

## When Vaginal Examinations Hurts

For many women, examinations of the vagina and rectum are uncomfortable and embarrassing, but it is possible to get past that in order to have treatment and improve symptoms. For other women, examinations in this area are truly painful and anxiety producing. Therefore making it almost impossible to consider going into treatment which might involve examinations inside the vagina. I work with many women in this situation, and I understand your concern and worry. In my practice every procedure is fully explained with models and pictures (if they are available) before you undress. You are always in control of the therapy, and you can decide not to have a particular procedure or measurement at any time. I ask that you be honest and up front with me about your concern regarding procedures so that I can help you better. There are several different ways to approach most situations and sometimes it takes a few visits of learning and practicing at home before we do the measurements inside the vagina. In addition, I have two measurement tools outside the body and often there are other components of the treatment that can be worked on outside the body.

Whatever the reason for the pain or worry, don't let that stop you from getting help. I am happy to answer questions by email or phone before your visit. Please let me know your concern and let's work together to improve the situation.

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