

# VAGINISMUS

*Meaning: Vaginismus is a condition marked by involuntary contractions of the pelvic floor muscles, causing pain or difficulty during sexual intercourse and often accompanied by anxiety and frustration.*

1. Vaginismus is often characterized by involuntary contractions of the pelvic floor muscles.
2. Many women experiencing vaginismus report feelings of anxiety and frustration regarding intimacy.
3. Therapeutic approaches to vaginismus may include pelvic floor therapy and education about sexual health.
4. Understanding vaginismus can help partners support each other in overcoming this challenging condition.
5. Consulting a healthcare professional is crucial for anyone struggling with symptoms of vaginismus.

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