

## Study on Pain Management of Pain Caused by Penis Insertion (Sexual Pain)

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### Abstract

**Objective:** To explore the formation of female learning system, to promote its clinical practice. Methods: Based on the clinical experience of nearly 20 years and the related research on pharmacology, pharmacology and pharmacodynamics, the latest research results of sexual and neural and brain mechanisms in the world were introduced. Medical ethics, evidence-based medicine, epidemiology Ideas, methods, to sort out, synthesis, adjustment.

**Results:** Traditional medicine (disease medicine) and sexual medicine in the “disease” to determine the differences, the two were “survival” and “quality of life” as the standard; enterable pain cannot be happy does not affect survival, and therefore not for the traditional Medical treatment, which is a large number of patients nowhere to seek medical treatment of the root causes; according to the traditional medical model of enteral pain treatment, difficult to carry out laboratory tests, and few positive findings, and therefore difficult to treat targeted. The use of evidence-based medicine ideas, methods, easy to achieve the desired purpose. The pathology of enteric pain does have physiological factors, such as by the strong pain can cause nerve hypersensitivity; by the neurotransmitter negative emotions can lead to endocrine system inhibition; vaginal mucosa of the high stretch need to be in a highly sensitive state Repair, etc; therefore, to strengthen the corresponding clinical therapeutics.

**Conclusion:** The systematic study of the control of enteral pain will be beneficial to enrich the content of feminism and promote its application and development in clinical practice.

**Keywords:** Sexual intercourse pain associated with symptomatic pseudo; Sexual resuscitation epidemic symptoms

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Sexual intercourse difficulties are common symptoms in female sexual dysfunction (FSD), commonly referred to as “persistent, periodic pain” when attempting or completing a vaginal or penile and vaginal intercourse (“Basson, Althof, *et al.* 2004), [1] the International Advisory Council of the World Health Association (WAS), which was subsequently updated. Increased pain during entering the process, not just when trying to enter.

“There is little control study of sexual intercourse difficulties” (B.R. Komisaruk, C.Beyer-Flores, B.Whipple, 2006), [2] “so far, the FSD scientific experiments based on the article is rare” (Ma Xiaonian, 2005), [3] “The scientific community on the FSD understanding too

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little”, in the obstetrics and gynecology materials, find Less than FSD content “(Zhang Miao, 2004). [4] and as of January 4, 2003, “British Medical Journal” published in the “Australian Finance Review” in Washington correspondent Mo Ni Ni Han (Ray Moynihan) wrote “redefine the FSD scientists and doctors, many people and Pharmaceutical companies are closely related, FSD is the manufacture of the disease. However, a week later, the British Medical Journal received more than 70 letters of disagreement, “many doctors believe that sexual problems are caused by psychological factors, but it is caused by physiological factors, it is because there are such doctors and Reporter, many FSD women will be long-term ignored. [4]

In accordance with the WAS International Advisory Committee’s new definition of sexual intercourse difficulties, its reference to “entry and entry”, its meaning can be “entered” expression, so this article uses the “entry (sexual) pain” concept, and the related controlled studies are reviewed.

### 1. Basic knowledge

Are there any physiological symptoms of FSD? If so, will cause what kind of psychological, physiological changes? Including what kind of deep, subtle feelings? (“Kim Taotang, 2008), [5] through the clinical, especially on the Internet, the use of sexual intercourse in the honesty value neutrality, confidentiality and non-evaluation principles, as well as REDI (Reddy) framework of the main steps (Jin Xiaotang, 2008), [5] Of sexual health counseling, access to several representative cases.

Example 1 (lead to sexual health counseling records, unrelated experience part of the cut)

Little girl easy to marry

16:23:28

I want to know your product

Sexuality Global Network

16:24:07

Can you talk about your situation?

Little girl easy to marry

16:26:25

I am 25 years old, married for 2 years, every time there are dry life, every time hastily, no climax,

Sexuality Global Network

16:27:34

Went to the hospital to check out no

Little girl easy to marry

16:28:10

Check that everything is normal, that is, no water out

Sexuality Global Network

16:29:35

...

Little girl easy to marry

16:38:08

Can help me achieve orgasm?

Sexuality Global Network

16:38:11

...

Little girl easy to marry

16:49:07

Really so serious?

Sexuality Global Network

16:49:51

...

Little girl easy to marry

16:52:02

Really, no wonder every time pain, almost noon today hurt me.

