The Vulvodynia Survival Guide: How to Overcome Painful Vaginal Symptoms and Enjoy an Active Lifestyle [Howard Glazer] on Amazon.com. *FREE* shipping on qualifying offers. Defined as a constant or recurring vulvar discomfort, vulvodynia's symptoms include burning, itching, irritation, or rawness, and painful intercourse. These symptoms are not caused by an infection or skin disease. And as with most chronic pain conditions, it can have a profound impact on a woman's quality of life, affecting her ability to engage in sexual activity and interfering with daily functioning (e.g., sitting at a desk, engaging in physical exercise, participating in social activities, etc.). These limitations can negatively affect self-image and lead to depression. To make matters worse, when it comes to vulvovaginal pain disorders, there is a true lack of knowledge in the medical community - many doctors do not even acknowledge the condition as a real problem with a physical component! As the authors contend, since the medical community is not yet up to speed on vulvodynia, those women who suspect they have this condition must be in the know. They present the reader with medical information and self-help solutions to identify and avoid triggers, modify diet to reduce symptoms, find knowledgeable medical help, reduce or eliminate debilitating pain, and begin to enjoy healthy sexual relations and daily activities.