

# Hacking Menopause

/etc, Berlin

*BECHA@UnCiv.NL*

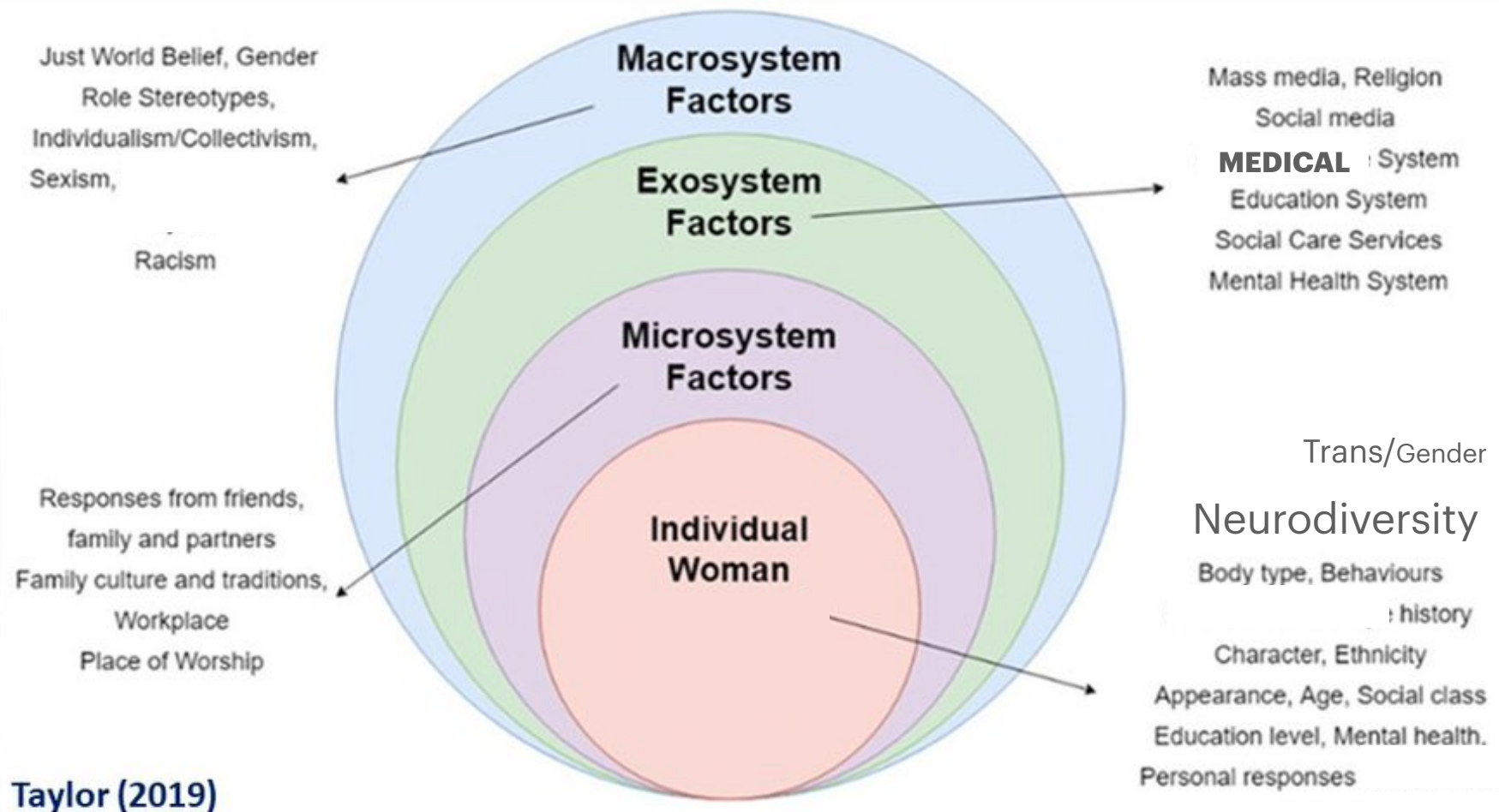
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Personal