Sexuality Global Network

16:54:02

...

Little girl easy to marry

16:54:45

Every time I insist on her husband ejaculation, especially at noon today he has not had time to shoot, I stopped

Sexuality Global Network

16:55:17

...

Little girl easy to marry

16:55:20

In fact, many times to masturbation are due to pain and give up

Date: 2009-12-10

Little girl easy to marry

16:55:28

Painful ah! Woman

...

Example 2. (lead to clinical cases, with keyword expression)

Female 43-year-old army is loving once a year to visit relatives husband husband looking forward to sexual intercourse pain unbearable fear of visiting relatives compiled by sorrow helpless (after treatment, has been transferred to the army)

Example 3 (cited in clinical cases, expressed in key words)

Female 65 years old seventy years old marriage "nameless fire" trouble marriage you do not match, I kill your heart have a (laugh), now (after treatment of sex) willing to do cattle and horses are OK.

Example 4 (cited to the Wuhan Evening News 26 version of the people about, June 17, 2007, expressed in key words)

Tell the story of 60 years old (wife) each other 40 years of betrayal

66 years old (husband) Chrysanthemum 22 years old (nanny) family scandal family will be three days and three nights I fiercely hit him both ears

He three kneel begging forgive 10 years asexual as a man to understand (children 40 years old) children, women together Guiqiu forgive his father or divorce, or only to die

From the above cases can be seen, sexual intercourse pain will directly affect the quality of life, serious, even difficult or cannot be a normal sex life. But so far, due to the scientific community, the medical profession of these symptoms have not enough understanding and attention, so there is still a small number of specialized hospitals or the corresponding departments to carry out the diagnosis and treatment. Sexual intercourse pain is the most common spontaneous to gynecological or dermatology treatment, but generally will be "disease-free" results (check that no exception).

### So what is the pain of sexual intercourse?

Sexual intercourse pain is a symptom (non-symptomatic) that affects the quality of life.

Its performance is not directly affected or weak affect the normal life (eat, drink, pull, sprinkle, sleep) and normal work, with a certain tolerance, but difficult and cannot be normal sex life. Thus, the symptom is characterized by a lack of tolerance function (disorder). Is a symptom that affects people's pleasure?

Sexual intercourse pain is common, multiple, no age-selective (20 years old and 70 years old can occur), accompanied by husband and wife life (sexual life) and a random occurrence of a symptom.

Is a difficult to speak, it is difficult to say the symptoms; is a difficult to understand the symptoms of sexual partners; is a very easy to get, but more difficult to self-healing symptoms, resulting in uncomfortable, depressed (sexual difficulty (With or without the masturbation); fear, endure (fear or endure sexual life, fear of sexual derailment or endanger marriage); grievance, helplessness ("disease" is not a disease, no one complain, no treatment, cannot escape); Causing confusion, depression, will directly affect the relationship between husband and wife, marriage, family or even generations. Therefore, we should pay attention to female sexual intercourse pain.

## 2. Sexual intercourse pain and sexual medicine

Sexual intercourse pain usually has a different point, which may be caused by a different cause:

"Vaginal pain; usually associated with adverse arousal; vaginal annulus mucosal minor injury or secondary symptoms; and vestibulitis; vulvar malnutrition (malformations); hymen scar; perineal surgery; nerve compression; The Pain in the middle of the vagina - usually associated with muscle repression. Deep pain of the vagina - usually associated with endometriosis; pelvic infectious disease; attachment lesion; cystitis; adhesion involving pain; radiotherapy adverse outcomes "(Plaut, Graziottin & Heaton, 2004) [6]

Sexual medicine is concerned with the pain of sexual intercourse without obvious organic disorders. Generally speaking, by the "disease" caused by sexual intercourse pain, such as vestibulitis, vulvar infection and pain in the middle of the vagina, deep sexual intercourse pain, should be sick medical (such as gynecological) to check treatment, and not in the attention of medicine in. Obviously, there have been several questions here: First, "disease-free" sexual intercourse pain Why can people bring such a pain? Is it a psychological problem, or a physical problem? Second, since the "disease-free", what is concerned about sex medicine? What is the treatment? Third, the difference between sex medicine and disease medicine where?

