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Healing Painful Sex: A Woman's Guide to Confronting, Diagnosing, and Treating Sexual Pain

Deborah Coady, Nancy Fish

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Healing Painful Sex covers the following symptoms and conditions:

Pelvic floor dysfunctionVulvodynia, pudendal nerve pain, and clitorodyniaPelvic organ problems, endometriosis, painful bladder, and irritable bowelSkin disorders, such as lichen sclerosisHormonal, 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.

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