

# Pelvic & Vulvovaginal Pain Resources

## *Services & referrals from Cornell Health*

### About pelvic pain

Pelvic pain occurs in the area below your navel and between your hips. Individuals who suffer from pelvic pain may also experience discomfort during intercourse, when having a bowel movement or urinating, or when sitting for long periods of time.

Common causes of pelvic pain include:

- endometriosis
- pelvic floor disorders
- ovarian cysts
- uterine fibroids
- painful bladder syndrome
- irritable bowel syndrome

### About vulvovaginal pain

Vulvovaginal pain is chronic, unexplained pain in the area around the opening of the vagina and/or pain during vaginal insertion/penetration. Individuals who suffer from vulvovaginal pain may experience burning, stinging, rawness, irritation, cramping, or itching.

Common causes of vulvovaginal pain include:

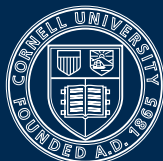
- vulvodynia
- vaginismus
- hormonal changes from birth control, pregnancy, nursing, perimenopause, or menopause
- hormone imbalance
- skin conditions (e.g., lichen sclerosus)
- nerve irritation (e.g., pudendal neuralgia, neuroproliferation at the vestibule)
- pelvic floor dysfunction
- sexually transmitted infections (STIs)
- other infections

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# Health

[health.cornell.edu](http://health.cornell.edu)



## Support services at Cornell Health

### Medical care

Cornell Health's medical clinicians can provide evaluation for most gynecological concerns and other causes of pelvic and vulvovaginal pain. Services include vulvovaginal and pelvic exams, Pap smears and cervical cancer screenings, vaginal cultures and blood tests, urinalysis and urine cultures, and screenings for sexually transmitted infections (STIs). Prescription medication to manage pelvic pain can include hormonal contraception, topical medications, and psychotropic medications. To schedule an appointment, visit [health.cornell.edu/appointments](https://health.cornell.edu/appointments).

### Referrals to community providers

Students with concerns that are outside the scope of care at Cornell Health are referred to specialists in the Ithaca community, including gynecologists, urogynecologists, gastroenterologists, and pelvic floor physical therapy providers.

To receive a referral, students can speak with their clinician during a medical appointment, or call our referrals nursing team at 607-255-5155.

### Gynecology consultation with Weill Cornell

To support complex gynecology (GYN) concerns, Cornell Health medical clinicians can consult with and refer students for telehealth appointments with Weill GYN providers. (Weill Cornell is in network with most insurance plans.) Students can speak with their Cornell Health provider about this option.

### Mental health support for chronic pain

Students struggling with the effects of managing chronic pain may benefit from mental health support. Visit [health.cornell.edu/CAPS](https://health.cornell.edu/CAPS) to learn about services offered by Cornell Health. Campus-wide options for support can be found at [mentalhealth.cornell.edu](https://mentalhealth.cornell.edu).