had cleavage when I was obese and my breasts were much larger, but thats only because I was stuffing a lot of boob into the multiple layers of bra and tank top Id have to wear to contain them (grateful I dont have to do this anymore). I would suggest having a fitting at a high end store, as others have suggested. You can also visit r/abrathatfits for more in depth information on bra fittings. There are many sites that will allow for free returns on bras if they dont work for you, so I would recommend trying a new size or a new style of bra from somewhere that does if you dont want to shop in-person. The style matters! And like others have said, its not helpful to compare what you look like completely naked compared to what others look like fully clothed. Everyone has their own unique breast size, shape, etc. Its amazing, and yours are amazing. Get yourself over to this subreddit and figure out a cleavage bra. r/abrathatfits I there :) Im French and I studied fashion design when I was a student; I majored in Lingerie. I worked for a while for a luxurious lingerie brand and let me tell you: Ive seen my share of naked ladies. There is no normal. Every woman has her own shape. Its true for the legs, the butt, the breasts, the everything. Theres different types but theres no normal When it comes to boobs, they can be positioned very nearest from one an other, or more on the side, apart from each other. Both types are really common. Youre fine. Theres no issue with your breast. If you want a cleavage, wear a push-up. But no cleavage is totally fine AND really not an issue. I met a young woman with a very generous breasts. But her life was quite difficult since her boobs were so close, she didnt have space for the flat bras piece, holding the wires in the front, to sit properly on her torso: there wasnt any flat space between her boobs. She had back issue because of the weight of her breast and couldnt find relief in most bras since it hurt her boobs. She could only wear sport bras, the kind that doesnt go between the boobs. That, yes, its an issue. Youre fine, really :) Look at naked statues, naked paintings: youll see representation of your body type. It could be good for your self-esteem to see that boobs without cleavage are common and are inspiring to the point, that are carved in marble to last for centuries >She had back issue because of the weight of her breast How it caused back issue? Well... the weigh. The weight of the breasts Its quite common Big breasts can weight up to several kilo: its bad for the spine: some women have down sizing breast surgery to relive the back pain I can relate. I hate that I cant rock the braless look too 😔

my dog got ran over and it was horrible to see Sorry, im not sure if this is the appropriate place but I cant get the image out of my head it was so awful. He was only 9 months and so innocent, he was chasing after me when he got hit. I havent stopped crying I dont know how im gonna make it to work! Waking up without him started everything back up. Didnt even get to put him in his holiday sweater or see christmas. Im sorry. That sounds like it was super awful. I am so sorry. I had a vaguely similar experience where my dog was hit and I have to remove the body road. I was very traumatized. Same thing happened to me when I was around 8 years old. Havent been able to bond with a dog since. Sorry for your loss Thats terrible. So sorry to hear. So sorry for your loss 😔 Oh my God, thats horrible! Im so sorry! When my cat died, I was still bursting into tears a year later when I found toys Id bought for Christmas I never got to give him. All I can say is give yourself time to grieve and mourn. Its absolutely tragic and sad. I found the book Its ok that youre not ok to be pretty helpful--the author was swimming one day with her husband and drowned right in front of her and she kept running into people telling her it was time for her to be over it. She wrote the book, basically, to say eff that. She has some good tools. Oh man. We never know how strong we can be until we have to be, and then we realize that strength comes at a cost. Im sorry. I am so sorry for your loss, you must be devastated. When my first dog died, not a family pet just mine, I took almost a week off because I couldnt look at other peoples dogs and their owners being so happy together. It didnt help that I worked in a pet store at the time. Luckily, I had an amazing boss. Its tough when we lose pets unexpectedly, when they are too young and havent had a life fully lived. I hope you are able to get time to grieve, you need it. Same hammer to me and my brother when we were kids. My bro cried over her body all night. My deepest sympathies. So sorry. I hate to say this but sue the person who hit him. In many states you could win quite a bit. I am sorry, for your loss but I would consider this as it may help in some small way Personally Im not much of an animal person but this just breaks my heart Im so sorry. I wish I could carry this for you and give u a break. No one should have to suffer these pains Something that might help you is to give sweater to a rescue or shelter. I am sorry for your loss. Im so so sorry. Thats awful.

