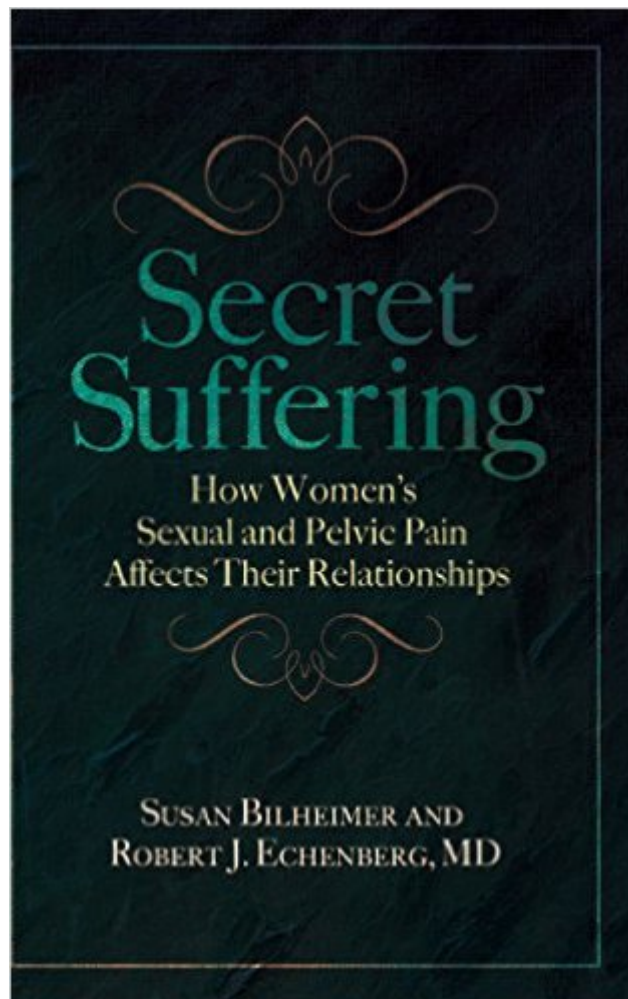


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# Secret Suffering: How Women's Sexual And Pelvic Pain Affects Their Relationships (Sex, Love, And Psychology)



## Synopsis

Through classic, new, and emerging research, with statements from experts and interviews with Chronic Pelvic Pain (CPP) sufferers and their partners and spouses, *Secret Suffering: How Women's Sexual and Pelvic Pain Affects Their Relationships* exposes and gives strong voice and compassionate understanding to this complex disorder. 4 figures

## Book Information

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## Customer Reviews

When one of every five women between ages 18 and 50 in the United States have sex, it hurts, often badly. Until now, very few patients ever talked about their experience until a new IC hero, Susan Bilheimer, arrived on the scene. A chronic pelvic pain patient, Susan has been a driving force in creating this book and, partnered with Dr. Robert Echenberg, now offers hope and encouragement to the millions of women struggling with this condition. *Secret Suffering: How Women's Sexual and Pelvic Pain Affects Their Relationships* has it all. Patient stories, a husband's point of view, a same sex couple's experience with pelvic pain, the dilemma confronting single women with chronic pain, faith and the poignant story of two men who experience sexual pain. They talk about the difficulties working with the medical community and also the great hope promised by a new, far more accepting medical paradigm of chronic pelvic and sexual pain. The appendix offers 64 tips to relieve sexual and pelvic pain! I can't say enough about this book. It's now at the very top of books I will be recommending to patients struggling with IC and intimacy. This will, beyond any

other book I can suggest, break your isolation and show you that you are not alone and that there is hope! It's truly a must read. One note! It's too bad that the publisher has set such a high retail price. This book can help tens of thousands of patients but I am afraid that many simply won't be able to afford it. Let's hope that they come out with a paperback soon!!

Finally a book that lets people in on how much pelvic pain can and does affect not only the sufferer, but her or his partner...I have several chronic pelvic diseases, and have read just about every book I can find about pelvic pain; the difference is that this book is co-written by a woman who herself is a "secret sufferer"; and having a doctor co-author covers "all the bases". Another thing that is exceptional about this book is the people with the problems give first person accounts, and their partners also relate how they are affected; making this a great book to share with one's significant other. Personally for me, while I have a very supportive husband, there are times I feel alone in my suffering. This book lets you know you are not alone and there is hope out there.

As I began reading Secret Suffering I found myself able to identify with each and every topic. I have been a patient for almost 28 years which I feel qualifies me to say that this book is right on target when it comes to the emotional and physical aspects of chronic pelvic pain. I admit I cried through some of the chapters but, at the same time I felt as if it was speaking to me personally saying "You're not alone" and "You have the right to be heard"! I also loved that the authors explain the differences between male and female's way of problem solving and difference between the way we think. It told me to stop assuming and to start asking my partner how he feels. A huge burden was lifted and I learn the true meaning of intimacy. Secret suffering gives the reader a look into the reality of pelvic pain which can be a bit heart wrenching but at the same time very educational. If you're living in denial, if you're feeling guilty about not being able to have spontaneous sex with your partner, if you feel your family doesn't believe you or doctor is far from compassionate I recommend that you read this book. Gloria Prater, Patient

I and am so glad this book has been written. I am currently a patient of Dr. Echenberg-and it had to be divine intervention I found him.I went through so much with my pelvis-saw Dr. after Dr. and it was always the same-there's nothing wrong with you.This book has been a bridge for my family and friends to understand better what I have been going through.It's hard enough for myself tounderstand,but thanks to the book I now can relate my problems with other patients and learn more about my body and how it works.It is A must read-for the patient partner or friend.Don't miss it

It's extremely informative and encompasses all areas

I have suffered from chronic pelvic pain for almost 30 years. Even though my family is aware of my health problems, until I read this book, "Secret Suffering", by Dr. Echenberg & Susan Bilheimer, I felt like I was going through this all alone. This book encompasses underlying causes for pain, & treatments that are available, but most important to my healing experience- it gave me faith that there are doctors out there who do believe & want to help us,... & the overwhelming feeling of relief that can only come from sharing experiences of those who suffer like me. If you or someone you know has this type of medical problem, educate yourself, seek treatment, don't give up- & READ THIS BOOK. It MIGHT NOT make the pain go away.... but it WILL make you feel better :-)

"Secret Suffering" cracks open the silence on the millions of women suffering from chronic pelvic pain around the world. I cannot recommend this book more highly as it is truly one of the better books written collaboratively by patient and medical doctor about chronic pelvic pain that I have read in a long time. There is so much compassion, caring and hope conveyed in this book, in spite of the difficulty of living with CPP and the difficulty in not only gaining a diagnosis but by the treatment of CPP patients throughout the US (and world) which is to say, dismissed, talked to in condescending tones, or made to feel that they are making up the pain in order to seek out drugs. The other promising and hopeful aspect presented in this book is the unrelenting drive of Dr. Robert J. Echenberg and all of the medical doctors and experts presented in this book to provide their current and future CPP patients with the best medical care and experience within a medical setting than most have previously received. Bravo to Susan Bilheimer and Robert J. Echenberg, MD for collaborating on such a compassionate and necessary book!

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