

Resource Feedback

"I'm really impressed with your books - you've done a great job! I can think of so many of our patients who would benefit from reading them."

Caroline Allen, PT
Pelvic Support Physiotherapy

"The 2-book series is an excellent guide for patients and has many helpful hints for therapists as well. I can recommend use of this resource by all patients with vaginismus."

Beth Shelly, PT BCIA-PMDB
APTA Journal of Women's Health
Physical Therapy (Winter 2005)

"I am finally responding to your books: They are the best we have ever seen!! We will use them for our clients from now on. The content, set-up of the content, thoroughness of descriptions and diagrams make it so easy to follow. Everyone should know about your books."

Joyce Penner & Dr. Clifford Penner
World renowned sex therapists & authors

"*Completely Overcome Vaginismus* is a great self help option for women who are ready to take control over their vaginal penetration problem. Lisa and Mark (Carter) designed a thorough educational program firmly based on current research knowledge and written with the sensitivity of a couple who know the fears and hopes that come with working to find solutions."

Elke Reissing, Ph.D., C.Psych.
Human Sexuality Laboratory
University of Ottawa

"I am very pleased with your product ... loved the dilators because they have a handle and are easier for patients to use ... patients come in early to read the book and many have asked how to get a hold of the workbook."

Hollis Herman, MS PT OCS BCIA-C-fellow

"I just finished reading your book and it is excellent and very helpful. I have already recommended it to two of my patients ... I found it very well written, easily understandable for a lay-person, and a much needed resource. Thank you."

Susan Decker, PT

"I can't thank you enough for your wonderful website! I have a couple of patients who simply wouldn't believe me when I was trying to explain this condition; your website is a fantastic resource!"

Dr. Paul Starr, MD

Vaginismus.com

Self-help Resources



Self-Help Kits

Complete vaginismus kits with 10 step treatment program books, dilators and video.

Product #K2201



Vaginal Dilator Set

Medical-grade vaginal dilators with smooth, comfortable design & handle.

Product #T8077



Vaginismus Books

Comprehensive self-help program recommended by specialists.

Product #B5404



Private Forum Pass

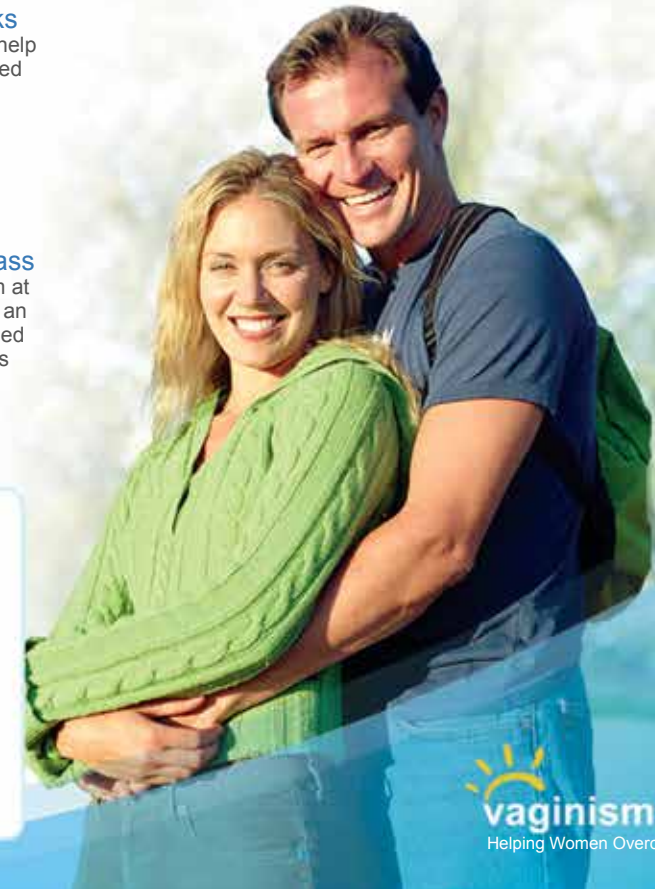
Join the private forum at vaginismus.com with an exclusive pass included with every vaginismus kit or book set.

