



Vaginitis, Vaginismus and other related disorders can be treated at CNM with Natural Medicine

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Vaginal conditions can pose short and long term problems ranging from discomfort and itching, to pregnancy risks and inflammatory diseases, and frustration and anxiety. They may occur alone or in conjunction with other conditions such as auto-immunity or allergies. Naturopathic medicine offers a novel approach to treating vaginal conditions as it evaluates the history of each patient as well as the other body disturbances that may be playing a part. ND's perform thorough workups for vaginitis which include a health history and physical exam including a pelvic exam, and vaginal cultures from specialized laboratories which can identify slight to severe imbalances in unhealthy and healthy bacteria in the vagina. Causes or contributors to vaginitis or related conditions can include an improper diet for the body type (individualized dietary assessments are performed in office visits), low grade infections (yeast, bacterial), stress (which reduces immune function and healing), and chronic inflammation, which may be related to food intolerances, auto-immunity or poor digestion and absorption. These are all addressed in a naturopathic treatment program.

Naturopathic Physicians are primary care doctors who can diagnose and treat vaginal conditions successfully with medicines that help to heal and do no harm. Herbal, nutritional and supportive therapies may be recommended as well as suppositories that will soothe and comfort the affected area to reduce pain and stress associated with this condition. Naturopathic doctors work as health detectives and supportive therapists to improve the overall health of the body, and services are covered by most insurance plans.

Call our office to schedule a visit today and begin your road to recovery!