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The Vulvodynia Survival Guide: How to Overcome Painful Vaginal Symptoms and Enjoy an Active Lifestyle. Defined as a constant or recurring vulvar discomfort, vulvodynia's symptoms include burning, itching, stinging, rawness, and painful sexual intercourse. The disorder can have a devastating impact on a woman's sex life This book offers the most current and effective techniques for overcoming this problem.

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wear cotton underwear and loose-fitting skirts or trousers. avoid scented hygiene products, such as feminine wipes, bubble bath and soap (an emollient is a good substitute for soap) apply cool gel packs to your vulva to soothe the pain. use petroleum jelly before swimming to protect the vulva from chlorine.

~~Vulvodynia (vulval pain) - NHS~~

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The Vulvodynia Survival Guide : How to Overcome Painful Vaginal Symptoms and Enjoy an Active Lifestyle. Researchers and treatment experts draw on breakthrough new research to bring relief to women who suffer from vulvodynia, a poorly understood, often misdiagnosed, and inadequately treated medical disorder.

~~The Vulvodynia Survival Guide : Howard Glazer : 9781572242913~~

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The National Vulvodynia Association is not a medical authority and strongly recommends that you consult your own health care provider regarding any course of treatment or medication. Table of Contents 1 Welcome to the NVA's self-help guide for women with vulvodynia. We created this guide to answer many of your questions about vulvodynia and

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Provides information on vaginal and vulvar health, as well as common gynaecological conditions, such as vaginitis, yeast infections, painful sex, STIs, vulvodynia, and urinary tract infections.

~~Vulvodynia | Canadian Women's Health Network~~

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