DEFINITIONS of localized provoked vulvodynia (vestibulodynia)

Terminology replacing “vulvovaginal atrophy” = “Genito-urinary Syndrome of Menopause” - from NAMS and ISSWSH, 2014

Menopause: Estradiol levels fall - even with supplements the levels are low

IS VESTIBULODYNIA CAUSED BY LOW ESTRADIOL?

A STUDY OF TOPICAL LIDOCAINE IN SURVIVORS OF BREAST CANCER - Goetsch 2015

46 patients were taught to use topical lidocaine at the vulvar vestibule before intimacy

Initial 50 patients were typical of those complaining of menopausal dyspareunia

Criteria was moderate or severe dyspareunia

All had severe atrophy of vulva and vagina

All had tenderness at the vulvar vestibule -see figure: red numbers are the order of touch; black =median pain scores; (IQRs)

Only one had vaginal tenderness

Definitions by Friedrich, (1987):
1. Severe pain on touch to the vestibule or on attempted vaginal entry
2. Tenderness to pressure localized w/in vulvar vestibule (examination)
3. Redness of various degrees

ISSVD: Localized vulvar pain w/o obvious clinical pathology (J Repro Med 2004)

IS ATROPHY AN “OBVIOUS CLINICAL PATHOLOGY” THAT PREVENTS NAMING THIS VESTIBULODYNIA?

DOES ATROPHY HURT?

CAN THERE BE TWO CONCOMITANT CONDITIONS? ONE = ATROPHY THE OTHER = A PAIN CONDITION

Initial swab touch test results
Baseline pain scores were 8 of 10 (0-10 scale)
All patients got a silicone lubricant as well as the study drug or placebo for 4 weeks
First 4 weeks were blinded. Then 8 weeks were open-label with lidocaine & silicone lube

Using lidocaine, 95% of patients in the study were having no pain with intercourse and having it as often as they wished at the 6 months follow-up.

CONCLUSION: TYPICAL MENOPAUSAL DYSPAREUNIA IS BECAUSE OF VESTIBULAR PAIN

QUESTION: IF MENOPAUSAL DYSPAREUNIA IS VESTIBULAR AND UNRELATED TO ATROPHY, SHOULD IT BE CONSIDERED THE PAIN CONDITION OF VESTIBULODYNIA?

References:

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