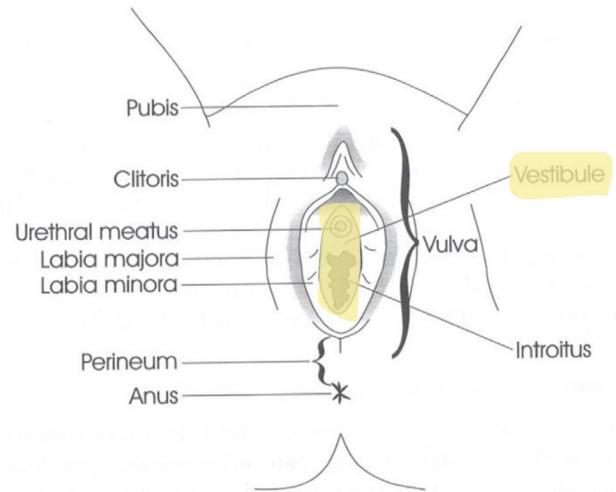


# Provoked Vestibulodynia (PVD)

## Key Information for Patients

### What is PVD?

PVD is a subtype of vulvodynia (a condition of vulvar pain or discomfort of at least 3 months' duration without a clear identifiable cause). It is characterized as *localized provoked pain at the vaginal vestibule*.<sup>1</sup> In other words, PVD describes a **chronic pain experienced at the entrance of the vagina (see Figure 1) that occurs with touch or pressure, such as during sexual intercourse, a pelvic exam, or tampon insertion.**



### Management of PVD

A variety of therapies may be recommended, including

- Education and support
- Vulvar skin care products and lubricants
- Pelvic floor physiotherapy
- Psychology/Sexology counselling
- Botox
- Surgery

It is important to consult with a physician to determine the best approach for your care.

**Figure 1.** Vulvar Anatomy. Adapted from A Self- Help Guide by the National Vulvodynia Association (2016).



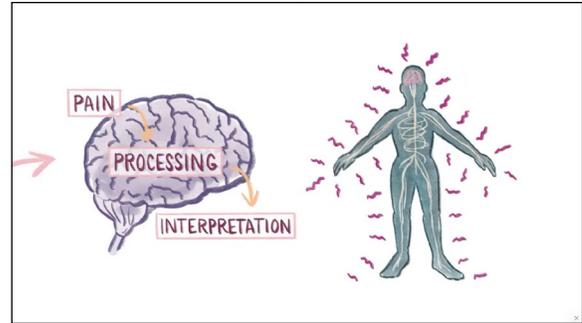
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## Resources



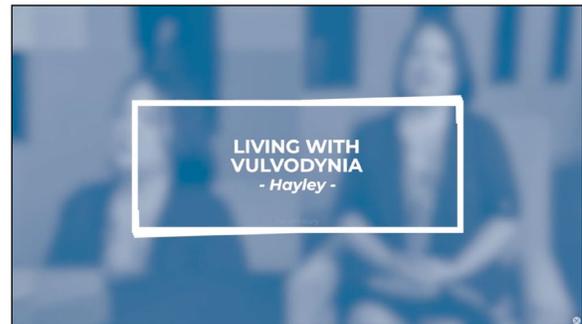
Watch: [#ItsNotInYourHead](#)



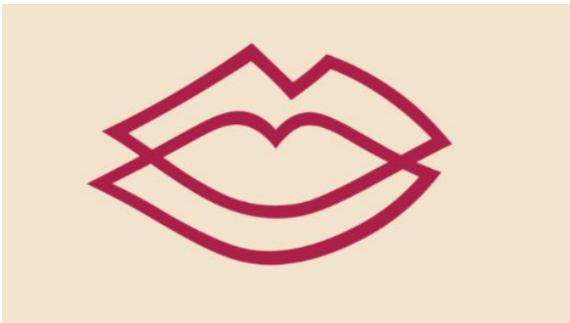
Watch: ["What is Vulvodynia?"](#)



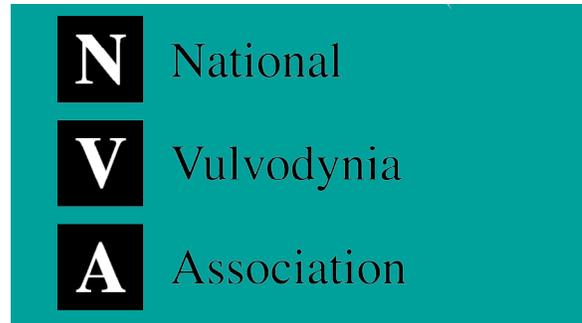
Watch: [Sexual response and Vulvodynia](#)



Watch: [Living with Vulvodynia](#)



[Tightlipped: Stories of other women](#)



[NVA Self-Help Guide](#)

- 1 Pukall, C. F., Goldstein, A. T., Bergeron, S., Foster, D., Stein, A., Kellogg-Spadt, S., & Bachmann, G. (2016). Vulvodynia: Definition, prevalence, impact, and pathophysiological factors. *The Journal of Sexual Medicine*, 13(3), 291-304. <https://doi.org/10.1016/j.jsxm.2015.12.021>
- 2 Moldwin, R. (2000). Vulvar anatomy. [Diagram]. National Vulvodynia Association. <https://www.nva.org/what-is-vulvodynia/vulvar-anatomy/>
- 3 UBC Sexual Health Research & The Women's Health Research Institute. (2017). Campaign: #ItsNotInYourHead. Vancouver, BC. [https://brottolab.med.ubc.ca/sharing\\_science/knowledge-translation/itsnotinyourhead/](https://brottolab.med.ubc.ca/sharing_science/knowledge-translation/itsnotinyourhead/)



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