# Audio file

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# Transcript

Welcome to.

This is probably a really weird question.

The podcast where a medical doctor.

And a doctor of history talk about sex history and the not at all weird questions we hear from patients, students and colleagues about our bodies and our sexuality.

I'm doctor Ronni Hayon and I'm professor Rebecca Davis.

And today's question is.

Can I get pregnant if?

So since we last recorded, I have been to Denver and back again for a very, very special occasion.

I want to hear all.

About it, it was the 30th anniversary of.

Not only the summer when you and I.

Met but the summary of this program called Obuda, which means work in Hebrew.

So yeah, so that it was the 30th anniversary of.

Our nine week.

Avoda, which was seen as this like huge honor to be the 16 year olds who had.

The glorious opportunity to do all of the dishes for the camp, too.

To clean all of the bathrooms on campus.

I will say that I I still retain some epic toilet plunging skills, which is a gift.

I think as an adult think.

It's also just the lack of fear.

You know, I can walk into a kitchen and see piles of dirty dishes.

And you know, just mess everywhere.

And I'm just like, you know what?

And it's almost like, you know, one of those ER doctor, you know, television shows where the person is like, don't worry, I'm trained as a trauma physician.

Just give me a paper clip and a, you know, a swab and I will, you know.

Trip, I was triage.

Triage the hell out of this kitchen.

I'm like, you know it.

Just give me some rubber gloves and a little bit of dish soap, and it's all under control.

And it's this complete, just like I'm going to MacGyver this kitchen into cleanliness.

So it was the 30th reunion, and for reasons no one can recall, we decided to gather in Denver.

And about, I think 12 or 13 of the original 33 of us were there and it was an absolute blast.

I mean, we could have been you.

Know at the.

Radisson and, you know, Sheboygan, it didn't matter.

It was just that we were all together and that.

Was uh, there was.

A bar.

So we just had such a good time.

And so there's a there's a not yet famous person who's named Rachel Sandler Stern, but I think she everyone should know who she is.

And she was in camp with us, and I met the two of you at the same time because you two knew each other from first session.

I was a second session camper and so this.

But that was.

This sort of dramatic.

Merging of the 1st and the second session campers.

And I have in my.

It was quite a divide and so I have.

It was quite a divide, yeah.

I kept this really thorough diary and so I have well documented by sort of meeting of the two of you and my sort of odd how close you two were that you were always holding hands with each other and I thought, ohh I'd like a friend like that.

So we'd 30 years ago sat on the porch of the Abu Dhabi building, which had guys on one side and girls.

In the other.

And the shared front porch, we celebrated Rachel's 16th birthday. We had a big sheet cake from the dining hall. While I didn't realize till we were all there, but the weekend we happened to pick for the reunion was Rachel's.

46th birthday.

So it was.

Like this classic middle-aged experience though, because now they're.

With so many food out.

Jeez, that like?

Folks got her a cake and she's.

Like that is so sweet I can't eat it.

Millage guts.

I can only have the low carb Paleo cake please.

Sorry, I need no eggs.

Gluten she.

So my first entry on the first day.

I mentioned friendly, Ronni. Oh.

I just had.

So and then it's also, it's also.

I just had a hug from

Ronni.

Hi, Jan she's.

So nice and friendly and also very close with Rachel Sandler.

The two of them are.

Always holding hands and talking and I would like so much.

To be part of that intimacy.

Oh, it's.

So pure.

So, so pure.

Shout out to adolescent homosocial love like, you know.

God, seriously?

Oh, but your earnest, your earnest.

Team Self got you here.

I earned his team self got me here and.

And my Ernestine self spent a lot of time thinking and talking about sex.

And we all did, and so those are all.

Those conversations are also well documented within my Diaries.

Is this something that?

You're are you going to share this with our listeners?

Well, I only shared that we had a conversation, these earnest little Jewish kids in the Midwest about whether or not we thought premarital.

Sex was OK.

And I want you to.

Know, Ronni, you were opposed to it.

Yeah, you were closed.

I am horrified at my younger.

It was you and one other person were.

Like Nope. Nope. Nope. Nope.

And I think that, you know, in retrospect.

Uhm, there were so.

Many conversations about sex and gender that we were not comfortable having with each other when we were 16.

Were a very loving.

Close knit group, but nobody was out.

