

# When A Woman's Body Says No To Sex Understanding And Overcoming Vaginismus

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*How Polyamory Pushed Me to Prioritize My Pelvic Health - www.autostraddle.com*

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[Is painful sex affecting your relationships? Rediscover comfort with this dilator. - Upworthy](#)

**What is vaginismus, is there a cure, do pelvic muscle exercises work and can it occur during pregnancy?... - The Sun**

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**Clinical Gynaecology** - T. F. Kruger 2007

Presenting the basis for gynecological studies in South Africa, this comprehensive examination, compiled by 32 leaders in the field, describes the history and basics of gynecology—including genetics, embryology, anatomy, physiology, and cytology bioethics. Incorporating information on the latest diagnostic and therapeutic procedures, HIV/AIDS, abuse and violence against women, and access to gynecological data via electronic media, this third edition includes eight new chapters, a DVD that shows live techniques and procedures, and a quick-reference guide summarizing the salient points of each chapter. An invaluable resource for undergraduates, postgraduate students, and practicing physicians, the topics covered in this authoritative handbook apply not only to sub-Saharan Africa but to any developing community.

**The 5-Minute Clinical Consult 2020** - Sangeeta Sharma 2019-12-15  
Over 250 diagnostic and treatment algorithms over 900 topics providing clinical guidance current evidence-based designations highlighted in each topic at-a-glance format with concise and bulleted text, ICD-10 codes, dsm-5 criteria quick information to help in diagnosis, treatment

selection and medication dosing easy-to-use reference at point of care providing quick answer to a direct clinical question.

**The Women's Concise Guide to Emotional Well-being** - Karen J. Carlson 1997

Profiles current research on women's emotional health while offering advice about preventing, recognizing, and treating the particular psychological disturbances and disorders that affect women.

**5-Minute Clinical Consult 2021** - Frank J. Domino 2020-06-17

Practical and highly organized, The 5-Minute Clinical Consult 2021 is a reliable, go-to resource for primary care physicians, nurse practitioners, and physician assistants. This bestselling title provides rapid access to guidance on diagnosis, treatment, medications, follow-up, and associated factors for more than 540 diseases and conditions. The 5-Minute Clinical Consult 2021 delivers clinical confidence efficiently, allowing you to focus your valuable time on giving your patients the best possible care. Written by esteemed internal medicine and family medicine practitioners and published by the leading publisher in medical content, The 5-Minute Clinical Consult 2021, 29th Edition is your best resource for patient care.

**The Psychopharmacology Treatment Planner** - David C. Purselle 2004-03-31

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*The Truth about Rape* - Teresa Lauer 2002

If you were raped, recently or even years ago, you know that desperate feeling of wanting to get your life back together. If it feels like everything is broken and you're all alone, this book is a safe and reliable guide to recovery.

**The 5-Minute Clinical Consult 2024** - Frank Domino 2023-05-09

Practical and highly organized, the 5-Minute Clinical Consult 2024 provides rapid access to the diagnosis, treatment, medications, follow-up, and associated conditions for more than 500 disease and condition topics to help you make accurate decisions at the point of care. Organized alphabetically by diagnosis, it presents brief, bulleted points in a templated format, and contains more than 100 diagnostic and therapeutic algorithms. This up-to-date, bestselling reference delivers maximum clinical confidence as efficiently as possible, allowing you to focus your valuable time on providing high-quality care to your patients. *The 5-minute Clinical Consult 2007* - Frank J. Domino 2007

A comprehensive, structured clinical resource that presents in bulleted fashion essential information about the diagnosis, treatment, medications, follow-up, and associated conditions of more than 600 medical conditions. With a new editor at the helm, this bestselling reference takes a more evidence-based approach.

**Sexual Medicine in Primary Care** - William L. Maurice 1999

A practical guide to interviewing patients about sexual matters with suggested questions, guidelines for the assessment and treatment of common sexual problems, and guidelines for referral. It incorporates sample questions and case histories for a more clinical focus. \* Includes case histories throughout, guiding you through history-taking and the physical exam. \* Contains specific questions to ask when a patient reveals a problem (and special techniques to use with patients who seem reluctant to talk). \* Presents up-to-date information on suggested treatments, including Viagra.