small rant about my moms bodyshaming so ive always had pretty small boobs and i used to not really care about the size of my chest at all, but for some reason ive become more self-conscious about it recently and wishing i looked less flat in t-shirts. my mom doesnt really criticize my body that often but last night she said its a shame that my boobs are smaller than my sisters and made a joke about how when im older (im 17 now) i may need to get breast implants to find a boyfriend.. i know it was just a joke and i laughed it off at the time but it genuinely made me feel so shitty about my body, especially since there really isnt much i can do about it. i dont know if this is just me being sensitive but it made me a lot more frustrated about my small tits. im not really sure why i decided to post on reddit but i guess i just wanted a place to talk about it, i hope everyones having a great day!! My mum have very large breasts, and one day when i was round 15 she joked about The fact that have not, to my cousins. She didnt think i heard. I did. When i was 32 i took contact with a plastic surgeon that told my that I was born with malformation. I got implants and bought my first bra when i was 33. Its so awful that our mums are often the worst offenders when it comes to bodyshaming :-( [deleted] Small boobs are not necessarily a show stopper for getting a boyfriend. There are guys who like big boobs and guys that like small boobs. I have to question how well an ongoing relationship based entirely on physical appearance will last. Its a real shame that your mom cant support you and let you be proud of yourself. Dont worry dear! Its your own body. A lot of us cant decide how our bodies should look like but thats ok. Your mother is just implying that she wants you to be objectified by men. Also, come on, we women are more worth than our bodies. 🙄 Sorry your mom did this to you. If it helps any, there are some people who find lifting weights, specifically pectoral muscle exercises, can make you go up a cup size. Its ok to feel weird about it. Boob size isnt the most important thing about you. Youll find lots of people will realize that, and many of them like small boobs anyway. Oh thats fucked up, especially coming from your own mother. So sorry you had to endure this, OP. Aint nothing wrong with having a petite chest.

I really wish I understood gender euphoria Yesterday a really sweet post came up on my feed. It was by a trans woman sharing her experience on E and how she finally feels like she had a body that fits the gender she identifies as. The sentiment was lovely, the comments were lovely, and she looked very happy in the picture. I really wish I could understand how she feels. I identify as a woman, but I often wish I wasnt \*female\*. Being biologically AFAB has caused me so much pain and hassle that I dont know if I can ever truly be 100% comfortable in my body as it is. I have PCOS, which led to years of pain while I was brushed off by doctors as dealing with teenage hormonal fluctuations that I would grow out of. I spent 1/3 of my time (10 days out of every 30) in pain. I dealt with hyperemesis to the point where I couldnt keep down water. I dealt with the mood swings, the bloating, the cold sweats and hot flashes, the shakes, the cravings, for years. Finally I was prescribed hormonal BC. The pill wasnt strong enough; I needed an IUD. I have vaginismus, so I had to be knocked out and then dealt with contractions for two months while my body tried to expel it. I love my IUD, it gave me my life back. Im dreading getting it replaced. Im very heavy chested. Clothes shopping remains difficult when I have a size 8 waist and a size 16 chest. I want to get a breast reduction, which, though it will help me in the long term, means more pain, more doctors, more disruption to my life all because of shitty genetic luck. Im sick of being sexualised. No one likes being objectified, of course, but Im aroace and hate being perceived in that way at all, even when such attention doesnt come from malicious intent. I think Id be more blase about it and less threatened if I hadnt spent my formative years being followed home and aggressively catcalled. I might be able to say thanks, but no thanks rather than ignoring it and hoping it goes away. Im not feminine at all. And when I see people -- cis, trans, nonbinary -- finding joy in the things that I cant stand (having breasts, wearing makeup, embracing their slut era etc) Im happy for them, genuinely. But theres a part of me, a part I dont like and would never voice in any other context, that gets mad. Because those things make me feel anxious and small, and I think Im really just jealous that they can feel comfortable in their skin in a way that I dont think Ill ever really understand. Im commenting because I relate to the title so much. I have problems understanding because I dont