

Dr. Goldman's Book Reviews

THE VULVODYNIA SURVIVAL GUIDE

How to Overcome Painful Vaginal Symptoms & Enjoy
an Active Lifestyle

By

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Strictly speaking, Vulvodynia is pain in the lips and skin on the outside of the vagina. It is usually long term, chronic pain that changes in nature and severity over time. It can be manifested by burning, itching or painful sensitivity. Intercourse can be very painful with the sensitive areas on the outside of the vagina, as opposed to deep pain that is usually from other causes. Over the last century, many different treatments have been used including surgery, alcohol injections, laser, electro-cautery and many creams and salves. No one treatment has been consistently successful and in some patients, nothing seems to hold a lasting cure. Standard medical practice has no clear, reliable solution to this difficult and frequently debilitating problem.

The strong points of this book are the patient's stories and the various suggestions for treatment. They cover the subject well, if in somewhat of a random and repetitive fashion. After reading this book, although these doctors have a variety of suggestions, they do not seem to have any reliable breakthrough solution, either. They do, however, have a website, support group and products to sell. **This book may be just an infomercial to sell their electrical stimulator for \$480 + shipping.** I have no knowledge if the product is of benefit or not.

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