Feminism was like a bold sort of identity problem.

It was indeed it was indeed.

And so the degree of discomfort people may have had about talking about sex.

In anything other than this very heteronormative, of course I'm going to marry another Jew and have, you know, this sort of the whole cultural framework within which, you know that Jewish summer camp creates around the pair bonding for future generations of Jewish kids.

Right.

I'm sure put a damper on what could have been other kinds of conversations, but at any rate now.

We had a.

Whole yeah, I think I was like, I probably was such a so prudish because I was.

Still figuring it out, right?

Like I was.

Quite sure that I didn't want to do anything.

Like that with.

Boys, but I didn't really know what that meant.

Like in the broader picture.

Right.

So this actually segues nicely into what we were planning to talk about today.

This whole question of like can I get pregnant if and?

So like one of the things that if you're.

A person who ovulates.

There's these questions of like, what would I need?

To do to get pregnant.

And how likely is it that I'm going to get pregnant?

And if you're a person who ovulates and you're having sex with a person whose body produces sperm, you have a certain set of assumptions.

But if your partner doesn't, then you might have to think about, ask other questions, or look to other methods, right?

To to actually get pregnant.

So running.

One of the questions that you've told me you've heard in various forms from patients is can I get pregnant from or can I get pregnant?

If and then a variety of different scenarios that they might ask, and one of them you you mentioned was a SIS woman partnered with a trans man.

Right.

So yes, so I was seeing this couple the the patient was this lovely person who is interested in affirming their gender with testosterone.

And they were there with their partner, who's a sys woman.

And they had a lot of questions, as most people do, about, like, you know, what can I expect and how do I get the testosterone into my body and what sort of what do we have to do to get it?

Blah, blah.

And then the partner said, oh, I, I have a question.

And I was like, yes, of course, absolutely.

She said this is probably a really weird question.

I was like, bring it, I love those questions.

And she said, can I get pregnant once he starts T and.

Right.

There was a pause.

Where I had to.

Think really intentionally about how I was going to answer this question because it felt it felt completely out of left field for me on the one hand, and then on the other hand, you know, I also want to always create this space where people can ask any question.

So in in that.

Moment a number of things happened in my.

Brain one was.

Why is this question being asked?

And then, Oh my God, what a testament to the state of.

Sex head in this country.

And and also, you know, I don't know what kind of sexual relationship these people have, so I I can't make any assumptions.

So what I said was, boy, what?

What a great question, which is often the way that I.

Answer these questions.

What a great question.

No you will not.

Get pregnant because?

'cause even though the external appearance of his body is going to change, he's still going to have the same organs inside.

So he's not going to develop testicles that will then produce.

Sperm, right?

Well, I just want to point out.

That you said.

This is something I think is so.

Typical for the way that you provide care and I think such a bottle, is that you said the first thing you did was think about why is she asking me this question?

And that's the empathy.

That's the trying to figure out where is this question coming from without rushing to judgment, without laughing, without in any way embarrassing this person for asking the question.

So anyway, just.

I think that's great.

I think that that's your.

I love that.

That's your first instinct is to put yourself.

In the shoes of the person who asked.

Well, you know, and I think about, like, how vulnerable that must have been for her to ask.

And she probably never had anybody in her life who she could really ask those questions too, right?

So yeah, I and I get all sorts of.

Questions about other?

Other things from both SIS and trans and nonbinary people about what sort of activities.

Put them at risk for pregnancy and maybe that's something we can talk about in a future episode, kind of like specific, specific things that we that I get asked.

But I'm curious about kind of the history of our understanding of the mechanics of conception.

So like.

What the hell did people think was going on in the days before microscopes and, inevitably, awkward lectures from the gym?

Teacher slash health teacher so the whole.

Question that your patients partner was asking you about, you know with testosterone is there potential for sperm?

Production the difference between testicles and ovaries, and the role of ovaries in fertility.

Has not been known for that long, and it's sort of really intriguing to see how scientists and physicians until the last couple 100 years speculated about what the ovaries did, what the role of OVA was.

So going back, sort of a very quick historical overview, if you go back to the Greeks and the Romans, Hippocrates and Aristotle and other things.

Others they?

Had this idea that there are two seeds, there's a male seed and a female seed, and that both men and women have testes, but one has them externally and one has them internally.

OK.

Cool. And that it's.