feel like a woman, I dont feel like a man. I dont know how gender is supposed to feel. But I dont feel like Im not gendered? I mean I always felt like I got the shitty end of the stick, periods, babies, cant pee standing up... Well isnt recommended...but what does a gender feel like? Im AFAB but I feel insecure because Im not as feminine as I sometimes think I want to be. But Ive also realized I actually sometimes prefer clothes and things that arent stereotypically feminine. I dont remember writing this post... I have been thinking about this kind of stuff a lot lately. Because I genuinely love being a woman, but also I only get the parts of it that I chose. No pregnancy scares, no having my agency suppressed as a child, no period pains. I get sexism, sure, but sexism is a lot less bad if you can physically impose over most men and also if you dont have to date them. It seems…unfair that some women can just be themselves and be happy when others have to change because society does a poor job at accommodating their bodies, or have to suffer harassment from men. And really the only acceptable solution is to keep changing society until it is a good place to exist in for every woman. Same here, I identify as a woman but I also feel that if I was exactly the same person, just born male, Id identify as a man. But then, being female is inseparable from my lived experience, so I suppose I couldnt be the same person then :/ I dont think gender really feels like anything. Its like asking what being white feels like, or what having curly hair feels like. They mostly dont feel like anything at all, theyre just things that can be true about someone. And a lot of the time, gender euphoria doesnt really feel like anything specific either. Its not like an alien sensation that only transgender people can experience. Its just a label. It just means I feel good about my gender right now. You get it! Im not in any way trying to say being trans is easy (Im assuming you are trans from your comment, sincere apologies if Im wrong) but a lot of the time when i see people sharing their MTF stories, my initial reaction is but being female fucking SUCKS?! And then I have to remind myself that my experience isnt universal, and that theres plenty of women, cis or otherwise, who enjoy the aspects of femininity that I hate, and thats good for them! No sarcasm on that point! But... I dont know. Like i said in the post, Im jealous, I suppose. [deleted] I work with Female trans person and asked her exactly the same thing. I always think that being a woman have so many downsides. So she told me about her road to acceptance. During the time she identified as a man she always envied womens bodies and the way clothes make us look either sexy, professional, distinguished... Literally her words: Whenever I saw any pretty girl the first thing that came to my mind was that I would love to look like her. It felt like I was going crazy as I wasnt able to stop thinking about being pretty. She also said that as a men she felt invisible and undesirable. Also, supposedly, sex is so much better for her now that just for this she would transition all over again. I think a change in perspective of what gender euphoria is could be helpful. Gender euphoria is something that is felt by all people. Not just people that are trans. There are positive elements to it such as wearing clothing that affirms your gender and makes you feel feminine or masculine. And enjoying those feelings. There are also negative elements such as removing beard shadow with laser hair removal. In this case it is the elimination of a constant source of discomfort. Going from constant discomfort to a neutral position can feel euphoric. An example you may relate to is breast reduction. I know women irl that have gone from hating their boobs and bodies to loving them because of a reduction. I would consider this to be a form of gender euphoria. Thats an interesting perspective. I never thought that getting a reduction could be a form of gender euphoria, I guess because I thought of it as getting rid of femininity, though i still identify as female. My gender for me is my self identity, how I picture myself in my head and how comfortable I am in my own skin. My mental image of myself is as a woman. My identity is a woman. I feel like a woman and it makes me happy despite all of the crappy shit that comes with it. (I loathe periods, hate that I have PCOS, get annoyed with finding and paying for good bras, etc.) The crappy parts are just inconveniences for me though. I wouldnt trade them to be a man. I do prefer more masculine clothing like I much prefer pants and currently have really short hair, but those are just outside things. Inside Im a woman 100%. Sorry, I wasnt super happy with my original response to your comment. I have an impulse to make this uplifting somehow, and to paint a pathway towards