Dyspareunia: Case Studies

Melissa Hague, MD, FACOG
Women’s Sexual Wellness Clinic
Painful sex

- 3 out of 4 women at some point in their lifetime
- Multifactorial – it’s not just endometriosis!
- Sensitive approach
- Multidisciplinary treatment plans
History of the Orgasm

• Midieval Times: Women must have an orgasm in order to conceive
Cassandra

- 22 year old G0P0 presents for “sexual pain”
The Hymen

- 1 in 200 women have an intact/imperforate hymen
- Hymenotomy can be performed in the office under local or in the OR under general anesthesia
- There are many different recommendations for how to perform hymenotomy, regardless of the approach post-op topical estrogen is recommended
- Even if tampon insertion is possible, hymenotomy may be needed to engage in intercourse without pain
Hymen

• Some cultures believe a hymen is “broken” during first intercourse, and thus a newly married couple must produce bloody sheets to prove a woman’s premarital virginity

• In Syria, artificial hymens can be purchased on the black market for $15
You can’t make this stuff up...

- Hymen Shop explains, “The first and foremost purpose of the artificial hymen kit is to provide the visual effect human being blood coming out of the vagina as a proof of virginity. The 'breaking' sensation in the intercourse is a second priority, and it's an elusive one since it is very subjective with the individual man and the construct of the female hymen.”
History of the Orgasm

- 1800’s: Orgasm is treatment for “hysteria” – the womb driving women crazy
Evana

- 65 year old female c/o pain with intercourse
Lichen Sclerosis
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- Treat with moderate to high-potency steroids until flare resolved and architecture resolved
- Apply hydrocortisone 1% daily to prevent flares and cancer (5% conversion to cancer without maintenance therapy)
- Surgery is sometimes needed to disrupt clitoral phimosis
- Dilators are sometimes needed to allow for intercourse
History of the Orgasm

• 1940s: The Kinsey Report – a massive survey of women demystifies the orgasm, revealing women can have “wet dreams”, multiple orgasms, and orgasm via masturbation (previously thought only men could masturbate)
Raquel

- 32 y/o G2P2 c/o painful intercourse
Pelvic Floor Dysfunction

• Associated Symptoms:
  • Constipation
  • Incontinence, frequency
  • Gait disturbance
  • Pain with penetration
Treatment

• Physical therapy
• Trigger point injections
• Medications
  • NSAIDs
  • Vaginal valium
• Mindfulness training
History of the Orgasm

- 1960’s: Masters and Johnson – research that proved women have both vaginal and clitoral orgasm. A variety of scientific explanations for orgasm, most relating to improved conception.
Birdie

- 27 y/o G0P0 presents c/o pain with sex
OCP associated dyspareunia

- Onset of dyspareunia is variable – typically several months
- Vulvar changes include erythema, thinning of vulvar skin, and atrophic-like changes
- Can take 12 weeks or more to return to normal after OCPs are discontinued
OCP associated dyspareunia

- May alter vulvar mucosa making it more vulnerable to external irritants, increase local inflammatory response, and lead to pain with any touch
- In a study of OCP users, labia minora and entroitus thickness decreased significantly by 3 months
- A small case study demonstrated a decrease in pain in women who treated the vestibule with a topical estrogen/testosterone cream
History of the Orgasm

- 2000’s: Health benefits to orgasm including improved relationships, regulation of menstruation, boost mood, and help with pain.
References

• Keller JM, Gaba ND. Sexual function and oral contraceptives. Female Patient. 2010;35:28–32.
• Thorpe, JR. A Brief History of the Female Orgasm from Midieval To Modern Times
Attention teachers: never assign your class to paint "candlelight"