## 3. Discussion on the etiology of ingesting pain

Human sexual intercourse, specifically refers to the penis into the vagina. And the couple between the successful sexual intercourse, the usual meaning is the penis inserted into the vagina, and by changing the depth of pumping, frequency, direction or ejaculation, so that both sides get satisfaction and pleasure. And to ensure the success of sexual intercourse is a necessary condition for both men and women have a full sexual response. Specific manifestations: male penile hyperemia, and have enough hardness and a certain duration, female pelvic congestion, through the gonadal secretion of vaginal lubrication and external genital swelling. Thus, the success of sexual intercourse requires sexual intercourse, the heart of the two areas with the cooperation, to be able to complete and get pleasure.

"Painless" sexual intercourse pain, generally refers to the entry (into the process and into the process) of the pain, mainly in the process of sexual intercourse obtained.

Many sexual intercourse often in the female vagina is not lubricated or fully lubricated or swollen into the case, this sexual reaction is not sufficient, known as bad aroused. Bad to evoke with the mood, physical and mental state, arouse the method and so on (dry conditions for the insertion of the movement can easily lead to vaginal mucosal injury caused by pain). The male in the process of pumping,

the intensity, depth, frequency, frequency, direction, etc. to grasp the bad, or rough action, or rough, but also easily lead to vaginal mucosal injury, with a damaged insert called poor insertion. Bad insertion is generally a mistake, with the two sides with the male mood, state and other related.

It can be seen that the cause of ingestion of sexual intercourse is due to bad arousal or poor insertion. The main pathology is the vaginal annulus epithelial mucosal abrasion injury or subtle laceration, including secondary related symptoms. Thus, the pain of sexual intercourse does not constitute a general "disease".

### 4. Pathological discussion of enteral pain

Caused by bad aroused or bad insert caused by vaginal ring mucosal injury, usually subtle, usually in human tolerance, but also easy to overlook. But because of the vagina of the special environment, subtle damage can easily lead to infection, causing acute and chronic inflammation. Prolonged progression can also produce inflammatory adhesions or hyperplasia, resulting in decreased elasticity, fibrosis or with itching, causing cracks and so on. So, how these small symptoms become a big reaction? This is mainly associated with the symptoms associated with the physiological amplification reaction, as well as difficult to sexual intercourse after the sociological response formed by the superposition.

#### 4.1 Physical response of ingested pain

The physiological response to ingestion pain is mainly due to the high sensitivity of the genitals; the high stretch of sex life to the vaginal mucosa; and the negative emotions caused by neurotransmitter conduction.

Human pain is transmitted by free nerve endings. Female genitals are a sensitive part of it, there are four important sensory nerves in this collection, including the pudendal nerve extension pelvic bone front distribution, the focus concentrated in the clitoris and the size of the labia, especially dense rich; basin nerve parallel pudendal nerve, Distributed in the vagina entrance and the anterior wall, part of the posterior wall with the vagina, while the two nerve endings also cover the perineum skin, forming a large number of biological probe area; and the cervix, uterus and the lower abdominal nerve and vagus nerve.

Therefore, this part of the human body is the most concentrated distribution of the nerve, but also the most sensitive areas. In other parts of the reaction of little pain, here because of the sensitive, and get the amplification.

Vaginal ring mucosal characteristics of biological rubber band, in the normal, can be inserted 1-2 refers to the sex life, the general need to accommodate  $\phi$  33 mm or so, the circumference can be stretched from 70 mm to 120 mm or so, growth  $\gamma$  70%, plus sex Life is something to enjoy the things that have a certain stretch, impact strength, especially for the original cracks, friction damage or hyperplasia, even sticky and other symptoms, the penis into and movement can form the wound stretch, causing tingling, And even stop shouting halfway. Therefore, high stretch can also make small symptoms unbearable large reaction.

Neuroepithelial cells (Merkel cells), in women more common in the labia minora, labia majora, clitoris and other hairless skin and genital mucosa, is a slow adaptive tactile organs, and can produce some neurotransmitters. A study of the Nobel Prize in 2000 showed that neurotransmitters play a role in human sexuality and love, that can be directly involved in sexual behavior, make the body change; and by influencing emotions and participate in people's love.

