Vulvodynia Resources

The National Vulvodynia Association (NVA), http://www.nva.org/new_patient_guide/index.html is a nonprofit organization created in 1994 to improve the lives of individuals affected by vulvodynia, a spectrum of chronic vulvar pain disorders. In accomplishing this goal, the NVA will:

- educate affected women about vulvodynia to enable them to make informed choices about their treatment
- encourage patients to develop self-help strategies to deal with the physical and emotional components of this disorder
- provide a support network for interested members
- involve and educate loved ones to promote a more supportive family environment
- coordinate a centralized source of information on suspected causes, current treatments, and ongoing research for health care practitioners and patients
- emphasize a coordinated interdisciplinary approach to patients' medical care
- work cooperatively with other health organizations to improve our understanding of vulvodynia's relationship to other disorders
- educate the public to bring attention to vulvodynia as a serious women's health concern
- encourage further research to find more effective treatments and eventual cures for vulvodynia

The VP (Vulvar Pain) Foundation, http://thevpfoundation.com/ was established in 1992 as a non-profit organization to end the isolation of women suffering from vulvar pain and related disorders (fibromyalgia, interstitial cystitis, irritable bowel). The Foundation’s purposes are to give reliable information, hope, safety, and success to sufferers and their families, to advance the standard of medical practice in treating vulvar pain syndrome, and to promote scientific research.

An international organization, the Foundation publishes The VP Foundation Newsletter and The Low Oxalate Cookbook, sponsors research, and coordinates a network of personal support and other resources for its members. It also conducts a program of public education and outreach.

In an emergency go to Mount Nittany Medical Center or call 911 for an ambulance.

Test Results and Advice Nurse
Send secure message to advice nurse via the UHS website or call 814-863-4463.

Appointments
Appointments can be made online via the UHS website, by phone 814-863-0774, or in person. If you are unable to keep your appointment, please call or go online to cancel. Otherwise you will be charged for the visit.

This content is reviewed periodically and is subject to change as new health information becomes available. This information is intended to inform and educate and is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional.