

Timeline (Figure 1)

28 year old female with a twelve year history of vulvodynia unrelated to menstrual cycles and a multi-generational history of Irritable Bowel Syndrome.

Dermatology: normal vulvar biopsy.
Gynecology: Vulvar biopsy, Vulvodynia diagnosis;
Rx: gabapentin, lidocaine, hydrocortisone and estradiol
Possible Rx.: Vulvar surgery

Began physical therapy (PT) specializing in pelvic health as well as massage therapy. She also received short courses of acupuncture and psychotherapy prior to nutrition intervention

PT and massage therapy continued throughout nutritional intervention.

Gynecology: pain provocation test, all pain points reduced 1-2 points, however still 7/10 pain in one area of the vulvar vestibule.

Family Medicine Physician (Functional Medicine): New patient medical evaluation and laboratory studies.

Family Medicine Physician (Functional Medicine): reviewed laboratory results and dietary supplement recommendations with patient.

8/2014

9/2014

5/2015

6/2015

7/2015

8/2015

9/2015

10/2015

11/2015

Initial contact with Functional Nutritionist

Started on vegetarian elimination diet (eliminated meat, dairy, soy, grains, peanuts, corn, sugar/artificial sweeteners); F/U every 2 wks

F/U1: followed elimination diet; no vulvodynia.

F/U2: followed elimination diet; no vulvodynia. Continue elimination diet for 2 more wks. *Referred to Family Medicine Physician (Functional Medicine)*

F/U3: vulvodynia resolved; modified intervention - plan to re-introduce soy and rice.

F/U4: vulvodynia reappearance + skin Sx, fatigue, and menstrual cramps, probably due to reintroduction of soy

F/U5: significant vulvodynia flare-up w/reintroduction of goat dairy

F/U6: vulvodynia resolved; no food reactions. Retest soy and test cow dairy

F/U7: Significant vulvodynia flare-up again with soy.
Intervention with dietary supplements: Mg, VD3, probiotics, B12, omega-3, betaine HCL, and digestive enzymes

F/U8: vulvodynia resolved; resolution of IBS symptoms; no symptoms with reintroduction of cow dairy

F/U9: vulvodynia resolved; reviewed diet/supplement recommendations

F/U10: no vulvodynia; continue supplements, except for betaine HCL and digestive enzymes, eliminate soy, goat dairy, gluten.

Elimination diet identified soy and goat dairy sensitivity. Current diet supplemented with Omega-3 fish oil, Vitamin D3, B12, Probiotic, Magnesium, and fiber. "I am in a new relationship and have no pain with sexual activity." Vulvodynia is minor and controlled with physical therapy as needed. IBS symptoms also resolved.