



## **The Vulvodynia Survival Guide**

### ***How to Overcome Painful Vaginal Symptoms and Enjoy an Active Lifestyle***

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Strictly speaking, vulvodynia is experiencing pain in the lips and skin of the outside of the vagina. It is usually a 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 around 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, electrocautery and many creams and salves. No one treatment has been consistently successful and for 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 stories and the assorted suggestions for treatment. They cover the subject well, if in somewhat of a random and repetitive fashion. Although the doctors provide a variety of suggestions, after reading this book there is not any reliable breakthrough solution either. Glazer and Rodke's website provides a support group and also sells products. This book may be just an infomercial to sell their electrical stimulator for \$480.00 plus shipping. To date, I have no knowledge if the electrical stimulator has been beneficial for some patients.

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