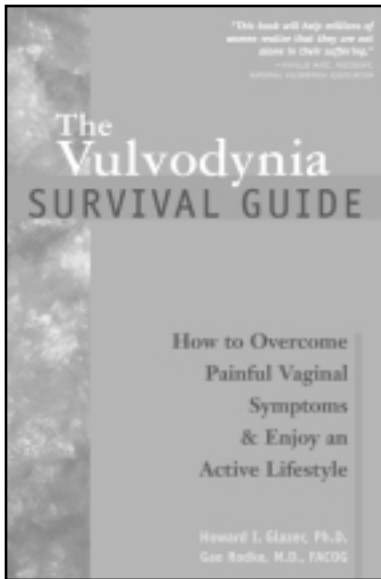


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*We are pleased to announce the publication of . . .*



The

Vulvodynia  
SURVIVAL GUIDE

Howard I. Glazer, Ph.D.  
Gae Rodke, M.D., FACOG

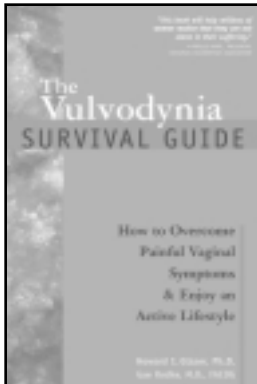
Love hurts,  
Sex shouldn't have to

*Please consider this helpful new book for review,  
for excerption, and for your booklist.*

THE VULVODYNIA SURVIVAL GUIDE  
ITEM VSG ISBN 1-57224-291-4, (PAPER), \$15.95, 207 PAGES  
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**Q** On average how many doctors does a vulvodynia sufferer visit before being correctly diagnosed?

- a. 1-3
- b. 4
- c. 5-7

**IF YOU ANSWERED "c,"** your right. Vulvodynia is characterized by constant or recurring vulvar pain, itching, stinging, rawness, and painful sex. Although it affects 10-15 percent of women between 18 and 80, it is little understood, often misdiagnosed, and inadequately treated.

Those are the stats. The human costs are not so easy to gauge. Vulvodynia can turn sex into an ordeal and make everyday activities like walking, sitting, or exercising a trial. Women suffering from it have had scant resources at their disposal...until now. *The Vulvodynia Survival Guide* equips them with the tools they need to take charge of this condition and reclaim their lives from it. With clear, step-by-step guidance readers learn to:

- Identify symptom triggers;
- Modify their diet to reduce symptoms;
- Get knowledgeable medical help;
- Reduce or eliminate pain;
- Return to normal activities;
- And finally enjoy a healthy sex life again.

Vulvodynia often occurs alongside conditions like fibromyalgia, interstitial cystitis, and irritable bowel syndrome. Its source is a mystery. Genetic culprits, viral infection, and dietary factors have all been cited as possible causes. Yet its origin remains as elusive as its treatment once was. With *The Vulvodynia Survival Guide* authors Glazer and Rodke issue the first-ever passport out of suffering for women living with vulvodynia.

"Howard Glazer's success rate has astounded the medical community."

-Stanley C. Marinoff, M.D., M.P.H., FACOG,  
Director, Center for Vulvovaginal Disorders, Washington, D.C.

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## *Suggested Interview Questions for*

### The Vulvodynia Survival Guide

1. What are the symptoms of vulvodynia and why is it a "diagnosis of exclusion?"
2. You end Chapter 1 of *The Vulvodynia Survival Guide* with a list of myths and misconceptions about vulvodynia. What are a few of them?
3. You offer a profile of the typical vulvodynia sufferer in your book. What are some characteristics that you include in it?
4. What effect does vulvodynia have on a woman's sex life?
5. Although no one knows for sure what causes vulvodynia, there are a number of theories. What are some of them?
6. What is biofeedback and how can it ease pain?
7. What are some of the treatment options available to sufferers and what are the merits and drawbacks of them?
8. *The Vulvodynia Survival Guide* includes a list of frequently asked questions. One of them is "Will I ever be able to have sexual intercourse again?" How do you answer this?
9. You have a chapter on managing pain in the book in which you name a number of "common fictions" about pain. What are these and what are some effective ways to think about and treat pain?
10. What are some things a woman with vulvodynia should be aware of before she becomes pregnant?

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"Dr. Glazer, as a member of the International Society for the Study of Vulvovaginal Disease, has been a pioneer in the treatment of vulvodynia. His accomplishments, commitment, and training of others have helped thousand of women afflicted with this disorder."

-BENSON HOROWITZ, M.D., University of Connecticut Medical School, Hartford

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## *About the Authors of*

### The Vulvodynia Survival Guide



HOWARD I. GLAZER, PH.D., is a clinical psychologist in New York City with a professional practice specializing in the treatment of vulvovaginal pain syndromes. He is a Clinical Associate Professor of Psychology in Psychiatry and in Obstetrics and Gynecology at Cornell University Medical College/New York Presbyterian Hospital. He is a member of the Medical Board of the National Vulvodynia Association (NVA), and the Editorial Advisory Board of the chronic pelvic pain section for OBGYN.net. Glazer provides individual clinical services, training workshops, and in-office specialty training, and he is actively involved in several multidisciplinary and multinational research projects.

GAE RODKE, M.D. FACOG, is a Clinical Assistant Professor of Obstetrics and Gynecology at Columbia University College of Physicians and Surgeons, and a Clinical Associate Attending Physician at St. Luke's Roosevelt Hospital Center. She is a fellow of the American College of Obstetricians and Gynecologists and of the International Society for the Study of Vulvovaginal Diseases. Dr. Rodke has been involved in pioneering research to establish a working model for vulvovaginal pain and to develop effective treatments for these disorders. She has published research articles, conducted grand rounds at several hospitals, presented at professional society meetings, and lectured to medical students in this field for over ten years.

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"Drs. Glazer and Rodke have written a comprehensive guide to an often misdiagnosed, painful gynecological condition. This book will help millions of women realize that they are not alone in their suffering."

-PHYLLIS MATE, President, National Vulvodynia Association

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