

WGPPM Summit



NATIONAL BLEEDING DISORDERS FOUNDATION

LANGUAGE, TERMS, & EXPLANATIONS

Over the course of this Summit, you may hear various language, terms, and acronyms. NBDF strives to understand and work to meet the needs of all in the bleeding disorders community, and therefore needs to be able to continually adapt language to reflect that as things change over time or as individuals feel most seen, heard and supported when using different terms. NBDF knows these terms aren't perfect. Some individuals feel more comfortable with one term and others with a different term when referring to their own experiences. We want to honor that and also begin to hone language to be inclusive of all those experiences.

For the purpose of this Summit, NBDF will be using:

WGPPM

Women, girls, and people who have or had the potential to menstruate. This acronym was chosen to be inclusive across ages, knowing that there are unique challenges that vary through the lifespan, but also to be inclusive of the needs and experiences of gender diverse people who were assigned female at birth and now have a different gender identity. While the term is framed around menstruation, not all currently menstruate. Regardless of gender identity, some people have had hysterectomies, others have their periods suppressed or ended from hormone therapy, and others have gone through menopause. It is the "potential" that is the unifying element in this term, as some may never have started their periods in the first place. In addition, NBDF wants to acknowledge that bleeding for WGPPM is not just about heavy menstrual bleeding. Addressing other types of bleeding is critical for overall improved health outcomes. You may also see or hear women, girls, and people with the "propensity" to menstruate. NBDF strives to improve access to health information by using terms in simple plain language for consumers as much as possible, and therefore will try to here at this Summit to use "potential" instead of "propensity" which you may see more in clinical or research settings.

YOU MAY ALSO SEE OR HEAR THESE ACRONYMS:

PPM

People who had or have the potential to menstruate

WGBD

Women and Girls with Bleeding Disorders or Women and Girls with Blood Disorders

LANGUAGE, TERMS, & EXPLANATIONS

DEFINITIONS

Cisgender

A person whose gender identity is consistent in a traditional sense with their sex assigned at birth; for example, a person assigned female sex at birth whose gender identity is woman/female.

Gender

The characteristics and roles of women and men according to social norms. While sex is described as female, male, and intersex, gender can be described as feminine, masculine, androgynous, and much more.

Gender identity

A person's inner sense of being a girl/woman/female, boy/man/male, something else, or having no gender.

Gender non-binary

Describes a person whose gender identity falls outside of the traditional gender binary structure of girl/woman and boy/man. Sometimes abbreviated as NB or enby.

Pronouns

Pronouns are the words people should use when they are referring to you, but not using your name. Examples of pronouns are she/her/hers, he/him/his, and they/them/theirs. The appropriate phrasing is "What are your pronouns?" when seeking this information.

Sex assigned at birth

The sex (male or female) assigned to an infant, most often based on the infant's anatomical and other biological characteristics. Sometimes referred to as birth sex, natal sex, biological sex, or sex; however, sex assigned at birth is the recommended term.

Transgender

Describes a person whose gender identity and sex assigned at birth do not correspond based on traditional expectations; for example, a person assigned female sex at birth who identifies as a man; or a person assigned male sex at birth who identifies as a woman. Transgender can also include people with gender identities outside the girl/woman and boy/man gender binary structure; for example, people who are gender fluid or non-binary. Sometimes abbreviated as trans.

Trans man/ transgender man

A transgender person whose gender identity is boy/man/male may use these terms to describe themselves. Some will use the term man.

Trans woman/ transgender woman

A transgender person whose gender identity is girl/woman/female may use these terms to describe themselves. Some will use the term woman.

Source: National LGBTQIA+ Health Education Center's LGBTQIA+ Glossary of Terms for Health Care Teams Glossary-2022.02.22-1.pdf (lgbtqihealtheducation.org)

An important quote from the LGBTQIA+ Glossary of Terms for Health Care Teams that is relevant to our work at the WGPPM Summit:

"A few things to keep in mind: 1) Definitions vary across communities; not all of your patients will agree with all of these definitions, so defer to the terms your patients use to describe themselves; 2) There are many terms not included on this list; we tried to keep the list as concise and relevant to health care providers as possible; 3) Terms and definitions change frequently; we will try to update this list to keep up with changing language. If you have a suggestion, please email us at lgbthealtheducation@fenwayhealth.org. Thank you!"