

VULVAR PAIN-URETHRAL PAIN

DEFINITION:

Condition of unexplained vulvar pain, often associated with other symptoms of urinary complaints, sexual pain, difficulty with activity and wearing clothing. Can be chronic and intermittent.

Can be----->**LOCALIZED VS GENERALIZED**

DIFFERENT CAUSES/TYPES:

<p><i>Cyclic vulvovaginitis</i> <i>Vulvar Vestibulitis</i> <i>Neuroproliferative Vestibulodynia</i></p>	<p><i>Vulvovaginal Dermatoses</i> <i>Hypertonic Levator/Pelvic Floor Disorder</i> <i>Atrophic/hormonal vulvodynia</i></p>
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EVALUATION:

Pelvic exam including pelvic muscles, vaginal cultures, vulvoscopy, Q Tip swab test, lab evaluation for estrogen and testosterone deficiency.

TREATMENT AIMED AT PRESUMED CAUSE

LOCAL/OR TOPICAL:

- Hormonal- Estrogen, testosterone
- Inflammation- steroids, anti-fungals
- Pain/Nerve modulation- lidocaine, gabapentin, baclofen

VAGINAL/MUSCLES:

- Suppositories for spasm-baclofen, valium
- Trigger point injections into pelvic muscles for relaxation
- Botox to pelvic floor
- Functional stimulation
- Pelvic Physical Therapy

SYSTEMIC:

- Hormone replacement with estrogen, testosterone, progesterone, DHEAS
- Calcium citrate 500 mg 2-3 x daily with meals
- Low oxalate diet by elimination
- Nerve pain modulators- gabapentin, amitriptyline, pregabalin

SURGICAL:

- Vestibulectomy

PSYCHOSOCIAL:

- Sexual therapist, psychologist
- Yoga, relaxation

RESOURCES: *Heal Pelvic Pain-Amy Stein*, *Headache in Pelvis-David Wise*, *When Sex Hurts-Andrew Goldstein*, *ACOG FAQ 127*, *AAFP Vulvodynia and Vulva*