

Torino, Italy

# What Women See: Vulvar Self Examination

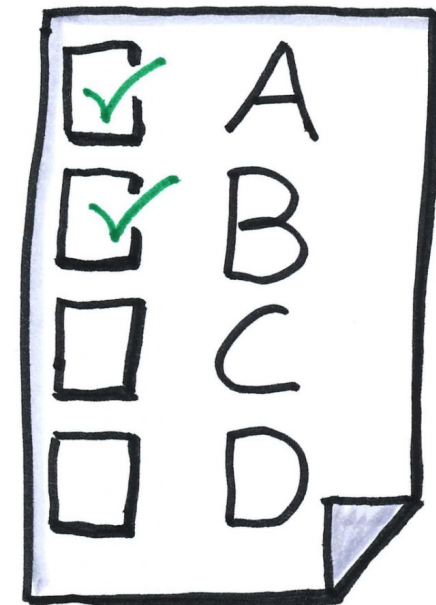


**Mario Preti**

Department of Obstetrics and Gynecology  
University of Torino, Italy  
No conflict of interest

# Vulvar Awareness Questionnaire

- Women accessing Lower Genital Tract Disease Unit of Department of Obstetrics and Gynaecology of University of Torino
- 25 multiple-choice questions evaluating knowledge about normal anatomy and vulvar self examination
- 500 surveys collected so far



# Population: Demographic Analysis

<b>Age</b>	<35	34,8%
	35-50	39,6%
	>50	25,6%
<b>Nationality</b>	Italian	92,8%
	Other	7,2%
<b>Degree</b>	Elementary/Primary school	20,4%
	High School	48%
	Graduate/Postgraduate	31,6%
<b>Work</b>	Phisical Work	27,7%
	Clerk	31,7%
	Freelancer	17,4%
	Students	11,4%
	Retired	6,8%
	Unemployed	4,8%
<b>Number of sons</b>	0	53,8%
	>/=1	46,2%
<b>Marital status</b>	Married/Living with partner	56,8%
	Single	43,2%
<b>Smoking</b>	Yes	23,8%
	No	76,2%

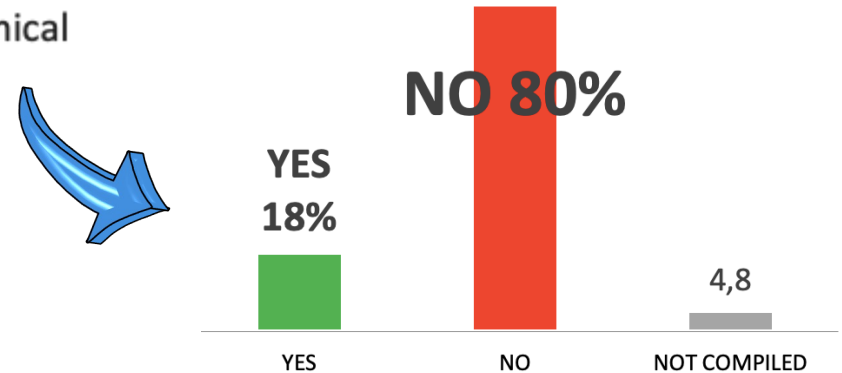


# Vulvar awareness questionnaire

## QUESTIONNAIRE :

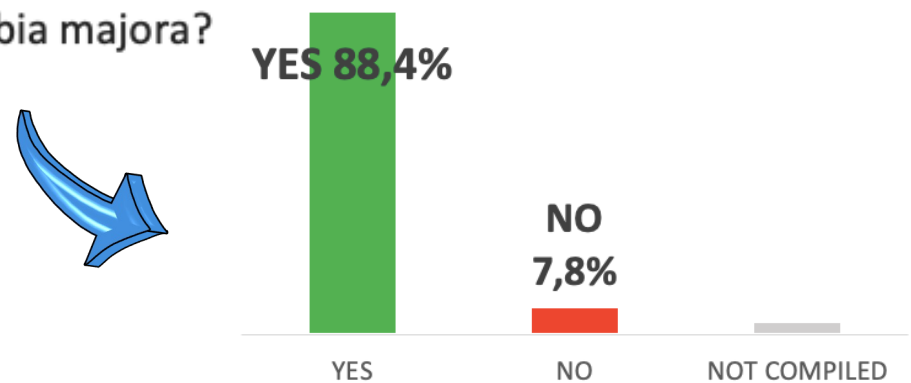
1. Do the terms "vulva" and "vagina" indicate the same anatomical part?

