



two, mine seem to resemble a giant sequoia or Californian redwood every time I feel depressed.

Of course, a lot depends upon where the measurement is taken from – where exactly is the thigh? Mine seems to have moved from just above the kneecap to just below the groin – depending on how small I wish the measurement to appear.

And don't even mention the waist; I think that, according to Translog, the tape measure is meant to run across the belly-button, but nobody I talk to seems to know for sure exactly where the waist is.

You may laugh... but look at Simon Cowell.

Hence, my waist measurement has been taken variously from just below my bust to an area just an inch or so above where I measure my hips.

I do try not to dwell on my hips – in my early days of transitioning I used to do everything in my power to get away from the lack of definition caused by my masculine frame... now I have to do exercises to bring my hips under control!

My upper measurements have also been a cause of much hilarity and not a little distress. I have to measure the chest (just below the armpit), the breast (across the nipple) and the ribs. I think that eventually I will be able to work out my cup-size – probably by taking the first number, halving it, adding the time and then converting the resulting figure into inches!

Taking advice

It must be noted that originally the Transgender Care site, as well as providing the 'Translog', also featured various medical feminising programmes, details on hormones and other transsexual-related issues.

Recently, the site has been expanded by Kimberley Westwood CPE, resident electrolysis expert and a lady with personal experience of TS problems and opportunities. Rather disconcertingly, this expansion has included the introduction of a store selling cookery books – mind that blender!

If, with all of this kerfuffle, I appear a rather sad creature, then forgive me. My male skeleton was developed through playing badminton for my county and swimming with Team England so, not surprisingly, neither activity was conducive to a 38-24-36 figure. At this stage I should add, under Helen's prompting, that a good diet with five portions of fruit and veg a day, together with suitable exercise, would benefit any figure far more than wishful thinking, and that it is probably excessive amounts of extremely hot curry and pillau rice that has spoilt my figure.

Oh well, there goes any chance of being given the opportunity to sample a cut-price curry in order to offer an honest, but glowing, critique... Unless anybody knows differently!