Female sex is the main trigger of emotional delivery of the body, through the trigger generated or transmitted positive and negative emotions affect the participants of the love and sexual response. A certain degree of pain, will directly affect the conduct of sexual behavior, and produce negative emotions will cause increased psychological burden, due to the regulation of gonadal axis (HPOA), the emergence of hypothalamic inhibition, and the formation of negative feedback (including the cervix, Paranasal, vestibular gonadal secretion greatly reduced, resulting in adverse arousal or arouse difficulties or even sexual arousal disorder), by the anxiety, muffled

and other negative emotions, the brain will secrete norepinephrine, in love to suppress the passion, and make it listless, Leading to the opposite sex ruthless love, more sexual demands.

Because of these biological reactions, small symptoms of vaginal ring may lead to sexual intercourse discomfort, sexual intercourse difficulties or even cannot.

### 4.2 Into the pain reaction sociological

Human sexual intercourse is a need for coordination, interaction and participation, sharing of physical and mental movement. Although the onset of pain can cause sexual difficulties or cannot, but does not affect the body's hormone cycle of the run-down. In general, hormone levels are positively correlated with "sexual desire". When the hormone reaches a certain level, long-term "asexual" will make both partners feel uncomfortable.

Because "pain" is associated with the ability to "participate"; whether "true pain" and "emotional problems" are linked together, so "intercourse pain" is no longer an individual symptom. Because "lack of pain" will bring to others "uncomfortable", can affect others "pleasure", and even more widely related. Thus, "sexual intercourse pain" shows its sociological properties and concern. Unfortunately, because of the scientific community, the medical profession to understand this too little, so that in the treatment often in accordance with the traditional disease medical thinking, chose the inappropriate standards, get the "no exception" conclusion, directly or indirectly to promote the patient reluctantly involved - repeated deepening - long-term unhealed, and even fear the consequences cannot.

Especially the "exclusivity", "uniqueness" and marriage "sexual obligation", the requirement of loyalty, and further caused the "do not do (love)" is the emotional problem, "do" and the existence of passion (Difficult to interact or no passion) dilemma. More so that patients in a state of extreme aggrieved, depressed and desperate state.

Coupled with the extreme fear of pain caused by, can cause long-term asexual (such as months, years or even more than ten years). So this symptom often lead to husband and wife, lovers between the "nameless fire", resulting in the cold war, confrontation, and even the emergence of Jurisprudence, affair, not Lun, sexual disorder and so on, there are various personality crisis. Which directly endanger the marriage, family stability.

Therefore, the symptoms of sexual intercourse (sexual intercourse) pain after the amplification of the sociology of the superposition, often produce pain beyond the pain itself, if handled properly, and even increase the more and larger variables.

## 5. Access to pain and medical ethics [7,8]

"Pleasure" cannot be built on pain. This should be the instinctively and naturally judicious. In accordance with the principles of respect for medical ethics, care and non-injury, access to pain should not appear in these incredible states. However, why did the medical profession show disregard or silence and nothing? The principle of respect is to give the right to treatment and the right to rescue, it seems that the problem appears in the standard differences.

### 5.1 Standard differences between sex medicine and disease medicine

Common clinical medicine is mainly disease medicine, and the standard of disease is around whether to affect people's "survival" (including the extent of the impact) and established, relative to the mucosal minor damage is not conducive to survival, it is not actually included The scope of the disease, not enough to cause disease medical face, seek medical treatment is often "no exception" to deal with.

However, with the development and progress of society, people's living standards continue to improve, as well as the "quality of life" constant pursuit of sex has become an integral part of a happy life. Can "pleasure" has become a "quality of life" an important indicator. It can be seen that there are standard differences between sex medicine and disease medicine. Sex medicine focuses on people's "quality of life"; disease medicine focuses on "survival".

In particular, it should be noted that the symptoms of disease medicine are generally “individual symptoms”; and sexual symptoms are often in the “social choice conditions, including legal, folk and other constraints” (Zhu Qi, 2006) [9] and show “associated symptoms”. Associated symptoms generally cause psychological damage than the individual symptoms, and, by the increase in interference factors, rehabilitation will increase the difficulty, therefore, sexual medicine should adapt to the development of society, with ethical and moral support, around whether to affect people’s survival Quality to establish the corresponding new standards.

### 5.2 Prostitution highlights medical ethics

Stop the injury in the name of medicine. As a method, it is necessary to set up a new hypothesis (whose function is to allow it to suspend “no sex”) and set up a fake. Give the patient a relief, the chance of treatment and the right, first and foremost is to cause the continued damage to stop. In the name of medicine, to professional (sexual medicine) standard issued “sexual fake”, is to understand the feelings of patients, recognition, but also for its compassionate and caring. At the same time, but also to give the right to know the right to inspire the parties concerned, reflect the power of ethics.

