

THE RESEARCH CONNECTION

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Fear and Loathing in the Bedroom: Psychosocial Contributions to Sexual Pain



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Expert in rehabilitative care for individuals with cancer and pelvic & urogynecologic disorders

When sexual pain strikes, the impact of this pain goes beyond pain during intercourse. Painful sex is associated with emotional and behavioral consequences that affect individuals beyond the bedroom. This common condition, affecting nearly 45% of older women and 34% of younger women, is linked to local (ie pelvic) and widespread pain sensitivity, in addition to other areas of bodily pain. Sexual pain is also associated with significant intercourse related distress, including fear and anxiety that may be present before, during or after penetration. Unfortunately, this topic remains taboo among patients and providers; patients often suffer in silence for years before receiving treatment from a provider with knowledge of sexual pain.

This talk will cover the mechanisms of sexual pain and how this type of pain impacts sexual and physical function, partner dynamics, and health related quality of life.

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TUESDAY, OCT. 19
7:00 - 8:00 PM EST**

X

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ABOUT THE SPEAKER

Dr. Alappattu graduated with her Doctor of Physical Therapy from the University of Florida in 2008 and completed a residency in cancer rehabilitation and pelvic health at UF health. She went on to complete her PhD in Rehabilitation Science in 2014, which focused on the development and management of pain, particularly pelvic pain in women. In 2019, Meryl joined the Brooks Clinical Research Center as a Clinical Research Scientist and member of the Brooks/UF-PHP Research Collaboration, with a concentration in rehabilitative care for individuals with cancer and pelvic & urogynecologic disorders. She serves on the Board of Directors for the International Pelvic Pain Society, American PT Association Academy of Pelvic Health Therapy, and Florida Physical Therapy Association. She is also a contributor and content expert for Girls Gone Strong.