

# Tried & True: Exploring the Best Vulvodynia Treatment Options

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LEADING ARTICLE




## Treatment of Vulvodynia: Pharmacological and Non-Pharmacological Approaches

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**Vulvodynia** is a chronic pain condition associated with discomfort around the opening of the vagina (vulva) that often interferes with sexual and non-sexual activities.

It stems from **biological**, **psychological**, and **social** factors.





# **WHAT DID WE WANT TO KNOW?**

We reviewed all the existing literature to examine which treatments were the most effective in treating vulvodynia. Our aim was to help medical professions and people living with vulvodynia with more information!

# Pharmalogical Treatments

**Topical lidocaine** to numb  
the affected area.



**Anti-inflammatory**  
products that  
reduce swelling.



**Anti-depressants,  
muscle relaxants and  
hormonal agents like  
birth control.**



# Non-Pharmalogical Treatments

**Psychotherapy interventions** that increase sexual well-being.

**Pelvic floor physical therapy** to strengthen and relax the pelvic muscles.



Alternative approaches such as **acupuncture**, **hypnosis**, or **laser therapy**.

**Vulvar vestibulectomies** which involve removing the painful areas of the vulva.

# Multi-Modal Treatments

Multimodal approaches to treating vulvodynia, involve a combined treatment plan.



The most common multi-modal treatment method involves combining **psychotherapy, pelvic floor physical therapy, and medication.**



# WHAT DID WE FIND?

Treatment outcomes for each option vary and people may experience pain reduction, while others may learn better pain management skills that improve their quality of life.

**We found that non-pharmacological treatments may be the best treatment option for people living with vulvodynia.**

# **Takeaways for Treatment Providers**

There are multiple treatment options available for patients. By knowing more about each treatment, treatment providers can aim to provide better care based on each client's specific experiences.

## **Takeaway for Individuals with Vulvodynia**

Despite having no “gold standard” treatment option, there are many treatments available so people & their partners can experience improvements in their well-being.



## **This is a summary of our published article:**

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