Vaginismus

Information & Resources

Real Solutions for vaginal pain

- ✓ Ongoing Painful Sex
- ✓ Unconsummated Couples
- ✓ Vaginal Tightness/Burning
- ✓ Penetration Difficulties
- ✓ Age-Related Sexual Pain
- ✓ Pain after Surgery
- ✓ Pain after Childbirth
- ✓ Difficulty with Gyn Exams/Tampons



CONTACT US
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1-619-449-1200



1-619-449-3200



help@vaginismus.com

What is Vaginismus? [vaj-uh-niz-muhs]

Vaginismus is vaginal tightness causing discomfort, burning, pain, penetration problems, or complete inability to have intercourse.

Common Vaginismus Symptoms

Vaginismus is a frequent cause of ongoing, unexplainable sexual pain and penetration difficulties, and is nearly always the female cause of unconsummated couples. It is a condition where involuntary tightness of the vagina occurs during attempts at intercourse. Common symptoms include:

- ✓ Difficult or impossible penetration, entry pain, uncomfortable insertion of penis
- ✓ Unconsummated marriage/relationship
- ✓ Burning or stinging with tightness during sex
- ✓ Ongoing sexual discomfort or pain following childbirth, yeast/urinary infections, STDs, IC, hysterectomy, cancer, surgeries, rape, menopause, or other problems
- ✓ Sexual pain of unknown origin or with no apparent cause
- ✓ Difficulty inserting tampons or undergoing a pelvic/gynecological exam
- ✓ Avoidance of sex due to pain and/or failure

Vaginismus tightness is actually caused by *involuntary contractions* of the pelvic floor muscles surrounding the vaginal opening. The woman does not directly control or 'will' the tightness to occur; it is an involuntary pelvic response. The body automatically tightens the vaginal muscles when intercourse is attempted, resulting in pain or failure. There may be burning, stinging, pain or tightness with intercourse, and difficulties with entry. Penetration may be difficult or completely impossible; the tightness can be so restrictive that the opening to the vagina is 'closed off' altogether and the man is unable to achieve entry despite every effort.

Avoidance of intimacy often develops as a result of vaginismus and relationship conflicts are common.

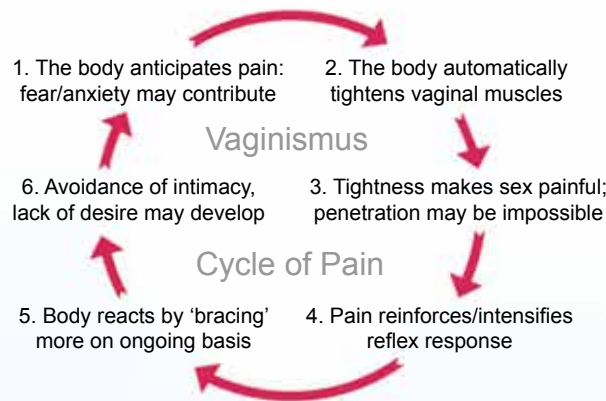
"I'm still a virgin, we've tried many times - it's like he hits a wall."

"It 'burns' and I tighten up - it never used to be like this."

"Sex was fine, but now entry is tight and uncomfortable."

"We can't consummate our marriage - it's impossible."

"Vaginismus can strike any woman at any age at any time."



Vaginismus Treatment

Vaginismus is highly treatable. Successful vaginismus treatment does not require drugs, surgery, hypnosis, nor any other complex invasive technique. Effective treatment approaches combine pelvic floor control exercises, insertion or dilation training, pain elimination techniques, transition steps, and exercises designed to help women identify, express, and resolve any contributing emotional components. Treatment steps can often be completed at home, allowing a woman to work at her own pace in privacy, or in cooperation with her health care provider. For more information, visit vaginismus.com.

Vaginismus Causes

Vaginismus is a unique condition in that it can result from a combination of either physical or non-physical causes or it may seem to have no cause at all. Some examples include:

Emotional Causes

- Fear of Pain
- Anxiety/Stress
- Negative Experiences
- Rigid Upbringing
- Sexual Abuse/Rape
- Relationship Issues

Physical Causes

- Yeast/Urinary Infections
- Childbirth
- Menopause/Hormonal
- Cancer
- Pelvic Surgery
- Vulvar Pain Issues

Vaginismus Diagnosis

No direct medical test exists for the diagnosis of vaginismus. Medical diagnosis is typically determined through patient history and description of problem/pain, gynecological examination and ruling out the possibility of other conditions. As many physicians are unfamiliar with vaginismus, women often suffer without diagnosis, not realizing that successful treatment solutions are available.

There is Hope ...

Visit www.vaginismus.com