Orgasm that brings the seeds forth from each of these bodies and Co mingles them.

And they together create an embryo.

So this idea that women.

That a body with ovaries, so understood by these philosophers and physicians as women, produced a.

Seed was sort of interesting.

'cause, you think, wow, I guess, you know, they were having really good these women were having all these orgasms in ancient times.

That sounds great.

Yes, it also led to centuries of assumptions that if a woman was raped.

And became pregnant.

She couldn't actually have been raped because she must have orgasmed, otherwise she wouldn't have been able to get pregnant, which was an idea voiced by a candidate for the Senate as recently as 2012.

So it lives in certain quarters, but yeah, so this idea then that each seed has something to contribute was comes from the ancient world, from ancient medicine, but by say 14 hundreds, 15.

Kids, there was a new theory that there's something called animalcule, like a molecule, but an animal QL like a tiny little seed that has all of the the whole genesis of the human is within this little seed, all the parts of the human body in minocin like.

Minuscule form within this little drop of life, and people debated whether it was the sperm.

Or the substance from the female that contains the animalcule.

The idea that it came from the female was mostly ridiculed, right 'cause?

How could how could that possibly be?

Of course.

And how could a woman possibly provide the?

Nessus we are.

Merely the vessel, and that was exactly.

It that it's that this, the.

The entire essence of the person is within the seed from the man and then it that is then just sort of grown, sort of how.

Most lives rent free in the in the room and then, you know comes out as a person.

But they slowly start to realize what's happening in the female body is not simply a seed, but a little egg, right?

That the ovaries are.

Are creating these eggs that are important to conception, but then they couldn't figure out when or why women ovulated.

So one theory was again that the sort of male centric thinking here is fascinating.

It must be sexual intercourse that.

Spark see.

You know, emergence of the egg from the ovary, right?

I'm here.

So it's already in response to sort of the male body that that share violation would happen.

Or that maybe it.

Was the Seman combined with menstrual blood that?

Created the egg.

But really?

No idea how the egg came to exist.

Did it appear spontaneously, like a thought following vaginal intercourse?

I love that.

Yeah, so the scientific revolution is only when medical science starts to recognize that no, there is this distinct thing that ova or eggs are necessary for reproduction, that ovaries are not just internal testicles.

That they are in fact distinct organs.

That function in a different way.

They're doing more dissections, microscopes are getting better, and they can see more of what they want to try to undo.

Stand so like they.

Could dissect an animal and see the small cluster of cells that had formed in a fallopian tube and recognize that as as a beginning, you know, as I don't know what you call it, a zygote sort.

Of a little, yeah.

So even as late as the 16117 hundreds.

The best scientists in Europe believe that, yes, female anatomy is different.

Yes, those bodies that have ovaries produce.

But they still think that really, the eggs just sort of sit there waiting patiently from malseed to arrive before they do much of anything else, right?

And it's.

Only in the.

1800s, so in the last 200 years that scientists had a clear understanding that.

The ovary. The overcomes come out of the ovaries into the fallopian tubes. That this is a preamble to menstruation. So the connection between ovulation administration has been understood for only 200 years.

I will see.

I will see that understanding of ovulation and raise you.

The first visible evidence of ovulation.

Oh, I can't wait.

So do you know when this happened?

It's OK if the answer is no.

I'm going to guess it was in the 1970s, 'cause a lot of sex research was going on then.

Excellent guess based on context clues.

However, the first photos.

First visible evidence of violation, 2008 Rebecca Davis.

Oh my God.

Yes, somebody was having.

A hysterectomy done in in Belgium and they the surgeons kind of.

Happened upon an ovary that was that was ovulating and I am happy to share with you pictures of this happening if you're interested.

I'll bring.

It OK.

So I can describe for our listeners.

Wednesday, I was just going to ask.

You please paint us a word picture, Doctor Davis, what you see here?

All right, so I'm looking at this BBC News story from June 11th, 2008.

And they're very helpfully labeled.

There's a surgical instrument which had been inserted into the sort of sort of lower abdomen, some something pointed out as the egg, which is sort of this beautiful glistening.

It looks very much.

I was going to say it's egg shaped, this little golden glistening.

Herb there is this big red sort of highly vessel follicle out of which this egg is protruding and then around it is the ovary.

Or hub.

