



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

Resources for Women with Vulvodynia and Their Partners

The purpose of this guide is to direct women with Vulvodynia and their partners to helpful resources on this condition. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. We do not officially recommend or endorse any of these resources over any others. If you have questions, concerns, or want further information or clarification on anything listed below, please consult your health care team.

Books:

- **The V Book: A Doctor's Guide to Complete Vulvovaginal Health**
By: Elizabeth G. Stewart and Paula Spencer
- **Sex Matters For Women**
By: Sallie Foley, Sally Kope, Dennis Sugrue
- **The Vulvodynia Survival Guide: How to Overcome Painful Vaginal Symptoms and Enjoy an Active Lifestyle**
By: Howard I., Ph.D. Glazer, Gae, M.D. Rodke
- **Completely Overcome Vaginismus: The Practical Approach to Pain-Free Intercourse**
By: Mark and Lisa Carter (available at <http://www.vaginismus.com>)
- **The Vulvodynia Guideline**
Haefner HK, Collins ME, Davis GD et al., Journal of Lower Genital Tract Disease. 2005; 9:40-51. (available at <https://www.nva.org/wp-content/uploads/2015/01/Haefner-Vulvodynia-Guideline-2005.pdf>)

Websites for educational resources, information and patient support:

- National Vulvodynia Association- <http://www.nva.org>
- Vaginismus information- <http://www.Vaginismus.com>

Center for Sexual Health
(734) 763-4963

- International Society for the Study of Vulvovaginal Diseases- <http://www.issvd.org>
- University of Michigan Center for Vulvar Diseases- <https://medicine.umich.edu/dept/obgyn/patient-care-services/womens-health-library/center-vulvar-diseases>
- U-M center for sexual health- <http://uofmhealth.org/medical-services/sexual-health>

Websites to research and purchase lubricants, dilators and sexual aids:

- <http://www.amazon.com> (many sexual health products)
- <http://www.pureromance.com> (various products)
- <http://www.vaginsimus.com> (dilators)
- <http://www.babeland.com> (lubricants, vibrators, etc.)
- <http://www.goodvibes.com> (lubricants, vibrators, etc.)

Finding a counselor, therapist or sex therapist:

Your vulvodynia medical team, primary care physician, or local hospital may have helpful referral information for mental health care. In addition, you may want to consult the following:

- American Association of Sexuality Educators, Counselors and Therapists (AASECT)- <http://www.aasect.org>
 - This site includes lists of Certified Sex Therapists and Counselors across the U.S. as well as internationally. Certified Sex Therapists are licensed mental health professionals who have special additional training in treatment of sexual health concerns.
- Michigan Mental Health Networker- <http://www.mhweb.org>
 - This site lists psychotherapists throughout Michigan by name, specialty and location with descriptive information.

CDs for muscle relaxation and stress reduction

- Theta Sailing II and Dialing Down Anxiety (Audio CDs) by: Carolyn Daitch, Ph.D. http://www.self-hypnosisprograms.com/Carolyn_Daitch.htm
- Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming Your Body and Your Life. [Audio CD] by: Jon Kabat-Zinn
- Mindfulness Meditation - Cultivating the Wisdom of Your Body and Mind [Audio CD]. By: Jon Kabat-Zinn
- Health Journeys - CDs and digital downloads of guided imagery for pain relief, stress relief, etc. by: Belleruth Naparsteck
<https://www.healthjourneys.com/>
- See also our guide on lubricants and related items:
<http://www.med.umich.edu/1libr/PMR/SexualHealth/lubricants.pdf>
- Visit the U-M Center for Sexual Health Website at:
<http://uofmhealth.org/medical-services/sexual-health>

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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