


# The Vulvodynia Survival Guide: How to Overcome Painful Vaginal Symptoms and Enjoy an Active Lifestyle


By Howard Glazer



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Defined as a constant or recurring vulvar discomfort, vulvodynia's symptoms include burning, itching, stinging, rawness, and painful sexual intercourse. The disorder can have a devastating impact on a woman's sex life. This book offers the most current and effective techniques for overcoming this problem.

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### Editorial Review

#### Review

“Drs. Glazer and Rodke have written a comprehensive guide to an often misdiagnosed, painful gynecological condition. This book will help millions of women realize that they are not alone in their suffering.”

—Phyllis Mate, President, national Vulvodynia Association

“Howard Glazer’s success rate has astounded the medical community.”

—Stanley C. Marinoff, M.D., M.P.H., FACOG, Director, Center for Vulvovaginal Disorders, Washington, DC

“Dr. Glazer, as a member of the International Society for the Study of Vulvovaginal Disease, has been a pioneer in the treatment of vulvodynia. His accomplishments, commitment, and training of others have helped thousands of women afflicted with this disorder.”

—Benson Horowitz, M.D., University of Connecticut Medical School, Hartford

#### About the Author

**Howard I. Glazer, Ph.D.**, is a Clinical Psychologist in New York city with a professional practice specializing in the treatment of vulvovaginal pain syndromes. He is a Clinical Associate Professor of Psychology in Psychiatry and in Obstetrics and Gynecology at Cornell University medical College/ New York Presbyterian Hospital. He is a member of the Medical board of the (NVA), and the Editorial Advisory Board of the chronic pelvic pain section. Glazer provides individual clinical services, training workshops, and in-office specialty training, and he is actively involved in several multidisciplinary and multinational research projects.

**Gae M. Rodke, M.D., FACOG**, is a Clinical Assistant Professor of Obstetrics and Gynecology at Columbia University College of Physicians and Surgeons, and a Clinical Associate Attending Physician at St. Luke’s Roosevelt Hospital Center. She is a fellow of the American college of Obstetricians and Gynecologists and of the International Society for the Study of Vulvovaginal Diseases. Dr. Rodke has been involved in pioneering research to establish a working model for vulvovaginal pain and to develop effective treatments for these disorders. She has published research articles, conducted grand rounds at several hospitals, presented at professional society meetings, and lectured to medical students in this field for over ten years.

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### **Shari Villa:**

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