



MANAGING VULVODYNIA



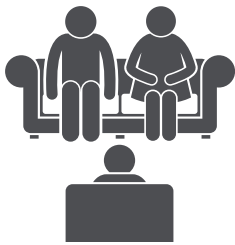
WHAT IS VULVODYNIA?

Vulvodynia is vulvar pain lasting at least 3 months without a clear identifiable cause (e.g., injury, infection, inflammation). It is estimated to impact 8% of women.

It can be a distressing condition that interferes with activities involving physical contact to the vulvar region such as having sex, using tampons, and sitting. Effective treatments to manage symptoms have been studied and research is continuously being done to learn more!

RESEARCH-SUPPORTED TREATMENTS FOR VULVODYNIA

COGNITIVE BEHAVIOURAL THERAPY



Cognitive behavioural therapy (CBT) is a talk therapy. It can be helpful to speak with a psychologist who has expertise in pain management and sex therapy to help decrease pain and distress, address relationship concerns, and adapt sex so that it is pleasurable.

PELVIC HEALTH PHYSIOTHERAPY



Pelvic health physiotherapy is a branch of physiotherapy that focuses on the structure and function of the muscles of the pelvic floor. Pelvic floor physiotherapists are experts in treating a wide range of pelvic pain syndromes, including vulvodynia.

VESTIBULECTOMY (SURGERY)



A vestibulectomy is a surgery that involves removing the surface tissue of the vestibule. Candidates for this surgery are women with provoked vestibulodynia (pain localized at the opening of the vagina). This procedure is not an option for women with generalized vulvodynia.

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<https://www.sexlab.ca>