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TITLE

NON-MEDICAL METHODS FOR THE TREATMENT OF VULVODYNIA

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ABSTRACT

Background: Vulvodyni a mean spain in the vulval area. It may seriously affect quality of women's life. With vulvodyni a women suffer from generally localized pain in vajinal inter course orgyn ecological examination and sexual problems such as reduced libido, desire, orgasm problems and sexual pain (LindströmandKvist, 2015). Methods: The search process was conducted in PubMed, Scopus, Cochrane and Google Scholar using key words of "vulvodynia, "vulvodynia and acupuncture", "psychotherapy, reflexology" and a combination of them. English-Turkish language papers were included between 2005 and 2015 years.

Preliminary Results: Because of the cause of vulvodynia is unknown, psychological therapy and alternative methods has an important place to treatment vulvodynia. Schlaeger et al. studies(2015) Show that thirty-six women withvulvodynia met inclusion criteria was applied to acupuncture two times perweek for 5 weeks for a total of 10 sessions. Reports of vulvar pain and dyspareunia were significantly reduced. Acupuncture did not significantly increase sexual desire, sexual arousal, lubrication, ability to orgasm or sexual satisfaction in women with vulvodynia. Zhu et al. studies (2011) and Chen and Nickel studies (2003) support to this issue.

Conclusions: Psychotherapy and alternative methods reduces vulvodynia. Therefore nurses should learn and these applications to help with vulvodynia women.

Keywords: Vulvodynia, vulvodynia and acupuncture, psychotherapy.

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