Sex is actually a physical and mental movement, and all sports, there is movement there may be damage. Into the sexual pain is common, multiple, no age-selective, accompanied by sexual life and a random occurrence of a symptom. Thus, this movement damage is a normal, and universal. How to deal with these normal damage, sexual fake in its popular, peaceful form, to convey the scientific, medical, human, authoritative information, both sympathetic to the patient, to prevent the injury, but also for the treatment, rehabilitation planning time, the fake or will become a necessary way and method.

The content of the fake includes the length of time, mainly in order to facilitate the rehabilitation of patients for the purpose, in addition to the relevant medical basic disciplines should be based on, such as mucosal capsule particles repair time; mucosal epithelial replacement time; basal cell division cycle, Symptoms of the relevance, should also take full account of psychological, sociological factors. In addition, it should also take into account the possibility of using sexual fake to circumvent marital obligations, damage to sexual partners phenomenon. The use of visible fakes can not only deal with individual ethical issues such as “pleasure and pain”, but also play a positive coordinating role in the group ethic of “everyone has the right sex”.

In conclusion, the introduction of medical ethics in the study of entering the pain study, the survival and quality of life to distinguish the standard, is conducive to promoting the establishment and development of female disciplines, help solve the problem of medical services for the majority of people.

## 6. Intensive pain treatment

Treatment of ingressive pain, such as by traditional medical model, should be asked by the doctor in detail medical history; systematic physical examination; a variety of laboratory tests, and strive to find positive findings; experimental application of therapeutic drugs; assessment, correction; or compliance with the higher or senior Doctoral advice; according to textbooks, medical journals to develop treatment programs.

However, some differences from the existence of sex medicine and traditional medicine, in fact, “it is very difficult and almost impossible to check endoscopy for vaginal pain” (BRKomisavuk, C.Beyer-Flores, B. Whipple, 2006) [2] other projects are also difficult to make a difference. Thus, the corresponding treatment is also difficult to carry out. However, the use of evidence-based medicine [10] the concept and method, can successfully enter the treatment of pain, and easy to achieve the desired purpose.

### 6.1 Evidence-based medicine and ingestion pain

According to the core idea of evidence-based medicine, that is, in the treatment decision-making clinical evidence, the doctor’s experience and the actual situation of patients and subjective wishes of the three organically combined. In particular, clinical evidence may be obtained with “careful, accurate and sensible” logical reasoning in the absence of positive findings, no experimental data support

(no suitable for examination) and no more detailed complaints. Through the body for the patients to think, and sincerely respect for the patient's own choice, in the medical consensus, mutual understanding, and mutual trust, so as to achieve the best therapeutic effect.

### 6.2 Clinical evidence

Caused by bad arousal or adverse insertion caused by vaginal ring epithelial mucosal abrasion injury or subtle laceration (including secondary symptoms) are generally very subtle, may be generally maternity examination is also difficult to find, relative to other parts of the body, Is very easy to fix. However, this is not the case. This is because the wear and tear is in the sexual activity, the mucosa in the stretched state obtained, when the stop sexual activity, the mucosa retraction and damage to the site played a role in the secret cover, generally do not love not pain. But because of epithelial cells by acute injury, cytoskeleton damage, or content outflow, can cause inflammation of the surrounding tissue (or redness, congestion, burning sensation), while mucosal retraction is also prone to inflammatory adhesions or infection. In particular, the initial damage is generally subtle, in human tolerance.

Due to adhesion, the invasion will gradually form a wound, and then easy to form a life when the wound stretch, there will be tingling, and unbearable. This kind of reluctance to participate- repeated deepening-long-term unhealed-until the fear of not (sexual) vicious circle, will be caused by tingling nerve hypersensitivity; by negative emotions caused by gonadal axis (HOPA) regulation, hypothalamic inhibition, Endocrine disorders, vaginal dryness, secretion stopped. Visible, enteric pain actually caused by a minor injury, two dysfunction (nerve hypersensitivity and endocrine inhibition), and finally lead to sexual dysfunction.

