



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

Susan Bilheimer, Robert J. Echenberg M.D.

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Secret Suffering: How Women's Sexual and Pelvic Pain Affects Their Relationships is the first book to explain how pelvic and sexual pain affects the lives of women (and men) and their partners in their own words/ The work also provides information on cutting-edge research and describes the most effective treatment modalities. Susan Bilheimer, coauthor, shares her own experiences as a patient who has gone down the painful, frustrating road of living with an illness that is often dismissed and not taken seriously. Robert J. Echenberg, M.D., coauthor, has treated over 700 women (and some men) with the disorder. He shares his decades of experience and expertise as a gynecologist and specialist in the treatment of chronic pelvic pain.

Not only does CPP interfere with a woman's physical and mental health, it can wreak havoc in family relationships, ruin careers, and wreck marriages. In the majority of cases, women suffer in silence. Even when they do seek medical help, what they find too often is inadequate care, as most doctors, even gynecological specialists, are not properly trained in recognizing, much less treating, all aspects of CPP.

Through classic, new, and emerging research, with statements from experts and interviews with CPP sufferers and their partners, *Secret Suffering* exposes and gives strong voice and compassionate understanding to this complex disorder. Most importantly, information on effective treatments for CPP, as well as the depression and other psychological fallout it may cause, are presented. Through *Secret Suffering*, Bilheimer and Echenberg finally shatter the silence, educate patients, build understanding, and demand that chronic pelvic and genital pain be taken seriously by the medical community.

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