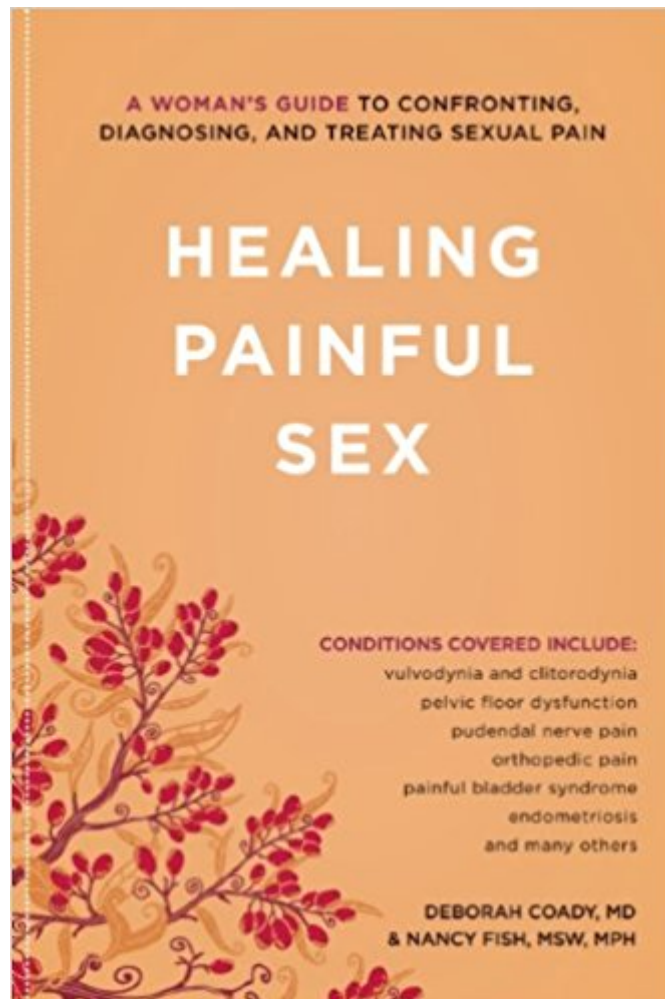


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# Healing Painful Sex: A Woman's Guide To Confronting, Diagnosing, And Treating Sexual Pain



## Synopsis

Healing Painful Sex covers the following symptoms and conditions: Pelvic floor dysfunction, Vulvodynia, pudendal nerve pain, and clitorodynia. Pelvic organ problems, endometriosis, painful bladder, and irritable bowel. Skin disorders, such as lichen sclerosis. Hormonal, surgical, and post-cancer causes of sexual pain. Millions of women suffer from sexual and pelvic pain in America today, yet it is frequently misdiagnosed—or not diagnosed at all. In *Healing Painful Sex*, Deborah Coady, MD and Nancy Fish use their combined professional expertise as a doctor and therapist who specialize in sexual pain to provide readers with an understanding of its many causes and how to treat them, from both a physical and psychological standpoint. Organized into three parts—naming the problem, getting a diagnosis, and overcoming pain—*Healing Painful Sex* includes medical checklists, illustrations, vignettes based on interviews with women and their healthcare professionals, treatment options, and guidance for moving forward after healing. Coady and Fish speak honestly and directly to sexual pain sufferers' experiences, helping them address the problem of chronic pain, understand and prevent misdiagnoses, define medical terms and conditions, and regain sexual joy. Comprehensive, multi-dimensional, and deeply insightful, *Healing Painful Sex* offers women the tools to successfully take on the many challenges of sexual pain and move toward a healthy, happy future.

## Book Information

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## Customer Reviews

This book is a must read for anyone suffering from sexual/pelvic pain. Dr. Coady does a wonderful job explaining the medical components of the many conditions that can cause pain. She also

explains the treatments available, without overwhelming the reader. She is an expert in her field and the depth of her knowledge is immeasurable. Nancy Fish does a great job reassuring the reader they are not alone. Her advice on how to cope is brilliant. This book validates the suffering that many women have experienced and provides hope. I highly recommend this book...

This book is outstanding. The authors hit the nail on the head! Not only is it a must-read for individuals suffering from pelvic pain or painful sex, but for physicians caring for a patient with this kind of pain. It should be required reading for any person who is either caring for someone close to them or is themselves suffering from any pain condition. Fish and Coady help the patient navigate the complex maze of today's managed care medical system and give practical tips on how to be a patient advocate and deal with dismissive doctors. The gifted authors also give the patient hope and coping skills to get them through the roughest times.

Healing Painful Sex is a brilliant book. Beautifully written and easy to read, this informative masterpiece addresses the medical aspects of pelvic pain to perfection. As well, the perceptive insights woven throughout this book - are truly remarkable. Kudos to Dr. Coady and Nancy for addressing these taboo issues in a dignified manner - what a worthy and noble cause! Thanks will never suffice. God has His ways, and Dr. Coady and Nancy are truly angels sent from Heaven.

I started reading this book and I had no idea that this medical condition even existed. I hope it gets the right exposure that it so deserves so that help can get through where it's needed most. For someone who is removed (thankfully) from this condition, I still find the book very informative in regards to the biology of things. The chapter on "Helping Your Doctor Get it Right" is good advice all around on how to deal with one's health issues and make the most use of doctor's appointments. Though vaguely aware, I did not know the extent of how much the US healthcare system has commoditized patient care that it's been rationed to minutes, until this book. Thanks both to Dr. Deborah Coady and Nancy Fish for this very helpful, insightful book.

Comprehensive and complete guide to understanding different conditions that cause chronic pelvic pain including how to navigate the medical system, physiology, emotional aspects of chronic sexual pain, and coping skills along with many other recommendations. Very well organized, easy to read and understand. Excellent!

The single most helpful book I've found on the subject. Every woman who is concerned or suffering from this issue or related symptoms should read. I have given copies to every doctor I have.

This is a great book for those suffering with pelvic pain. I went to Niva Herzig one of the Physical therapists mentioned in the book and she was fantastic and helped me when no one else could.

This book is very helpful for me with my IC condition. It helped settle my mind on some questionable situations. Also helped my husband understand more about my illness.

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