### 6.3 Evaluation of efficacy

"Although many clinical experts have entered the vagina as a therapeutic goal, there are scholars who believe that women and their partners are better indicators of sexual pleasure" (BRKomisaruk, C.Beyer-Flores, B.Whipple, 2006) [2], In accordance with this idea, into the efficacy of pain evaluation should include two points: first whether the painless access, then should see if there is a normal sexual response.

### 6.4 Treatment needs to be addressed

Depending on the degree of symptoms of the onset of pain or the length of the sex life, the following questions need to be addressed in part or in whole.

- High elastic mucosa in the high sensitivity of the repair.
- Desensitization of nerve hypersensitivity.
- Endocrine system suppression release.

At the same time, in full consideration of the patient's physiological circumstances, and according to their wishes can be carried out for the purpose of sexual rehabilitation for the treatment, and ultimately make it easy to deal with sexual life.

## 7. Related drug research and development background

(Including sexual, sexual environment, culture, education, etc.), the individual's individual will show different sexual potential (including sexuality, sexual awareness, etc.), is currently in the search to solve the FSD related issues, Can be divided into two different directions.

### 7.1 To change its potential for its objectives

Drug research is expected to make the drug helpful desire, sexual arousal, orgasm of the occurrence. Representative of the United States Pfizer's "Viagra women", since 1996 in 3000 women in the experiment, in February 2004 Pfizer announced "the end result is disappointing" "Viagra female" mainly focused on solving sexual arousal disorder, the view that if fully evoked, the vagina can improve the dry, sexual intercourse discomfort or sexual intercourse pain can be resolved.



“Female sexual arousal is an emerging research area that is much more complex than men’s erection,” said Joe Feczko, head of global research and development at Pfizer. “Women’s sexual arousal are related to physical, emotional and male-female relationships and other factors, these more complex and independent factors make the evaluation of drug efficacy becomes very difficult “[4]

In addition, the United States Nick US company’s “Fontaine” on June 9, 2003 was allowed to carry out three clinical studies in China, if confirmed that the experiment is effective, is expected to obtain SFDA approval in China, become the world’s treatment of female sexual dysfunction One case of medicine. However, in October 2008 the project leader Zhang Miao said in Beijing, “‘Fang Connaught’ due to lack of funds to suspend.”

Estrogen therapy is also widely used clinically, but in accordance with the standard of changing potential, “estrogen on all aspects of sexual response (including sexual drive, sexual desire, orgasm occurrence and treatment) no stable and reliable role.” (Sherwin, Gelfand & Brender, 1985; Utian, 1975) [11].

### 7.2 To restore its potential for its objectives

Eliminate pain interference, return to normal sexual response, is a kind of drug research and development of a train of thought. At present, developed by China, “Jie Na cream” [12] is still such a variety, its core technology is “high elastic mucosa in the high sensitivity of the repair.” The basic pharmacology is a B factor has a role in promoting metabolism, epithelial-like cells can be, inflammatory crystallization, granuloma, foreign body giant cells and other clean, and in the anti-inflammatory, improve the immune effect, so that the gap between the film particles Reorganization, in the solution of the premise of pain, restore the high elasticity of the mucosa.

“Jie Na cream” does not directly affect the sexual potential, but by solving the “pain” on the impact of sexual response, to restore the original sexual potential. That is, relying entirely on the individual’s own potential to achieve sexual response.

It should be said that “Viagra” can help change some of the sexual potential of men, although the role of women is not obvious, but change itself is a very attractive thing, as a search direction, the results are still quite worth the wait.

## 8. Sex Restart

Clinical common access to pain, many are due to the emergence of a family crisis after the treatment, the general clinical evidence for the external genital dryness, itching, vaginal tone, perineal skin elasticity is poor, or vaginal atrophy, cannot insert two fingers The Complainant discomfort or pain, and long asexual (usually in the 6 - 60 months), subjectively hope to restart sex.

Sex Rebirth why can it start with the elimination of pain? Can you get rid of pain?

### 8.1 Related biological basis

(AKP Jones., *et al.* 1991), (13) In particular, 2004 Komisaruk, Whipple and other magnetic resonance methods, the internal structure of the brain imaging study found that the human body to accept pain stimulation, the anterior cingulate cortex will appear excited “Beerly Whipple 20060) (2) Obviously, the anterior cingulate (2) is an important part of the anterior cingulate Back to the cortex is a common channel of pain and pleasure, but the vast majority of people can not have both the two different feelings. So, by eliminating the pain, that is, through the “replacement”, it may be converted from pain to “pleasure.” Therefore, it can be said that the elimination of pain is the basis for the restoration of normal response.