you also experiencing gender euphoria. But I think what I actually just want to say is that, yes, I get it. Different people want different things, and despite being trans and a woman, I am privileged in many ways, and it is much easier for me to see the positives to what for other people can be a genuinely bad time. And all I want is for everyone to be happy with themselves, trans or cis. I do want to re-iterate my endorsement of Lee Sheveks /Butchanarchies writing. I think she has a perspective on gender that is very hard to find anywhere else, and its really worth a read. Im a cis woman, and the times I have felt gender euphoria have been when I cut my hair short and wear suits and more masculine clothes. I have a similar figure to yours and wouldnt change it for anything, but gender is complex! I guess euphoria can happen when something clicks and feels right \*for you\* in a way that it never has before, but whats right for you isnt necessarily the same as whats right for other people and doesnt necessarily fit into simple binary boxes. Yea it is important to remember that breast reductions can be a form a gender affirming care. Even if the person getting the reduction is cisgender. Breast reduction still leaves breast tissue behind. And having less boob does not make a women less feminine. In your case it may make engaging with certain aspects of your gender more enjoyable. Such as shopping for clothes. You may also enjoy them more if you are not constantly receiving negative attention because of them. Or have constant back pain because of them. I have a friend with large boobs and she wants a reduction as well. I happen to be trans femme myself so we often lament that she cant just give me some of hers. In another comment you mention that you dont understand how trans women want to be women when being a woman sucks. Consider that constantly being perceived as something you are not is hugely distressing. It can hinder your ability to form romantic relationships. Cause you to always have a sense of discomfort in your own body. Feel like you have to force yourself to behave a certain way or like certain things. Just to confirm to expectations of those around you. Or because exhibiting nonconformity can cause reprisal. Gender norms can be harshly enforced particularly when men are acting feminine. I also think most trans people are not 100% comfortable with their bodies. Oh boy, if boob donation was a thing Id be happy to help out any trans gals who wanted some/s

Why does the same drug cost $4,400 when used to treat prostate issues in men but is $37,300 when you give it to young girls to prevent puberty? I am sickened by this. Nothing screams white old men run our country as much as shit like this. Why are pharmaceutical companies allowed to do this? Supprelin and Vantas are the same medication. &amp;#x200B; &gt;The main difference between the two medicines is that Supprelin LA releases 65 micrograms of the drug a day and Vantas releases 50 micrograms a day. Each implant lasts about a year. The 15-microgram reduction in daily dose with Vantas is less than the weight of an eyelash, and the doctors who recommended the treatment said it doesnt make a clinical difference for children with central precocious puberty &amp;#x200B; [https://www.npr.org/sections/health-shots/2020/02/24/808049526/hormone-blocker-sticker-shock-kids-drug-costs-8-times-more-than-one-for-adults](https://www.npr.org/sections/health-shots/2020/02/24/808049526/hormone-blocker-sticker-shock-kids-drug-costs-8-times-more-than-one-for-adults) Many doctors resort to using the less expensive drug instead to bypass this. After this story came out on NPR and the company that manufactures this drug found out doctors were doing this, they just stopped making the cheaper drug Vantas forcing people to use Supprelin. Yet there is no evidence that Supprelin is more expensive to manufacture. &amp;#x200B; [https://www.npr.org/2021/11/01/1051215638/with-an-off-label-drug-discontinued-families-other-option-costs-thousands-more](https://www.npr.org/2021/11/01/1051215638/with-an-off-label-drug-discontinued-families-other-option-costs-thousands-more) Welcome to the pharmaceutical companies, where the unethical procedures are a norm, not only on pricing, also in the development of drugs and the way they treat their employees. This is just the tip of the iceberg, theres no ethics on this billionaire companies and usually the most affected are those who are the most vulnerable, like this kids particularly girls. Its just sickening. Especially with epi pens. I cant get over this. This isnt a white old men issue. This is a greedy cooperate pharmaceutical issue. [https://www.fiercepharma.com/special-report/top-20-highest-paid-biopharma-ceos](https://www.fiercepharma.com/special-report/top-20-highest-paid-biopharma-ceos) &amp;#x200B; Most of them are white old men. Two ladies