

Causes of Dyspareunia (Pain During Sexual Intercourse)

- ⌈ Tipped or retroverted uterus - Some women with a tipped uterus experience pain during intercourse. This happens when the penis hits the cervix or uterus during sex. This condition is known as “collision dyspareunia.”
- ⌈ Endometriosis - The tissue lining the uterus - the endometrium - may grow outside the uterus, causing deep pain during sex.
- ⌈ Infection - Bacterial or yeast infections are among the most common causes of pain during intercourse.
- ⌈ Lack of estrogen - During menopause, the vaginal walls thin and the amount of vaginal lubrication decreases.
- ⌈ Vulvodynia - In this condition, the vulva is hypersensitive and extremely tender to touch.
- ⌈ Drug side effects – Commonly used drugs including those for allergy, high blood pressure or depression may affect the amount of vaginal lubrication, as well as the level of sexual arousal and desire.
- ⌈ Physical problems - Scar tissue from abdominal surgery or from childbirth can distort the anatomy and cause significant pain during intercourse. A cyst on an ovary can also cause pain.
- ⌈ Pelvic floor myalgia - Pelvic floor muscle spasms are involuntary muscle spasms and can result in difficult and uncomfortable sex.
- ⌈ Emotional issues - Sometimes, past issues such as sexual abuse or communication problems in a relationship can translate into sexual difficulties