

### **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 on touch.
- Drug side effects - Common 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 delivering a baby 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 – Past issues such as sexual abuse or communication problems in a relationship can translate into sexual difficulties