is

**POLITICAL**



<https://wiki.techinc.nl/User:Becha/Hacking-Menopause>



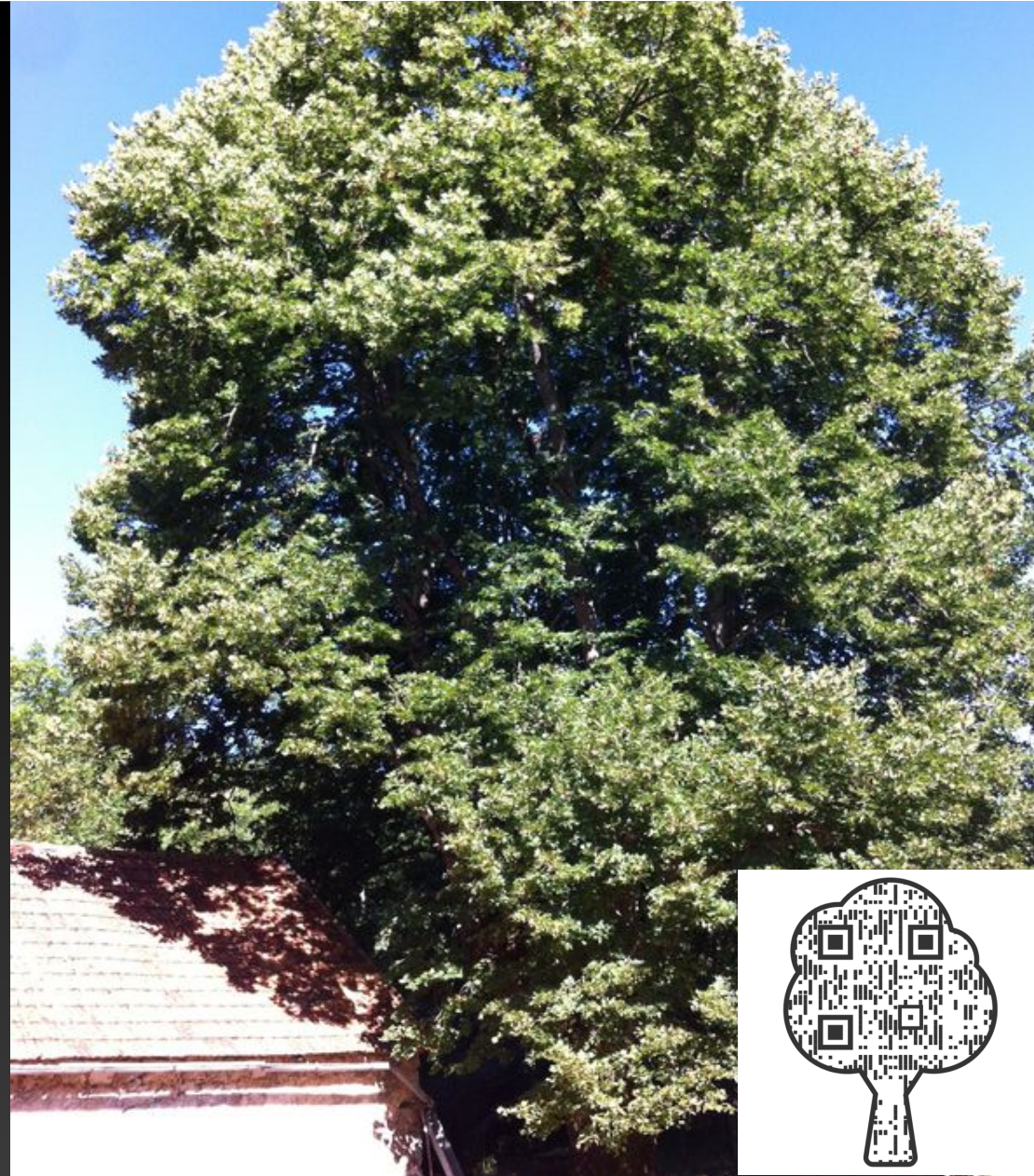


# Work/Play

- 5 minutes intro
- 15' discussion in small groups
- 20' presenting outcomes
- 15 minute closing

