



# PATTY BRISBEN FOUNDATION *for* WOMEN'S SEXUAL HEALTH

**#LetsDiscuss** pocket cards are designed to be conversation starters for you and your healthcare team.



**#LetsDiscuss**  
**Vulvovaginal Pain Disorders**

- Pain on my vulva or outer labia
- Pain on the inside of my vagina
- Painful intercourse/ pain during sex
- Pain upon initial insertion during sex
- Abnormal vaginal discharge
- Abnormal vaginal odor
- Pain during urination
- Tight vaginal muscles
- My treatment plan for the pain
- \_\_\_\_\_

  
**The Patty Brisben Foundation for Women's Sexual Health**  
**[pattybrisbenfoundation.org](http://pattybrisbenfoundation.org)**

## Instructions:

- Print the pocket card, trim, and check the boxes that apply.
- Use the blank space for any additional concerns not listed.
- Bring to your appointment and hand the pocket card to your provider, or nursing staff, to start the discussion.

For more information visit [PattyBrisbenFoundation.org](http://PattyBrisbenFoundation.org)