- Yes
- Not



4. Are the labia minora or nymphs inside the labia majora?

- Yes
- Not



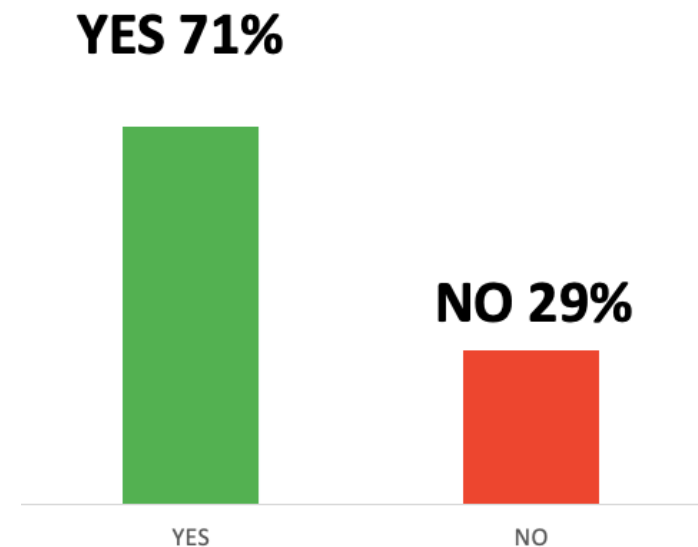
# Vulvar awareness questionnaire

9. According to you there are differences that fall within the normal range as regards the appearance of the female external genitalia due to various factors such as age, weight, ethnicity and so on. ...?

- Yes
- Not



**Variability** is recognised, but 1/3 think that all the vulva are without differences

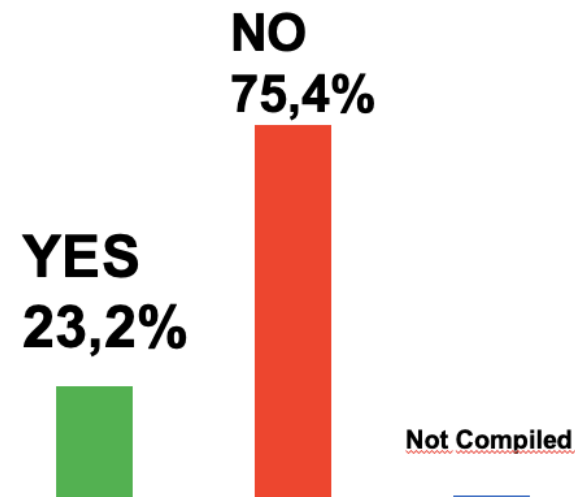


# Vulvar awareness questionnaire

10. Have you ever been told, during your entire academic journey, in moments dedicated to sex education or in the family context, what is the self-observation of external genitalia and what does it consist of?

- Yes
- Not

**Only 23,2% were told of vulvar self examination**



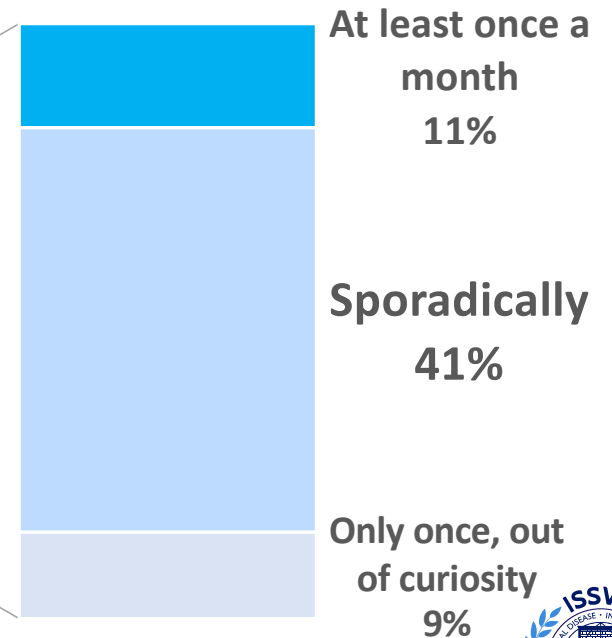
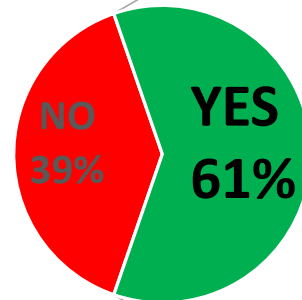
# Vulvar awareness questionnaire