So this is like pretty dramatic and I'm going to click that.

Next and.

Close up, I mean this is like.

This is like a rocket launcher.

This is getting made.

It had amazing, I mean.

This is kind of what I always thought.

Was happening and that you know it kind of.

Ah, it comes out.

Things that I.

Yeah, it bursts out.

No, it's like it's it's the the follicle is still there, but the egg is, like taken off.

It's like.

Uh, it's been launched.

Yes, yes.

Oh my God.

And then it's and then it's off and then it's it's doing its thing.

It is it.

Is loose in the pelvis, waiting to be welcomed in to the fallopian tubes.

Wow, right?

We will.

We'll put links to this website in our show notes.

I you know, when I look at these pictures, things words that come to mind are like turtleneck.

Like, it almost looks like a very red, engorged turtleneck with the egg.

Just popping out of the top right.

Or it also kind of looks to me like Cuba.

Did you ever play Q\*bert in the 80s?

That video game?

We're really dating ourselves.

We are.

So did he, but this is it.

Looks like Q\*bert has like a small Pearl that's just releasing out into the world.

So, but I'm just going to say though, that it's not so this whole, even well into the 20th century medical textbooks.

Sort of human sort of fertilization conception as it's like romance like the sperm you know the sperm are the ones that launch boom you know the the there's a calculation and all these sperm are like running and they're racing each other to see which one can get further into the you know body up through that China has survival of the.

Right.

Possible copying?

She lives were there, running and like the there's like, maybe there is an egg.

And she's just kind of sitting there.

And she patiently whipped like Rapunzel in a tower.

She's floating down the river in her inner tube.

She's still waiting.

It's like very she's like, very.

Passive and I have to tell you these.

Are not images of a passive egg.

This egg is like blasting out.

And really quite.

Quite impressive, yes?

This egg is ready to go to.

The protest, right?

Is like.

This egg is thoughts of their own.

Know yes for sure.

I do.

I love these pictures so much.

Wow, right?

I know.

Do you want to use the word magical?

Here again, I mean, I've.

Always thought that I just had like a small bazooka that like we go.

So that's kind of what it feels like to me in my own experience of the of this on a somewhat somewhat monthly basis.

At this point in my life, it has never felt like a.

It's nothing, just.

I never thought.

At least.

This so.

I was like, no, that's not, that's that can't possibly be what's happening.

How's it going?

So this feels very affirming to me.

You know, there is there is a word for that pain that we have with ambulation.

Did you know this word?

Mittelschmerz mittelschmerz?

Yes, mittelschmerz middle pain.

Right the midway through your cycle, that pain?

OK, so now that I feel like I need to take some deep breaths and recover from the incredible excitement of looking at photos, dramatic, powerful photos of ovulation to go back to this.

Question your patient partner.

Bad for you about.

Out now that her partner was going to take testosterone, sort of what would that mean in terms of fertility?

So we know that this person won't be able to produce sperm from taking rice tossed around, but what would happen to their ovulation?

Well the very kind of like too long didn't read non researching answer is that.

Probably they're going to stop having periods and we think that also ovulation will become less predictable.

I think you'll notice that I use it.

I'm choosing my words very carefully here because.

Not having a period is not the same thing as being infertile, and so you know the the researche answer is that there is a study.

It was at 2014 that looked at pregnancy, specifically people becoming pregnant after using testosterone for gender affirmation. So, and it was very small, it was just 41 people, but they kind of looked at, you know, people who were on testosterone who presumably.

Were amenorrhea communing not having periods and then?

Wanted to become pregnant ostensibly, and something like 80% of those people who had been on testosterone got their periods back within six months.

And that, you know that kind of tracks, you know it can take three to six months for people periods to stop and it can take three to six months for people period.

To to return, but 20% got pregnant while they still had not gotten their periods back, so they were amenorrheic from testosterone and they still got.

So you know, basically what I tell people is if you're going to be having sex with somebody who makes sperm and neither of you are interested in getting pregnant, then we need to use a reliable birth control method.

Because not having a period is not the same thing as not being able to be pregnant.

Hey man, there's a lot, there's a lot of misunderstanding around that.

I mean, one of the things.

I heard in an NPR story, screamed and almost drove off the road and then reached out to you and you were like, Oh no.

No that.

Totally tracks with something that like.

50% of American women.