### 8.2 Restart the standard

The human or vertebrate body evolved by two sets of complete systems, one by the neurotransmitters that react quickly through neurotransmitters; the other is through the hormone-mediated slow and long-lasting signaling of the endocrine system. Sexual recovery is essentially a process of recovery through sexual function, prompting the two systems to return to normal reactions. In general, sexual

activity caused by the normal reaction of the nervous system is pleasure rather than pain, through the role of transmission of positive emotions, so that the normal response to endocrine should be excited rather than inhibition. Therefore, the standard of sexual restart should be two: one, the movement has pleasure; the second, evoke a response.

### 8.3 Steps to restart (with the actual steps for restarting) [14]

#### Psychological preparation

“Everyone has the right to sexuality”, “sex is a part of a happy life”. Doctors through the exchange of these ideas, to ease patients agree with the relevant obligations and interests, or positive attitude to their positive and encouragement to adjust the mentality, peace, to facilitate treatment.

#### Step 1: Eliminate symptoms

Take the “Jie Na cream”, according to the vagina, vaginal mouth; labia minora, labia majora; mons pubis, perineum, the first inside and outside the order of rubbing, vagina, vaginal mouth should be more points (about 0.5g/), Other parts according to the amount of cream can be used. A course of treatment (ten days) can reach touch painlessness.

#### Step 2: Restore function

After the first course of treatment, with the inflammation of the dissipated, consciously reduced, the lesion of the fibrosis, can be supplemented by finger masturbation, or the use of appropriate adult apparatus on the vagina gradually applied tension training method, the period gradually restore elasticity and Compliance. After 1-2 courses, in the case of tension can also eliminate the pain. At this point, due to sexual discomfort caused by psychological fear will be reduced, you can restart the vaginal function.

#### The third step: to consolidate to improve

Because the nascent mucosa/skin is still very delicate, with a long absence of sexual activity, it is easy to once again damage, at this stage continue to maintain the use of Jie Na cream therapy, the sex life every time suggested that the male partner in the glans apply cleansing cream Enter as well.

Through regular sexual life, the secretion will gradually enrich, can achieve sexual harmony. It can be seen that a sexual restart is a process of removing symptoms from gradual desensitization; it is a process of “displacing” pains to pleasure by gradually generating positive emotions; and by biological “neurotransmitters” (gonadal axis HPOA) to the excitement, from negative feedback to positive feedback to the recovery process. It is noted that the response to the efficacy of the process should continue to be good, it may be successfully desensitization; normal secretion is generally established after the establishment of sex, can be gradually formed.

## 9. Intestine pain prevention and control

In addition to the clinical medicine from the perspective of its individual performance, etiology, diagnosis and treatment of systematic research, the more important to learn from the epidemiology [15,16] of the method, In view of the characteristics of “non-symptomatic symptoms” of enteric pain, the study of “epidemiological symptoms” is carried out, that is, it is possible to explore the occurrence, development and distribution of entry pain, and the occurrence rate of incidence and treatment rate in the population Out of the corresponding prevention, control measures and measures to achieve the desired goal.

The main contents of the study are:

First, the distribution of symptoms of the area

- Regional distribution of countries
- Domestic regional distribution
- Urban and rural distribution

Second, the time distribution of symptoms

- Seasonal factors (such as the floating population of the law of life, etc.)
- Cyclical factors (high incidence: active sex, menopause, old age)

Third, the distribution of symptoms of the crowd

- Age factor
- Racial and ethnic factors
- Social class factors (including wage income, occupation, culture, education and living conditions, etc.)
- Behavioral factors

Therefore, prevention and control is based on individual performance, focusing on the performance of the group system engineering.

## Conclusion

There is still a lot of work to be done on the control of the ingestion (sexual intercourse) pain, and there is still a long way to go, but as long as the relentless exploration, enrichment, perfection, or will make it a near-demand application, A practical clinical medical project, so that the majority of patients have medical treatment, "disease" can cure. To improve the quality of human life, to enhance people's sexual gratitude, play a corresponding role.

"Sex research and development in the 2010 (2011 ~ 2020) important task, should be to promote the development of women's learning", (Ma Xiaonian 2010) (17), look forward to the next decade, when the results of Shuo, let us wait

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