# Tried & True: Exploring the Best Vulvodynia Treatment Options

NEW PUBLICATION!

Drugs (2019) 79:483-493 https://doi.org/10.1007/s40265-019-01085-1

LEADING ARTICLE



Treatment of Vulvodynia: Pharmacological and Non-Pharmacological Approaches

Natalie O. Rosen<sup>1,2,5</sup> · Samantha J. Dawson<sup>1</sup> · Melissa Brooks<sup>2</sup> · Susan Kellogg-Spadt<sup>3,4</sup>

Published online: 8 March 2019 © Springer Nature Switzerland AG 2019



Scroll to the next slide for more information!

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.



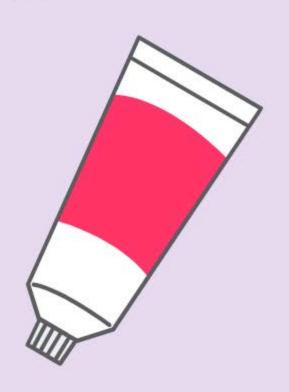
# WHAT DID WE WANT TO KNOW?

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 nonpharmacological 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:

Rosen, N. O., Dawson, S., Brooks, M., & Kellogg-Spadt, S. (2019). Treatment of vulvodynia: Pharmacological and non-pharmacological approaches. *Drugs, 79,* 483-493. https://doi.org/10.1007/s40265-019-01085-1