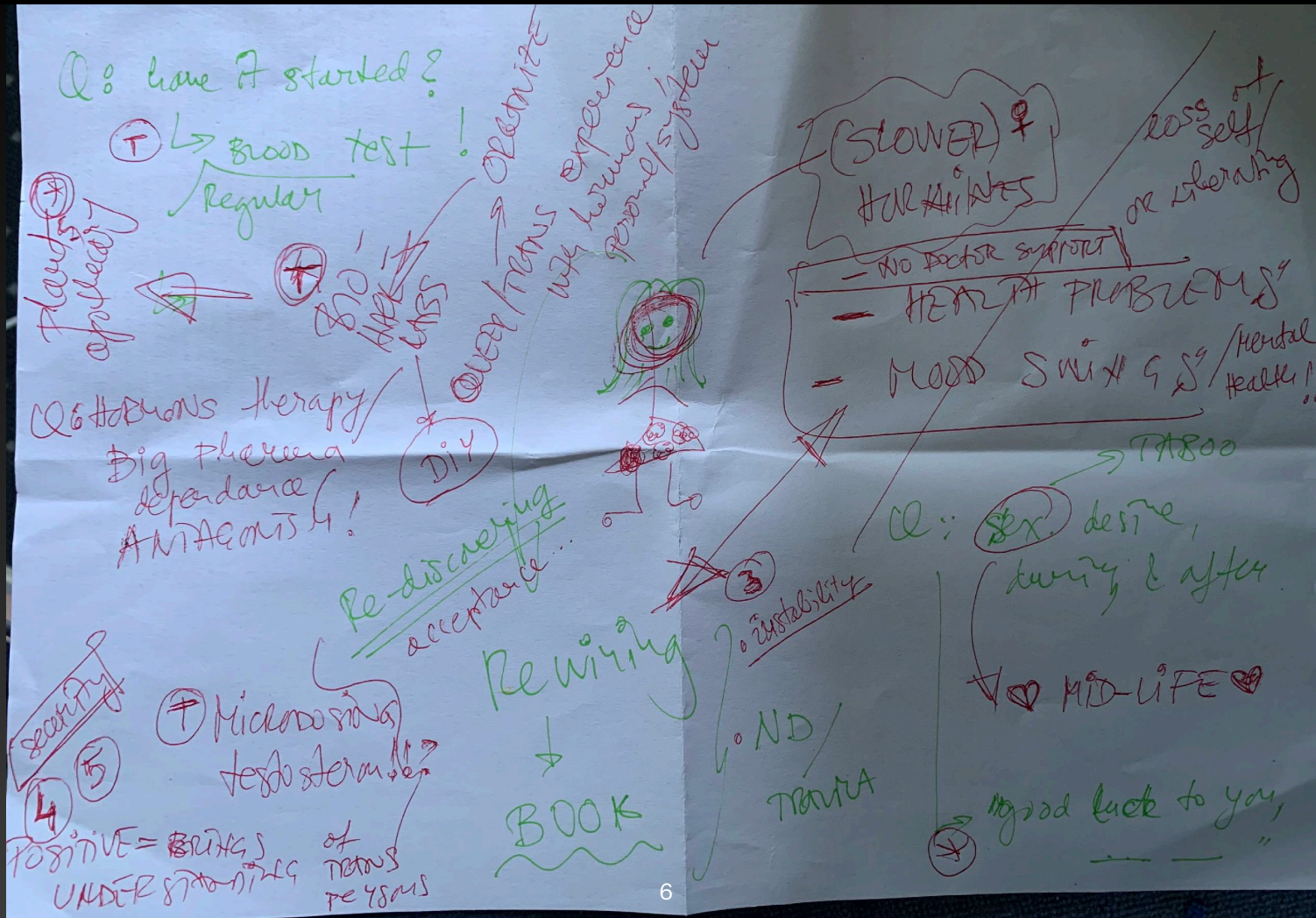
## ***Celebrations & Mournings:***

- **two** “beneficial” outcomes / aspects / tips / advices / **joys**
- **one** “problem” / challenge / fear / **grief**





<https://pad.riseup.net/p/hack-menopause-etc-2024-keep>



# Main Outcomes

- Solidarity & understanding: trans persons / cis-women
- Connections with bio-hack-labs
- Learn about plant medicine
- Use the transformation for rewiring, rediscovering.. with help of trauma healing, neurodiversity-acceptance...

## Positive:

more freedom says one person,  
different rhythm with my body as liberating experience;  
rewiring your way of thinking

no more menstruation, no pms, no migraine (no more pads / tampons / expenses)  
no pregnancies! / no contraception needed!

rediscovering your body

Another group was discussing sex and menopause, also using different language:  
mid-life instead of menopause, sexual liberation no fear of getting pregnant,  
having new partners, discover new sexual experiences

loss of desire can also be liberating

opportunity to accept getting older and making peace with that

no more period related medicines (pain killers, contraception ect.)

brings cis women's experience closer to trans persons experience and can be

opportunity to come together and share knowledge

transperson and other cis-women can relate/learn/solidarity through similar experiences  
learn solidarily in political hard times

general fear and specifically losing a certain amount of desire which can be part of  
one's identity

hormone therapy can be personally difficult even if it "works" for one bc some might  
have a painful experience with pharmaceutical companies

experience as queer and trans with doctors and the medical system are super difficult  
producing hormones for yourself rather than getting them on prescription

lack of information on artificial menopause and plants which boost oestrogens or not

wish to share resources and information on medicinal herbs and hormone therapies,

<https://transfemscience.org/>

comment on being cautious which resources/which treatments are  
helpful for whom in which circumstance / life situations --> lack of knowledge

lot of information is gatekept for trans people especially, ordering estrogen from  
China is DIY but easier and faster than through public health care system which  
requires one to go to different medical experts relying on them knowing things, which  
often they don't

questions:

sexual desire before and after???

hormone therapy: feelings towards pharmaceutical industry, can be personal  
difficult (political hard time)

how to make your own hormones if the pharma industry collapse -- knowledge where ?

how do we ensure people who need to take hormones have a secure supply?