



NOVEMBER 11: INTERNATIONAL VULVODYNIA DAY

Associazione VulvodiniaPuntoInfo ONLUS, an Italian nonprofit organization about Vulvodynia, aims to raise awareness about a painful syndrome still hardly known even if it affects 1 woman out of 7.

Rome, 5th October 2016 - A woman out of seven¹ worldwide suffers from symptoms in the genital area so painful to the point that everyday life is deeply compromised.

This condition is called Vulvodynia, a syndrome characterized by chronic pelvic pain affecting external genitals. It causes burning and vulvar pain which generates the sensation of pinpricks, electric shocks and twinges of pain.

Doing simple things such as walking, sitting or wearing tights or jeans for a woman with vulvodynia becomes extremely difficult; even wearing a slip can be unbearable.

In addition, sexual life and procreation are compromised.

Notwithstanding its high incidence, Vulvodynia is underdiagnosed as it is hardly known by physicians. Besides, women often feel very uneasy when talking to their doctors about their symptoms.

In order to support women in this difficult diagnostic course and to raise general people's awareness, VulvodiniaPuntoInfo ONLUS Association has set up the 11th of November as the International Vulvodynia Day.

“Our Association -said Elena Tione, President and Founder of VulvodiniaPuntoInfo ONLUS- is the first Association in Italy which has been raising awareness and giving women voluntary support since 2010. It's an association founded by a woman for women. We have decided to set up an international day in order to spread better knowledge of Vulvodynia and stimulate Scientific Research while supplying correct and complete information and ensuring daily support to women.”

What Vulvodynia is about

Vulvodynia is caused by a severe inflammation of the nerves in the genital and pelvic area, accompanied by a strong contracture of the muscles constantly tight in painful clamps around urethra, vagina and anus. Normally, the area shows no external signs or mucosal injuries: this makes it difficult to come to a correct diagnosis.

As matter of fact, it is possible to diagnose Vulvodynia by a simple Swab Test by which the Specialist lightly presses specific vulvar points: if the patient feels burning, pain or discomfort instead of a normal tactile sensation, the diagnosis is confirmed².

Nevertheless, the average delay in reaching the correct diagnosis is of about four years, and this involves years of useless and stressful if not noxious treatments, and of physical and psychological suffering, as a consequence.

About VulvodiniaPuntoInfo ONLUS Association

The daily commitment of VulvodiniaPuntoInfo ONLUS Association, available online 24/7, has allowed to considerably reduce this delay and many patients arrive at a correct diagnosis in a shorter time, because by getting information from our Forum women can find the few Specialists who treat Vulvodynia more easily.

VulvodiniaPuntoInfo ONLUS aims at reaching all those women who still have no access to the right information and who need diagnosis and treatments; it also wishes to spur medical research and hopes for the institution of multidisciplinary centres of excellence within the public healthcare service: for this reason the Association has launched the petition for the Acknowledgment of Vulvodynia by the Italian Ministry of Health www.unafirmaperlavulvodinia.it

The volunteers of VulvodiniaPuntoInfo ONLUS wish that Italy will finally and as soon as possible officially recognize this syndrome which affects over 4 million Italian women.

Bibliografia 1. Harlow BL, Steward EG (2003) A population-based assessment of chronic unexplained vulvar pain: have we underestimated the prevalence of vulvodynia? J Am Med Womens Assoc. 58:82-88

2. Graziottin A., 2004a Il ginecologo e la dispareunia In: Leiblum S.R. Rosen R. (Eds), Principi e pratica di terapia sessuale, Edizione italiana aggiornata a cura di Alessandra Graziottin, CIC Edizioni Internazionali, Roma, 2004, pp. 248-267

Associazione VulvodiniaPuntoInfo ONLUS

The Voice of Women with Vulvodynia since 2010

www.vulvodiniapuntoinfo.com

www.unafirmaperlavulvodinia.it