Secret Suffering: How Women's Sexual and Pelvic Pain Affects Their Relationships (Sex, Love, and Psychology) by Robert J. Echenberg M.D.

Finally

Secret Suffering: How Women's Sexual and Pelvic Pain Affects Their Relationships is the first book to explain how pelvic and sexual pain affects the lives of women (and men) and their partners in their own words. The work also provides information on cutting-edge research and describes the most effective treatment modalities. Susan Bilheimer, coauthor, shares her own experiences as a patient who has gone down the painful, frustrating road of living with an illness that is often dismissed and not taken seriously. Robert J. Echenberg, M.D., coauthor, has treated over 700 women (and some men) with the disorder. He shares his decades of experience and expertise as a gynecologist and specialist in the treatment of chronic pelvic pain.

Not only does CPP interfere with a woman's physical and mental health, it can wreak havoc in family relationships, ruin careers, and wreck marriages. In the majority of cases, women suffer in silence. Even when they do seek medical help, what they find too often is inadequate care, as most doctors, even gynecological specialists, are not properly trained in recognizing, much less treating, all aspects of CPP.

Through classic, new, and emerging research, with statements from experts and interviews with CPP sufferers and their partners, Secret Suffering exposes and gives strong voice and compassionate understanding to this complex disorder. Most importantly, information on effective treatments for CPP, as well as the depression and other psychological fallout it may cause, are presented. Through Secret Suffering, Bilheimer and Echenberg finally shatter the silence, educate patients, build understanding, and demand that chronic pelvic and genital pain be taken seriously by the medical community.
My Personal Review:
For anyone who has to live with chronic pelvic pain, you should have this book. I am a patient of Dr. E. and he has helped me a lot. The pain was very bad for me. Dr. E. and his techniques have helped me to be pretty much pain free. It took time and a lot of patients but it is well worth it. We are all sexual beings and sex is a big part of any relationship. Susan and Dr. E. are to be praised for bringing this topic to light. Both men and women have this issue and our medical community is at a loss as to how to treat it. I saw many doctors over many years and were told it was all in my head, there was nothing physically wrong. Dr. E. and his staff have helped me a lot. From day one he listened to me, no other has done this and had answers. For the first time, I did not feel like alone. Susan brings this topic out into the open for people to read and discuss. Cheers to Susan and Dr. E!

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