

Dr. Andrea Rapkin: Pelvic Pain, Cramps, and Hormones: Why Does Our Body Communicate this Way?

Pelvic pain, premenstrual syndrome and pain, cysts, hormonal changes, moodiness, missed periods and dysmenorrhea (painful menstruation/abdominal cramps)... On October 5th, Creative Healing for Youth in Pain (CHYP) along with UCLA's Dr. Andrea Rapkin hosted a webinar on how to better understand the body's monthly cycles and processes.

As the Director of the Pelvic and Vulvar Pain Clinical and Research Program at UCLA, Dr. Rapkin explained the body's processes to better understand how that can influence different types of pain at distinctive times through the month. Dr. Rapkin covered topics like dysmenorrhea, premenstrual syndrome, chronic pelvic and vulvar pain, and more!

Dr. Andrea Rapkin is a Professor in the Department of Obstetrics and Gynecology and director of the Pelvic and Vulvar Pain clinical and research program at the University of California, Los Angeles. She is an internationally recognized leader in the study of chronic pelvic and vulvar pain and premenstrual mood disorders, and has authored over a 120 articles, chapters, books, and reviews in this area. Dr. Rapkin initiated one of the first multidisciplinary pelvic and vulvar pain clinics in the country. Her goals were to offer comprehensive and innovative clinical care and access to current research studies for women suffering from complex chronic pelvic and vulvar pain disorders.

<https://www.youtube.com/watch?v=fIPpPmi7q98&t=1s>