11. Have you ever observed your external genitalia with the help of a mirror or with the camera of your mobile phone?

- Yes
- Not

↙ An **higher degree of school** relates with a **higher percentage** of vulvar self examination

↙ So **nulliparous** women observed more frequently than parous women

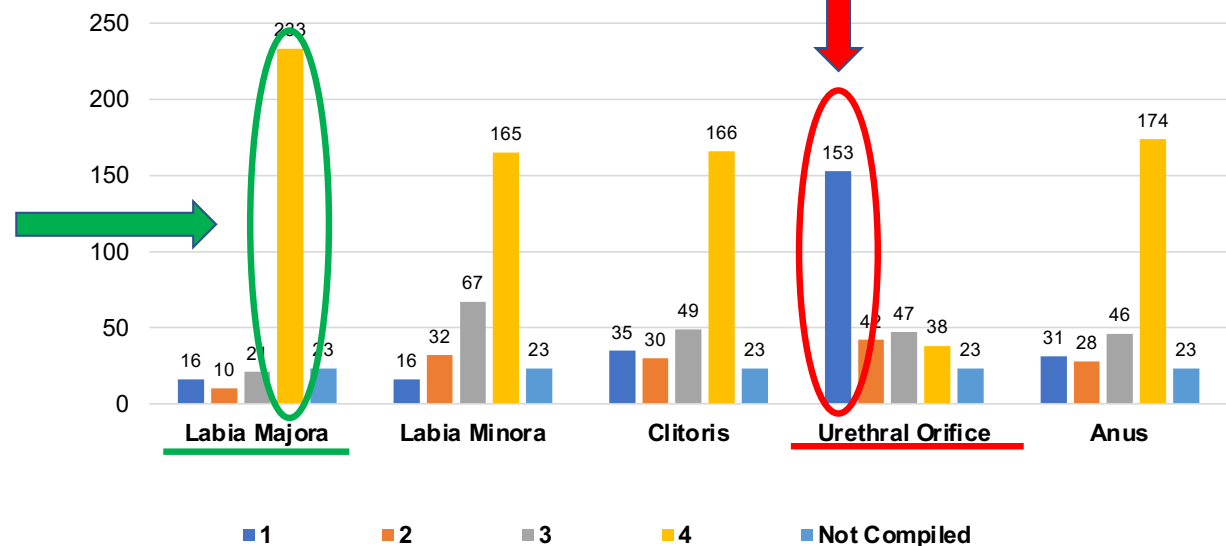


# Vulvar awareness questionnaire

13. If you have previously performed a self-examination of the vulva, or in any case you have observed your external genitals, describe which parts you have distinguished with more or less difficulty.

**Mark from 1 to 4, for each anatomical part, the level of difficulty : 1 = maximum difficulty, 2 = much difficulty, 3= little difficulty and 4 =without difficulty :**

