

# Pain Management Specialist in San Diego & La Jolla

## Vulvodynia & proctodynia treated with topical baclofen 5 % & palmitoylethanolamide

04/04/2014 — Nancy Sajben MD

## Vulvodynia and proctodynia treated with topical baclofen 5 % and palmitoylethanolamide

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### Abstract

## Background

The prevalence of idiopathic vulvodynia and proctodynia is high. Pain management with anti-depressants and anti-epileptics may induce undesirable side effects. Therefore, topical baclofen cream and palmitoylethanolamide might be new therapeutic options.

## Case

A 33-year-old woman with intractable chronic vulvar and anal pain had to abstain from sexual intercourse and could neither cycle nor sit for more than 5 min. The patient did not respond to standard treatments. We prescribed a combination of topical baclofen 5 % and palmitoylethanolamide 400 mg, three times daily. After 3 months her symptoms decreased more than 50 % and sexual intercourse was possible again without pain.

## Conclusion

Topical baclofen and palmitoylethanolamide can be a viable treatment option in chronic vulvodynia and proctodynia.

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I have been very pleased with palmitoylethanolamide for neuropathic pain. It is made in the brain and by plants and I have never seen toxicity. **PJ's Prescription Shoppe** imports it from the Netherlands for my patients, and it is available in a capsule as a food supplement called PeaPure, without prescription. I have posted on it and its mechanisms a few times elsewhere on this website.

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