

## Trans obsession with menstruation

Trans women have, among other things, unilaterally decided menstruation is just a silly little thing that women experience and anyone can decide they experience too. It, like the female identity, is arbitrary to them. Trans women who undergo a series of medical transitions, the most common being hormone pills, now claim they can menstruate. The pill often prescribed to trans women who want to “feminize” their bodies often come with side effects. Estrogen, progesterone and anti-androgens are the typical first choice medication for male to female transition. The side effects of taking estrogen and progesterone include but are not limited to; headaches, breast pain or tenderness, unexpected vaginal bleeding or spotting, nausea, mood changes, and abdominal cramps. The symptoms of menstruation are as follows abdominal cramps, breast pain and tenderness, fatigue, nausea, and mood changes. Given the similarities of menstrual symptoms and the side effects of taking estrogen it is easy to see how one could misconstrue medical side effects for menstrual symptoms, but that’s not what irks me.

What bothers me is the condescending manner in which trans women act as if they understand what it means to be a woman, (better than women do) while literally knowing nothing about the natural phenomena that happens within the female body. I am not here to explain in bloody detail (pun intended) the complex process that is menstruation. I am more concerned with the way trans women routinely minimize and diminish the parts of the female experience they cannot access to being irrelevant to the female identity. Things like menstruation, and childbirth.

When it comes time to define what a woman is, the immediate answer is everything that has nothing to do with anatomy, dna, cells, etc. Trans women only define what a woman is, by the parts of womanhood they have access to. The material aspect of womanhood is accessible, clothes, hair and makeup, accessories, that can stay. The emotional aspect of womanhood like “feeling” girly from time to time, that’s accessible, also can stay. However, when trans women cannot control the definition of the word woman, the solution then is to do away completely with words like woman and man. If they cannot belong to everyone then they should belong to no one. These material and emotional aspects of womanhood, subjective as they are, are unequivocally what defines womanhood for trans women, and according to them should also define it for women too.

When women voice our concerns on the matter it is usually met with accusations of transphobia, or questions demanding to know what zone women who can no longer menstruate or conceive fall into. The answer to this rebuke is of course women who can no longer conceive or menstruate are still women. Before one can undergo something like a hysterectomy, they need to have a uterus to remove to begin with. To experience menopause which culminates in no longer being able to menstruate or conceive, one needs to first have a uterus. Even going through decline of your reproductive viability is something only women can experience, and most all will experience.

Furthermore, I find it purely ironic how trans women explain their definition of womanhood to women as if it is incontestably true, and become rabid when you disagree. Being on the margins of the norm does not give you some kind of special insight, or expertise so much so that you can talk at other people what they think or what they should think as if you know better, that's mansplaining in a nutshell. Also, the disrespectful and condescending manner in which trans women play down the experiences and identity of women, like in the way they perform their idea of the female personality. Keeping in line with the theme of this article; that menstruation is just a few days of bleeding, and being in a silly goofy mood binge eating junk food and watching chick flicks. If that is what you think it means to be a woman or experience womanhood, then you're guilty of minimizing women in the same way that misogynistic men do.

If you decide for yourself that you are a frog, a dog, a cat or a hat, that is your business, emphasis on the 'your'. Your subjective truth is not objective reality, and if you insist that it is, those around you have a right to demand proof, and that burden of proof would be on you to provide.

Point is, women, throughout time, have been dictated to in regards to what we are and who we must serve. As history will relate, the dictator has always been men, this still holds true today. Even if it is a man in a dress. The women who cede the space of their identity to men, who feel they don't fit into their own, are cowards. Frankly. They allow themselves to be victims of moral-suasion tactics, and guilt-tripping and buckle under the pressure of being perceived as "kind". Since the late 19th century women have been trying to assert their special and unique identity to men, this stance women continue to make should extend to all, including trans women.