*Sex and Sexuality* - Richard D. McAnulty 2006

**Overcoming My Vaginismus** - Maria Gonzalez 2019-04-07

This is the story of my fight against vaginismus for 30 years. I think you can be your best adviser. You don't need to buy expensive dilators or seek many therapists. I don't mean to say they're useless but you must take the first step by yourself. In this book you'll learn the keys that helped me to work it out. I won't focus on the intercourse, I'll help you train the elasticity of your vagina instead. I recommend this book to all women, even to all men: let's know our own bodies better, you should know your partner's body better. If you can control your vaginal elasticity, your sexual life will improve. This is the book your therapist might not want you to read, but you have to judge for yourself who can help you better: an expert looking at the problem from the outside or a victim who knows how you feel. Maria Gonzalez is a Spanish woman who overcame vaginismus for herself. In this book she speaks to you, from woman to woman, like a friend, not like a cold therapist.

*Fertility and Sterility: A Current Overview* - J. Bringer 1995-09-15

This is the most complete and up-to-date medical reference work available on the newest clinical developments and scientific findings dealing with contraception, infertility, the endocrinology of reproduction, andrology, reproductive surgery, IVF technology, ethics, and research on human fertility and sterility. It contains 65 chapters by prominent international authorities. As the volume editors state in their Foreword, Whether you are a gynecologist, endocrinologist, biologist, andrologist, or basic scientist, or whatever your own interest-reproductive surgery, assisted medical procreation techniques, new drugs, contraception, reproductive endocrinology, or perhaps all of these-you will find that this book contains the appropriate answers.

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**When a Woman's Body Says No to Sex** - Linda Valins 1992

Writing from her conversations with women who have suffered from vaginismus--an involuntary spasm of the vaginal muscles, preventing penetration--as well as from professionals who treat the condition, Valins offers a practical and compassionate guide for understanding the condition and its causes.

**The 5-Minute Clinical Consult 2014** - Frank J. Domino 2013-05-20

The 5-Minute Clinical Consult 2014 Standard Edition provides rapid-access in a quick-reference format. It delivers diagnosis, treatment, medications, follow-up, and associated factors for a broad range of diseases and conditions. Organized alphabetically by diagnosis, this best-selling clinical reference continues to present brief, bulleted information on disease topics in a consistent and reader-friendly three-column format.

*Handbook of Family Therapy* - Mike Robbins 2004-03-01

This new *Handbook of Family Therapy* is the culmination of a decade of achievements within the field of family and couples therapy, emerging from and celebrating the dynamic evolution of marriage and family theory, practice, and research. The editors have unified the efforts of the profession's major players in bringing the most up-to-date and innovative information to the forefront of both educational and practice settings. They review the major theoretical approaches and break new ground by identifying and describing the current era of evidence-based models and contemporary areas of application. The *Handbook of Family Therapy* is a comprehensive, progressive, and skillful presentation of the science and practice of family and couples therapy, and a valuable resource for practitioners and students alike.

*100 Questions & Answers About Women's Sexual Wellness and Vitality: A Practical Guide for the Woman Seeking Sexual Fulfillment* - Michael L. Krychman 2009-04-17

No woman wants to read this book but many women should, for it is estimated that 43% of all women suffer from some form of sexual complaint. The only text to provide the doctor and patient's view, *100 Questions and Answers About Women's Sexual Wellness and Vitality* provides authoritative answers to 100 of the most common questions posed by women--and their partners--about sexual problems and health. It offers practical information on how to improve sex and sexual function through lifestyle, medication, and therapy. Written by Dr. Michael L. Krychman, an expert sexual medicine specialist, this book provides you with the information you need to take charge of your sexual health, your overall health, and your relationships.

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*Handbook* concisely presents extensive, clinically relevant information. It is divided into sections: alphabetized table of contents, health maintenance schedules, algorithmic flowcharts for diagnosis and treatment, and summaries for over 900 conditions. Summaries comprise basics, diagnosis, treatment, ongoing care (including complications and patient education), references, readings, codes and clinical pearls.



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