

# PAINFUL SEX

WHAT EVERY WOMAN SHOULD  
KNOW ABOUT PAINFUL SEX

An Overview of Painful Sex and Its  
Symptoms, Causes, and Treatments



# INTRODUCTION

Painful sex in women, termed dyspareunia, refers to recurring genital pain before, during, or after sexual intercourse.

It can result from various factors, such as medical conditions, hormonal imbalances, psychological factors, or insufficient lubrication. Understanding and addressing the root cause are crucial for effective management and improved sexual well-being.

# Symptoms

---

## **SYMPTOMS OF PAINFUL SEX INCLUDE:**

- Sharp or burning pain during penetration
- Deep pelvic pain
- Throbbing pain lasting hours after intercourse
- Pain with specific movements or positions
- Tenderness or discomfort in the genital area
- Anxiety or distress related to sexual activity
- Vaginal dryness or irritation
- Muscle spasms in the pelvic floor



# Causes

---

## COMMON CAUSES INCLUDE:

### Medical Conditions:

- Infections (e.g., yeast or urinary tract infections)
- Gynecological issues (e.g., endometriosis, fibroids)
- Pelvic inflammatory disease
- Vaginismus (involuntary muscle spasms)
- Scarring or abnormalities in the genital area
- Lack of arousal or inadequate lubrication



# Causes Cont'd

---

## **COMMON CAUSES INCLUDE:**

### **Hormonal Changes:**

- Menopause-related vaginal dryness
- Hormonal fluctuations

### **Psychological Factors:**

- Anxiety or depression
- Relationship issues
- Past trauma or abuse



# Treatments

---

## TREATMENT OPTIONS INCLUDE:

- Treatment of underlying infections
- Management of gynecological conditions
- Hormone replacement therapy
- Pelvic floor physical therapy for muscle-related issues
- Surgery in cases of structural abnormalities or scarring



# WE CAN HELP

Schedule an appointment with  
one of our board-certified  
OB/GYNs today.

