

Transcutaneous electrical nerve stimulation eases vestibulodynia

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(HealthDay)—Transcutaneous electrical nerve stimulation (TENS) may be useful as an additional treatment in the management of therapy-resistant provoked vestibulodynia (PVD), according to research published online Nov. 12 in the *Journal of Sexual Medicine*.

Marleen S. Vallinga, M.D., of the University of Groningen in the Netherlands, and colleagues conducted a longitudinal prospective study of 39 [women](#) (mean age, 27 ± 5.6 years; range: 19 to 41 years) with therapy-resistant PVD. Self-report questionnaires and visual analog scales (VASs) were administered at baseline, following TENS therapy, and at follow-up.

The researchers found that directly following TENS therapy and at follow-up, VAS scores for vulvar pain were significantly reduced from baseline (P

"The addition of self-administered TENS to multidimensional treatment significantly reduced the level of vulvar pain and the need for vestibulectomy," the authors write.

More information: [Abstract](#)
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