

6th International Congress on

Gynecology & Gynecologic Oncology

July 23-24, 2018 | Rome, Italy



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Treatment modalities of Vaginismus and Dyspareunia

Vaginismus and dyspareunia are the major sexual problems of women who are consulting gynecologists. They both have been classified under the same group as genito-pelvic pain and penetration disorders in DSM (Diagnostic and Statistical Manual for Mental Disorders by the American Psychiatric Association) in 2013, so become more in the spectrum of gynecologists. These sexual dysfunctions have been based on some psychologic and organic reasons. Vaginismus is mostly dependent on psychological components, whereas dyspareunia has mostly organic ones. The gold standards of vaginismus treatments are cognitive and behavioral sexual therapies. On the other hand, vulvar vestibulitis which is one of the main reasons of superficial dyspareunia has some updated surgical and non-surgical treatments.

Biography

Süleyman Eserdağ is a Cosmetic Gynecologist and Sexual Therapist Based in Istanbul, Turkey. He has 10 years of specialist experience in the biggest maternity hospital in Turkey, known as 'Zekai Tahir Burak Educational and Research Hospital'. He is the owner of the 3 clinics in the 3 biggest cities of Turkey, known as 'Hera Clinics'. He is a Sexologist Fellow by European Federation of Sexology (EFS) and European Society of Sexual Medicine (ESSM). He founded and is the President of the International Society of Aesthetic Genital Surgery and Sexology (ISAGSS). Based in Ankara, Turkey, Dr Eserdag trained at Zekai Tahir Burak Women's Health and Educational Hospital, the largest maternity hospital in Turkey. He worked as Chief of Gynecology at Kazan National Hospital.

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