

Extracted from the book 'The Vulvodynia Survival Guide' by Howard I Glazer, Ph.D. and Gae Rodke, M.D., FACOG

Quiz: Could You Have Vulvodynia?

The following quiz will help you determine if you're suffering from the disorder. Bear in mind that although our quiz can give you a good indication of your own condition, it should not be substituted for a knowledgeable doctor's opinion. Nor should it keep you from getting a proper diagnosis from a qualified medical care professional. However, you can take the results of this quiz to your doctor. They are sure to provide him or you with valuable insight.

Self-test: Find Out If You Are a Likely Sufferer

Please answer yes or no to the following questions:

Part I: Your Vulvodynia Profile

1. Have you been treated for various vaginal infections (yeast, urinary tract, etc.), but still had pain after the treatments were completed?
2. Have you had recurring cycles of urinary tract and yeast infections that seem to come one after another?
3. Has this ever happened to you? You go into the doctor's office complaining of a vaginal infection, yet when tests are run, the physician can't find signs of infection or anything else that is wrong?
4. Did your symptoms start after a series of yeast, bacterial or urinary tract infections, or after genital trauma such as pelvic surgery or a fall?
5. Do you suffer from allergies or skin conditions?
6. Have you ever been diagnosed with interstitial cystitis, irritable bowel syndrome, fibromyalgia, or any autoimmune or inflammatory disorder?
7. Have you experienced a decline in your usual level of sexual interest, frequency, or pleasure?
8. Are you depressed or suffering from psychological distress?

If you answered yes to at least four of the above questions, you match the profile of a typical vulvodynia sufferer. For an even more specific profile, answer yes or no to the following statements.

Part II: Could You have Vestibulitis?

1. Is discomfort only present when the vulva is touched (by tight clothing, tampon use, or during penetration)?
2. Is the pain usually very near the vaginal opening?
3. Is the pain usually localised in the same spot of spots within this area?

If you answered yes to at least two of these questions, you probably have the condition known as vestibulitis. If you answered no to at least two of the above questions, read on. You may have another form of vulvodynia.

Part III: Could You Have Dysesthetic Vulvodynia?

1. Is your vulvar pain present most or all of the time, seemingly appearing for no apparent reason?
2. Have you suffered a back unjury or a straddle injury while biking, working out, or horseback riding?
3. Do you have chronic back pain?
4. Would you describe the pain as a diffuse, burning sensation? (It can be located on any part of your vulva.)
5. Are you age 35 or older?
6. When touched, is the feeling you get strange? (Does a cotton swab feel like a needle? Does a light touch feel like sandpaper?)

If you answered yes to at least three of these questions, you probably have the condition known as dysesthetic vulvodynia.

Note: While unusual, it is possible to have both vestibulitis and dysesthetic vulvodynia simultaneously.

Glazer, H. I., Rodke, G. (2002) *The Vulvodynia Survival Guide: How to Overcome Painful Vaginal Symptoms & Enjoy An Active Lifestyle*, New Harbinger Publications, Inc., C.A., U.S.A., pp. 29 – 31.

Get Support

If you think you have Vulvodynia, get support from:

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