

# Introduction to the Short Film *About My Blood: An Essay on Menopause* by the filmmaker herself

*Soledad Marambio*

*About My Blood: An Essay on Menopause*—a link to the film is available below—explores the silence and the shame that surrounds the biological and culturally loaded stages of perimenopause and menopause. The short film starts with a personal reflection on a mother’s body, the first mirror of womanhood for a daughter; it ponders the secrets a body can keep and explores how stereotypes about women’s aging reinforce the silence and shame that goes with the topic. One of the aspects that the film touches on is how the anxiety around menopause is ingrained in language. The examination of one Spanish word and its use in relation to hot flashes (“bochorno” or embarrassment) reflects on how gendered views shape some aspects of common daily language that are used to refer to what is also called “the change.” This meditation on language gives way to a brief historicization of discriminatory ideas about menopause, making a connection between the bad reputation of this natural biological process and older, aging women before and during the witch hunts in Europe, establishing historical and cultural continuities of contemporary issues.

The short film uses collages, interviews, and quotes, which offer personal reflections and theoretical concepts, to make visible a key aspect of women’s lives that has been kept in the dark for too long in every possible way: medical staff have almost no training about menopause and its physical and mental consequences, the work environment is not prepared to accompany women in the transit to a postmenopausal life, and conversations about the subject are only just beginning to happen. Besides being a reflective visual essay, *About My Blood* is an invitation to open the discussion and consider ways to raise awareness about what happens to our bodies during the climacteric. The film highlights the importance of community in challenging ageism, sexism, or any

other type of discrimination. It advocates for a space where silence can be broken and women can move away from shame.

In 2023, *About My Blood* was awarded the LASA Award of Merit in Film. A list of screenings at international film festivals is available below.

#### SCREENINGS

- Tromsø Educational Film Festival 2024 (official selection, March 2024, Tromsø, Norway)
- Porto Femme Film Festival, May 2023 (official selection, Porto, Portugal)
- LASA (Latin American Studies Association) Film Festival, May 2023 (official selection, Vancouver, Canada)
- Cine Latino Film Festival, March 2023 (official selection, Bergen, Norway)
- Aldring i Norge (Ageing in Norway), December 2022 (Oslo, Norway)
- Llamale H International Film Festival, September 2022 (official selection, Montevideo, Uruguay)
- Social Acoustics, Bergen Kjøtt, August 2022 (Bergen, Norway)

#### LINK

<https://vimeo.com/707708053>

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