We have to look this up so we know what it actually is, but it.

Was some very high percentage of pregnancies in the United States.

I mean the language that was used in the story was unplanned and I think you corrected it as MIS timed or unplanned, right?

But I mean, and given the landscape of reproductive health care in the United States right now, it's just.

Let that sink in. Like how often people get pregnant when they did not intend to get pregnant. Like if it's something like 40 to 50% of pregnancies are either a person who planned on getting pregnant but just not yet right, or had had planned to do it six months a year, three years down the line.

Had no intention of getting pregnant at all, right?

It's astonishing.

I didn't realize that.

I mean, for me as an adult, it was like, Oh no, I have to make a decision now if I want to get pregnant.

And we've got to sort of plan forward and like do all these things to make it actually happen.

I didn't appreciate how often.

People get pregnant when they have absolutely no intention of getting.

I mean, obviously I know that unintended pregnancies happen all the time that it was like.

Half of.

Sees me in my mind.

Yeah and yeah, this is something that I I encounter a lot.

And just like you said, it has taken on a really different tenor now since the Dobbs decision that toppled bro.

It's a.

It is a really.

Big deal.

And so thinking also about.

Why does it?

Why does it even matter to know what can get you pregnant?

Not only is it because?

Abortion access is.

Crumbling, but also, you know, getting pregnant.

Is a toll.

On people bodies and so we want to make sure that we are taking good care of people bodies when they get.

Pregnant the answer to the question can I get pregnant from?

This is important because rates of teen pregnancy are much higher for LGBTQ youth than straight use.

Well, I'll just say that, I mean, I think from your perspective as a primary caregiver, I can imagine a, you know, a pediatrician or nurse practitioner, an internist, having a queer patient and thinking, OK, so we don't need to talk about pregnancy, right, like this is this is off the table, this is a person.

Leave it.

Who is having the there are other sexual issues, health related issues I want to make sure I talk to this person about.

But we don't really need to worry about pregnancy.

And what I hear you saying is that there are, in fact, a really significant number of unplanned pregnancies among LGBTQ young people.

That's exactly right.

Yep, and among bisexual women.

The rates of.

Miss timed or unplanned pregnancy is actually the highest.

That's the group of folks who have the highest rates of Miss timed or unplanned pregnancy.

I mean why do you think that?

Is, you know, I think it's probably a.

Lot of things, I think that.

Bisexual folks in some ways.

Get the worst care and probably the least support from various from their communities, right?

So either they're not straight enough to be considered straight, or they're not queer enough to be considered queer.

I think that it's also really difficult for.

Health care providers to understand BI sexuality and understand that people sexual health needs can.

Change throughout their lifetimes and just there's a lot of stigma around BI sexuality.

I so there's just like, not not a lot of believing bisexual people when they say they're like actually bisexual.

Right.

I think that what I've encountered I've encountered a couple things.

One is the idea that comes straight out of psychoanalytic theory and a lot of mainstream psychiatric and psychological.

Thinking that we are sort of all inherently bisexual, but then we grow up and we mature and we write that that's a stage that it's very that a teenage girl crush on another girl or on a young woman is a very appropriate adolescent stage of.

You know, sort of preamble to this mature desire she will someday have for a man.

As we think ahead, some of the things we're going to be talking about in future episodes, what kinds of other activities do patients wonder might make them pregnant?

Oh my God, how much time do you have?

So I I think probably the top top two are toilet seats.

I get a lot of questions about toilet seats as either conduits for pregnancy or conduits for infection.

I get a lot of questions about bodies of water.

Hot tubs wakes bathtubs.

Can I get pregnant from having?

X or actually not even from having sex in a hot tub.

More like if I'm in the hot tub with somebody else and they ejaculate in the hot tub.

Can I get pregnant from that?

It's a very common question.

I'm assuming the answer is no.

The answer is.

New, OK.

Just insert is new, yeah?

And I also get a lot of questions.

About like towels.

Like if I share a towel with someone, can I get pregnant if there's semen on the towel?

I also get a lot of questions about like.

Precum or pre ejaculate?

Like are there sperm and that fluid?

The answers may be, so be careful.

If you don't if you know if.

You're not planning to get pregnant and then you know for for trans.

Femme people.

There are sometimes I get questions from them.

About fertility, if they have partners who could get pregnant, whether those are transmasc people or ciswomen and it's the same, I give them the same answer.

