

Vulvodynia

Vulvodynia refers to a chronic burning discomfort of a woman's genitalia. Symptoms include itching, burning, stinging or stabbing in the area around the opening of the vagina. Pain can vary from constant to intermittent, or only occur on attempted vaginal penetration with sexual intercourse. Often this problem is treated as a yeast infection, allergy or other problem for some time. Some women also have some itch, pain or aching or a full feeling, but all also have a burning quality as well. Recent successful treatments have used oral Neurotonin and Carbamazepine or topical strontium ointments.

Between 100,000 and 150,000 women in the United States alone suffer from vulvar pain syndromes including vulvar vestibulitis. It is common for women with vulvodynia to suffer for many years and see many doctors before being correctly diagnosed. Dr. Howard I. Glazer, Ph.D. (from the OB/GYN department of Cornell University Medical College) has claimed that the muscles of the pelvic floor in vulvodynia patients are abnormal and can be corrected by biofeedback.