



REVIEW

“The sound of silence” Giving voice to endometriosis-related positional dyspareunia

Camilla Erminia Maria Merli¹ · Giulia Emily Cetera¹ · Carlotta Caia^{1,2} · Federica Facchin³ · Paolo Vercellini^{1,2}

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Abstract

Deep dyspareunia is one of the main symptoms of endometriosis. It appears to be submerged by a two-way disconnection between patients and their physicians. The aim of our review is to provide clear, ready-to-use advice on how to manage deep dyspareunia overcoming the gap in communication. Sexual history should always be taken as part of routine health care in these regards, using a patient-centered approach. An educational pelvic examination, which actively includes patients in the identification of painful areas, may prove useful to improve patients' understanding of their condition. Correlating painful pelvic areas with sexual positions and inviting patients to adopt alternative positions may represent a simple but extremely effective coping strategy to mitigate pain. Revealing and explaining to partners the nature of the pain is essential to allow them to take part in shared research of coping mechanisms, empowering the couple to make choices and changes. Couples who do not feel comfortable talking about intimacy by themselves may find that including a psychotherapist or a sexual therapist, may be a good way to start communication. Investigating and managing dyspareunia during medical encounters is a medical and ethical duty all healthcare practitioners should pursue.

Keywords Dyspareunia · Endometriosis · Communication · Deep dyspareunia

Introduction

According to a survey conducted by Sobecki and colleagues on 1154 gynecologists practicing in the US, only 40% routinely ask their patients about sexual problems and as few as 13.8% enquire about sexual satisfaction [1]. It may be pointed out that the survey was conducted on gynecologists who were not necessarily specialists in endometriosis or other conditions associated with dyspareunia. However, in a more recent study, Witzeman and co-workers reported

that as many as 10% of women who self-identified as having both endometriosis and painful sexual intercourse feared seeking help for their dyspareunia and, among those who did approach a practitioner, 36% did not receive an effective treatment [2]. Accordingly, results from Strzempko and Chesla's qualitative study on the relational impact of endometriosis unveiled couples' helplessness for not being able to receive effective treatments for dyspareunia as well as their feeling of abandonment in a field of unknowns [3].

This considered, deep dyspareunia—one of the main, yet probably the most unspoken painful symptom of endometriosis—appears to be submerged by dysfunctional patient/physician communication [4].

From healthcare providers' point of view, embarrassment, lack of time, and of knowledge appear to be the main reasons for overlooking pain during sexual intercourse, both in clinical and in research settings [2, 5–8]. In the literature, in fact, deep dyspareunia—that is pain occurring within the pelvis with deep penetration—is not systematically distinguished from superficial dyspareunia, which is more commonly observed in other health conditions such as vulvodinia, vulvar dermatoses, and menopausal genitourinary syndrome [5]. This lack of knowledge may

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