That I give.

Transmasculine folks, which is just because your erectile function has gone down, or the amount of fluid that comes out when you ejaculate has decreased, that does not mean that your.

Or barren, or like sterile.

So if you're going to be using that part of your body for sex and neither you nor your partners are interested in in pregnancy, then making sure that you're using something for.

Uhm for contraception's really important. And kind of going going back to your earlier kind of thoughts about not understanding ovulation, I get a lot of questions about just like the menstrual cycle in general. Like, can I get pregnant if I have sex on my period?

The answer is yes.

Yeah, answer is yes, rare, rare.

But yes, we need to bring back the like the movement from the 70s where people were like putting specula into each others vaginas and like looking at each other services and learning all about our that we need.

To bring it back so.

So one of the people I'm obsessive about right now is this woman named Betty Dodson, who.

Died about two years.

Ago and she?

He created what she called she'd these workshops, and a feature of the workshops was genital show and tell.

And so the the whole workshop was all women, all nude.

And they at various points, each woman would they would take a turn and she would bring over a mirror and like a little desk lamp and the woman was sort of sit back on pillows.

Spread her legs and and show her \*\*\*\*\*

And, like, pull back the labia and like, look into her like vagina and think about and lift up the hood over her \*\*\*\*\*\*\*\*

And so and dots and it's, you know, later on made some recordings of this.

And I was like.

Oh, it's so pretty and like they.

All get very excited about everybody's \*\*\*\*\* and.

Datsun was trained as an artist, had sort of a formerly trained arts and just.

This once very art deco, you know?

And then this will.

Yeah, it's there.

It's wonderful.

So she's so she was at the forefront of the.

But she also.

Was like.

At the forefront of horn and groups acts and you know, she got into she'd identified by the late 70s as a Butch \*\*\*\* bisexual, lesbian and heterosexual bedham, you know, practitioner.

She just was like, I'll try anything like 'cause.

It's all great, yes.

Yeah, and totally without.

Shame and you could see these women with her.

Go of their.

Self consciousness and she always starts by.

Telling jokes and like putting.

People at ease.

But yeah, they're they're all sitting there, like.

You know all this one's very Danish modern, you know?

Sort of like God stick discussion.

Oh my artistic.

Did she did she make artworks that that were that like were the Art Deco \*\*\*\*\* That's.

So wonderful that you asked. Her first solo art exhibition in 1968 in Soho was a huge 6 foot tall drawing.

Of couples having sex and she had friends posed, some of them of her, and people took a photo and then she drew from the photo.

And there's some female couples, I think, but mostly male female couples.

Her next art exhibition when she says that that first one was.

A huge success, but it was.

Also in answering people's questions.

When they came to look at.

The art that she.

Realized the extent of most people's sexual ignorance people were sort of casually making comments about.

Was something deformed or not, and she was like she realized she had work to do.

Her second exhibit was of people \*\*\*\*\*\*\*\*\*\*\*\* and it was far more controversial, except especially the images of women \*\*\*\*\*\*\*\*\*\*\*\*

So she had much more difficulty with that. But in 1973, the National Organization for Women in New York City hosted a sexuality.

Friends and one of the things and Dodson gave her, like criticar, you know her manifesto about if we want women liberation, there has to be sexual liberation.

And then.

The foundation of sexual liberation is the ability to is \*\*\*\*\*\*\*\*\*\*\*\* Like you have to know what feels good to you, you have to be able to give yourself that pleasure.

To be a fully liberated person, and she was into encouraging everyone to get vibrators, everyone to like look at their genitals.

To 1 here.

No, what?

Oh yeah.

And then the next day she did her slide show, where these huge, like, projected onto the wall, vulvas, photographs of vulvas, and after she got standing ovation.

But I think it is liberatory, right?

And so this understanding of what a?

\*\*\*\*\* actually looks like.

And the extent to which they.

Look very different from one another.

You know, is not information that's very easy to get.

You know, I just bought this great book called Sex is a funny word.

Have you ever read this book?

And then it's.

Advance apacs.

Such a great.

Book and I especially really like the section where they're talking about like how genitals can look different because they and they have all these kind of like cartoon drawings of differently.

Shaped genitals throughout the lifespan, and I have a dear friend who has twin boys who are curious about, like, what vulvas?

