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There is literally no benefit from recent changes related to the "Defending Women from Gender Ideology Extremism and Restoring Biological Truth to the Federal Government" executive order requiring the "biological" sex at birth. Right now doctors determine sex at birth by a visual inspection of a babies genitalia and only have two options which people should not be stuck using their while life.

If we really must use biological sex at birth then here are the six most common:

X – Roughly 1 in 2,000 to 1 in 5,000 people (Turner's )

XX – Most common form of female

XXY – Roughly 1 in 500 to 1 in 1,000 people (Klinefelter)

XY – Most common form of male

XYY – Roughly 1 out of 1,000 people

XXXY – Roughly 1 in 18,000 to 1 in 50,000 births

Trying to take the spectrum of human genetics and put people into two tiny narrow boxes well only result in lawsuits, because this is against case settled case laws, and expenses for changing forms and processes.

It would not be an efficient or beneficial change.