and one black dude. And greedy insurance! Well in an healthy society both of these drugs should cost $0 to anyone buying them with a medical ordonnance. Not saying that countries with Social Security are healthy, but to me its a necessary condition. But then how would old pharma executives pay for their luxurious secret appartment to groom college girls ? (Heavy sarcasm) Is there actually some legit reason people would need to block puberty??? [deleted] Yeah so you dont go through puberty at 7 or 8 years old several years ahead of your peers Sure it is, my sister has to use them if her allergies come out of control, its just unfair and dangerous Id never heard of this. Some people start puberty way too early (I think its called precocious puberty) 1. Gender dysphoria is a real medical condition, going through puberty as the wrong gender can have lifelong repercussions. 2. Early puberty can cause massive social disruption, but also can have physical effects like short stature and poor bone development. 7 is too young to go through puberty, but its becoming more and more common for poorly understood reasons. (Estrogen analogs in polluted environments, especially ubiquitous micro plastics, may be one cause.) .......sounds like the you just said the same thing twice. You cant fix systemic issues until you acknowledge whos \*currently\* driving the bus straight for the edge of the cliff. And its sure not young people, non-white people, or \*women\* who are in charge of the pharmaceutical industry. Is it possible that the clinical trials for one use were much more expensive than the other? Im curious how they arrived at the prices they have. I still wouldnt say this is an issue about old white men. I absolutely hate when people try to obfuscate whos reasonable for harm just cause 95% of the time, the answer is some variation of white people. Like yes, white people \*are\* disproportionately responsible for the fucking mess were in right now. Thats just \*history\*. You dont get to gloss over that just cause it makes you a little uncomfy in your own racial identity as a white person. [deleted] I guess we can have our own opinions This was on NPR yesterday. Interesting. And sad. The second one would be less expensive Yes, but they have to be backed up. The drugs would still be the same price if women were the CEOs. I dont think they went out of their way to make the mens drug cheaper, just because its for men. This is framed in a very misleading way. Its not some example of inherent sexism, the price of the drug would be the same if the child was a boy. Its an example of the inherent greed and corruption baked into the pharmaceutical industry. When you haphazardly apply issues like sexism, racism, LGBTQ rights etc onto problems like this it only serves to divide and isolate. The true issue, which is almost always economic inequality/corporate corruption, is then hidden in the crossfire. I worked in a financial role for a pharma company. The company actually started a PAC and encouraged employees to contribute. Thats right, contribute your salary (which was already below market) to ensuring that we can continue to exploit desperate patients in the US and around the world!! GD is also incredibly rare Different off label prices is pure corruption but Im honestly more amazed by the fact that somehow your country is gonna force this kind of cost upon the parents of an 8 year old, what kind of backwards capitalist shithole it must be over there. If everyone can just get health insurance then everyone might aswell just pay for it by taxes and get rid off all the expensive bureacracy you got going. As it is now the U.S is basically a golden nugget for the pharmaceutical industries for a multitude of reasons as you can ramp up the prices for medicines/ medical equipment by so much compared to other parts of the world. Genuine question: what happens if a young girl gets leukemia in a family that couldnt afford healthcare? Is there atleast some protection for her by the state? Both/and. Lmao no. They parents go bankrupt trying to save her and if they dont treat her they get put in prison I dont think the title is misleading. Its pointing out the systemic discrimination against non cishet white men in the pharmaceutical industry, which is super well documented enough at this point. Precocious puberty does affect little boys. Correct. It is adult men against women and children. Eh I doubt that dude. So weird that they dont have biases that benefit cishet white men, and yet thats who coincidentally keeps benefiting from all these discrepancies and abnormalities. Thats not really the power dynamic at play here though. Its systemic economic inequality and the perpetuation of that norm. This same scenario affects a poor white family just as direly. Imo, when you reduce these arguments to white men vs whomever or men vs women or cis vs LGBTQ it serves to divide people and cloud the issue. Those majority white men that run these pharmaceutical companies arent interested in preserving their whiteness, they are interested in preserving their wealth. Iirc, meds with two names are common. One name for north america, other for rest of world. North america patients would type in NA name to find cheaper elsewhere but only return result for NA. &gt;the unethical procedures are a norm More like a \*requirement\*. I think its more about whether their skin or sex has anything to do with their ethics on price gouging. I normally wouldnt go not all men but in this case, the targeted group of men responsible for these choices is basically a very select group of CEOs/Execs from pharmaceutical company. There is ample evidence that the pharmaceutical market in the US is an abhorrent scam that hurts the masses, and focusing on one drug that targets women and children is committing the fallacy of ignoring all the other healthcare issues that affect literally everybody too poor to afford those inflated prices regardless of race or gender. Also, saying its against children forgets that children arent the ones wholl struggle to afford overpriced drugs, but parents wholl have to find a way to pay for them. Parents as in mothers AND fathers. You want to hate old white men? Be my guest, but dont think for a second that they would hesitate to prey on poor/vulnerable men too. I work in pharma - we do everything we can to prolong patent exclusivity so that generics cant be made We have huge PAC groups currently buying senators to ensure Medicare cant negotiate prices And yet Im constantly told we put the patient first My daughter has Precocious Puberty, we had to pay 3.2k+ every 3 months since she was 6 years old so she could get injection to block the hormones. Finally at 9 the doctor suggested we get the implant(supprelin). They said I need to have it removed every year then get a new 1 put back in til shes 12. Ivermectin to deworm people is dirt cheap ($60 for 50g). Ivermectin in a tiny dose to help control rosacea is stupidly expensive (at least where I live its about $200/month and Ive heard its as high as $500 in the US for 0.3g of active drug). They charge what they can get away with. Or they do something crazy like manufacturing and selling methamphetamine. Lookin at you, Heisenberg. Imagine having to \*think twice\* about using an epipen because its cost might actually ruin your life. In much the same way people now have to think twice about taking a fucking ambulance. The woman who was running the pharmaceutical company when they raised the price of epi pens is the daughte

After Mastectomy, Breast Implant, Or Not? I had a mastectomy on one side. Ive had a silicon implant but now Ive lost a lot of weight and they need to put in a smaller implant. After reading about all the options, I cant even decide what to do. Anyone else have them? Would you do it again. How long have you had them and any side effects? I was thinking maybe just remove it and be flat on that side. Then wear a prosthesis? I did have a prosthesis for awhile before the surgery and it was unpleasant because of being lopsided. What would you do if you were in my position? I had a single mastectomy and had an implant on the one side. Its now been 13 years and the natural breast and the implant side are completely disproportionate, mostly due to fluctuations in weight over the last decade. Honestly, Im not at all happy with how my breasts look at all. I realize theyll never match, but because there is SUCH A DIFFERENCE between them and wearing padding on the implant side is awkward and looks bad, I now wish I hadnt done the implant at all. YMMV, of course. Just sharing my own experience. I do remind myself that at least Im alive, but the reality is that Im just not happy with how I look. Ow and theres really not much that can be done (that I could afford) about it. Ideally you should implant both breasts I hear to look natural. Its up to you. Ive never heard of one implant but maybe there are ways to match them with one, I have breast implants bc I thought my breasts were too small to my liking, havent had a mastectomy. I think Id remove both if I was going to remove one but its up to you.

How do I ask out my friend while still maintaining our friendship if she doesnt reciprocate? This submission was removed: Rule 4 Relevance: Posts must be relevant to our experiences as women, for women, or about women. [more](http://www.reddit.com/r/TwoXChromosomes/wiki/rules#wiki\_relevance) --- [2X FAQ](http://www.reddit.com/r/TwoXChromosomes/wiki/faq) | [2X Rules](http://www.reddit.com/r/TwoXChromosomes/wiki/rules) | [2X Moderation Policy](http://www.reddit.com/r/TwoXChromosomes/wiki/moderationpolicy) | [reddiquette](https://www.reddithelp.com/en/categories/reddit-101/reddit-basics/reddiquette) | [reddits rules](/rules)