Look, like, and I was like, you got here, I'll just take a picture of the Volvo page and send it to you.

And I hit send and I was like, it's that weird.

It's weird that I.

Just took pictures.

Of a bunch of different cartoon Volvos that I think we're just going to do it.

It's like it's on its tip assailed, right?

Because usually there's a there is the drawing of this is what a Volvo looks like, right?

This is what a female body looks like and what Dodson talked about.

She's, well, I have really long inner lips.

And so, she said after her, she got married.

In her late 20s.

Gets divorced.

She has this new lover and the sex is great and he wants to do oral sex and she's like, no, no, no, no, don't do it.

I I mean, I don't want you.

To see 'cause I'm.

I'm deformed.

He's like, what are you talking about?

Your body is beautiful and she's her story is that he had a big collection of \*\*\*\*\*\*\*\*\*\*\* print \*\*\*\*\*\*\*\*\*\*\* and so he pulled open his \*\*\*\*\*\*\*\*\*\*\*

Collection was like, look at that \*\*\*\*\* Look at that \*\*\*\*\* And so that's where she was like, so he's like long in her lips.

It's just like something some women have.

And she thought she had deformed herself from \*\*\*\*\*\*\*\*\*\*\*\* so much.

Oh, and, she said years of trauma over her body being sexually deformed disappeared in one evening of looking at images of other people's vulvas, realizing they were all different.

And that what she thought was this, like, debilitating, grotesque feature of her body was.

Not that unusual.

So this becomes her mission.

Not at all, right, right, right, not at all.

And she told.

Him 'cause. She's such beauty.

Which that's a beautiful story.

When she does her workshop, she talks about like.

That whatever people broader skin color, the genitals can be a whole variety of different colors.

And that women are shocked by this and they think again that if they have darker skin but a lighter \*\*\*\*\* there's something wrong with them and vice versa.

And sort of educating people about sort of the beautiful variety of what bodies actually look like.

Yeah, absolutely.

And you know I think that is also one of the one of the real I don't know what word I want to use here but like women it's it's like a real privilege of the of my practice actually is to is to reassure people that their bodies are just are perfect the way that they are right and like it doesn't it doesn't matter how big you are it doesn't matter.

Like what shape you are, your body is doing a great job.

Your body has gotten you to this place, right?

And yeah, people carrying around these.

Like these ideas, these stories that they have told themselves about, specifically around their like, genitals and chests and bodies, and it's it is such a privilege to be like, Nope, it's fine.

The way it is, you're doing great.

Yeah, yeah, yeah.

So I could go on and on about Betty.

Dotson she's.

But she's the one who who?

And she goes in 2000.

19 or 2020, she was a guest on Gwyneth Paltrow's Netflix show, Goop Lab. And so Gwyneth Paltrow's, like, today, we're going to talk about vaginas, and Betty Dodson gives her, like, her death stare and like, vulvas.

Hello dear.

Ah, not vaginas.

And it's such like utter, like, who is this idiot talking to about sexuality?

Who thinks she has any business, you know, hosting a show about it?

Right.

You know, shade to Gwyneth Paltrow if you want to promote.

Our podcast, please.

Yeah, right, promote away.

But we will not sell jade vagina eggs in our on our podcast.

Yeah, seriously, we have different merch available.

So go to our website. You won't find jade eggs for your vagina, but you will find T-shirts, stickers, mugs that say things like front parts and back part.

Art and that make jokes about the public universal friend and as your BFF.

I love it.

So yeah.

Yeah, maybe somebody out there who is a who's a better artist than we are can come up with a rendering of what an art Deco \*\*\*\*\* might look like.

Mid century modern \*\*\*\*\*

Well, I can show you because she illustrated her books and and labeled.

Oh, she did.

The art, yeah.

So her best thing, though, is her take on the Vitruvian man by da Vinci.

But it's a muscular female body.

And instead of being within just a perfect circle, it's within a \*\*\*\*\*

And where the woman head is would be where?

The \*\*\*\*\*\*\*\* would be.

What a genius.

Yeah, so I'm.

I'm sure that that's a copyrighted image, but that would be pretty great to put.

On merch as well.

Oh, maybe we.

Can just make underpants that say Art Deco on the front?

Yeah, or, she said, work more Baroque.

Other people.

I love it.

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