



IMS – THE MALE PMS

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Irritable Male Syndrome (IMS) – that moment when testosterone is out of whack in a male and he turns into a rather sniveling version of Matt Damon feeling all the 'feels'.

If you are a male and you find yourself being peevish at everything, there is a chance the tetchiness growing inside you is inversely proportional to decreasing testosterone level. This can be triggered by stress and unhealthy habits. So after all these hard years of being accused of PMSing whenever we throw a fit, the joke's finally on you, mate.

Even though you don't suffer from any sort of bloating or soreness like PMS, I think it's great because it could be the next one-liner in sitcoms. Furthermore, it

gives women a tinge of satisfaction to know that we are not the only victims of Hormonezilla raging inside our blood vessels. Unless you decide to invigorate your minds and control the monster nagging inside you, it is like a version 2.0 of PMS without the sudden craving for chocolate ice cream and the need to cry buckets after watching a random reality show. Dilemmas will start pouring into your life; it will feel like solving a trivia challenge written entirely in Chinese. You'll stare at yourself in the mirror and say, "Cancel my subscription. I'm over your issues."

Welcome to Hormoneville. The first thing you might want to do is save your brownie points by going with the flow. It is not going to be stable like your ultra-super fast gaming PC, nor is it going to be

unpredictable like hurricane Katrina, but it will be a perfect concoction of both. It is appreciative that you are willing to feel the bona fide PMS that transforms us into screaming banshees. We could totally relate to each other and eat ice cream while watching depressing movies on the couch. Or we could collect four leaf clovers and wait for luck to hit us like Miley Cyrus's Wrecking Ball.

IMS can happen anytime, unlike PMS which only dictates 10 percent of the calendar. Testosterone levels tend to drop as the day goes on, hence it may not entirely be your fault why, at the end of a day, you feel like as if someone has spat at you on the face. Bad diets crammed with junk food that only soothe your taste buds but turn into atom bombs once it is inside your gut, can also be the reason

behind why you are going through Prince Hamlet mode. Quick, grab a pen and paper and you could produce a literary masterpiece. Stop blaming your heart for wounding you; you know now why you've been feeling the blues without any valid reason.

So there you go mates, now you have a license to over-exaggerate about issues, but still be aware when you're around a PMSing woman, because she can create havoc bigger than the distance Ryan Lochte has swam in his entire life.

Zarin Rayhana is a self-aggrandizing ambivert who ponders over philosophical epiphanies during rainy evenings and waits for her crush to jump straight out of her favorite novel. Treat her with novel suggestions at ericaavianazarin@gmail.com

It's not always PMS

MYAT MOE KHAING

To many, the universal definition of a good woman has been one who is tamed, gentle and calm. But the one time you are pushed to your limits and all hell breaks loose, you're probably thought to be PMS-ing.

Premenstrual syndrome (PMS) is a combination of physical and emotional symptoms that occur in the one to two weeks prior to a woman's menstruation. Yes, women do experience mood swings. However, the idea that the mood of women can be attributed wrongly to some hormonal flux at the whim of our reproductive system is quite insulting, especially when it is because of our stressful lives.

Imagine a day when you're late to class because you were awake the previous night making a Powerpoint presentation and the next moment you learn Trump is the new president and boom! You can hardly make it through the next 40 minutes. When you yell back at someone's misogynist remark, you're the one at fault as your reaction is presumed to be because "women are complicated". They have understood science finally!

When a woman is upset, it's still often one of the first thoughts people have - maybe she's PMS-ing - rather than "Is her physical health okay? Is she under a lot of stress?"

Such erroneous presumption is often an excuse to not deal with the issue about which anger is being expressed.

People on social media have connected women's attitude with PMSing through memes and it makes our lives seem revolving around questions like, "Did the supermoon rise because you don't love me? Am I fat? I

**37.
PMS:
I'm fine. I hate you. I love you. I
want ice cream. Come here. Get
away. CHOCOLATE?!**

am sorry. I want ice cream". Give me a break!

I have arrived late to parties and seen aunties eye me like I am at that point of the month. Seriously? You should see me crawling up to my bed every night with potato chips and a jar of Nutella at 3 A.M. But of course, we all know about that guy who is going to smirk with

the know-it-all attitude because you were seen eating green mango pickles after school.

Every time I want to do something that's unusual to my characteristics like wearing an extra-feminine floral dress will be deemed as something that I will only do during a specific time of the month. Don't feel like doing something because I'd rather stay in and have some time to myself? PMS-ing. When I'm tired of adulating duties, I'd snuggle in an old blanket with an extra large Snickers bar and want to be pampered.

There are days when I wake up pissed-off, when everything is intolerable, and I spill tea on my jeggings or because Snape died, I'm like, am I actually a sane person? What is wrong with me? And then, just when I'm about to start crying about being a crazy person who cries about fictional characters, I am labelled!

Women don't always lose their minds when they have PMS-related irritability. Does it lower our mood? Well, sometimes. Do they make it impossible for us to make rational decisions? Of course not. Now that I have made it clear, let me grab the Nutella jar for now.

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