MINIMUM DIFFICULTY

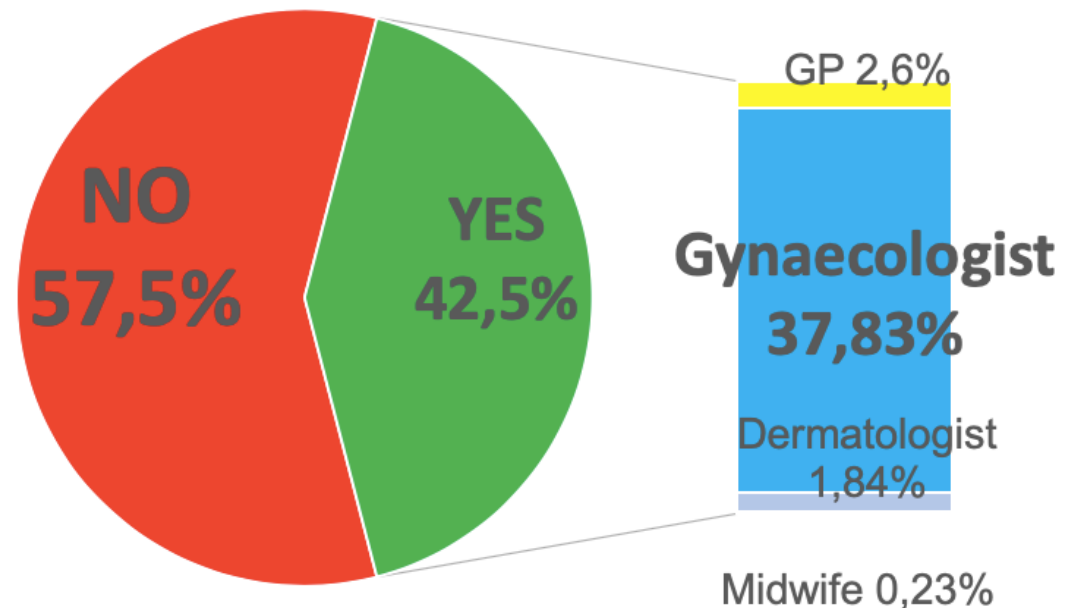




# Vulvar awareness questionnaire

14. Has it ever happened of finding something abnormal by self-examining your genitals and so you have gone to a doctor or a specialist?

- No
- Yes, you have gone to a physician.
- Yes, you have gone to a specialist. **Indicate if**  Gynecologist,  Dermatologist or  Midwife.
- Yes, asking for advice from another person. (Specify



# Vulvar awareness questionnaire

17. Would you be interested in receiving more information about self-examination of external genitalia to know how you can positively act on your health?

- Yes
- Not



68,8% of women want to receive more information

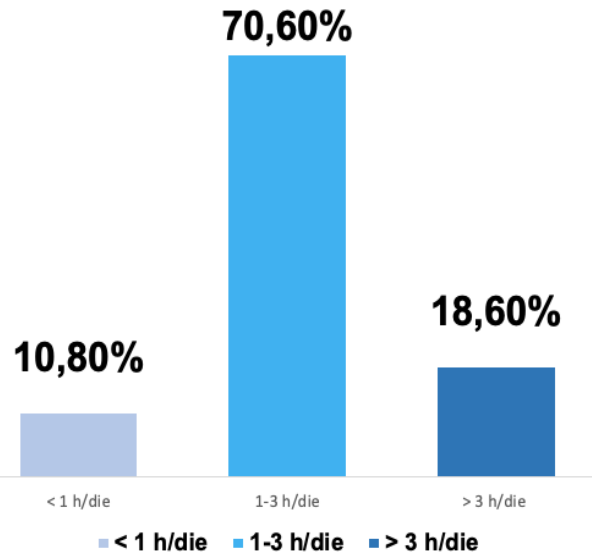


**Target Audience** for  
informative campaigns

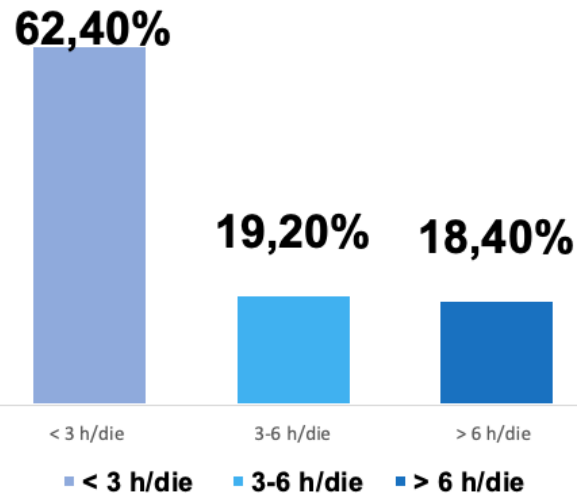
# Vulvar awareness questionnaire

Mean time of Multimedia using?

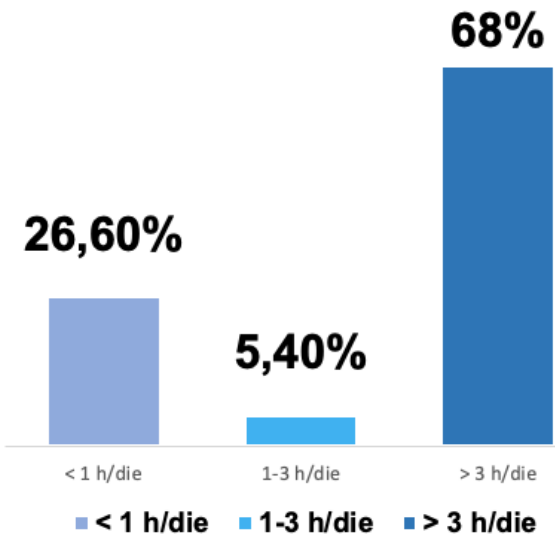
Mobile Phone



PC



Television



# Vulvar awareness questionnaire

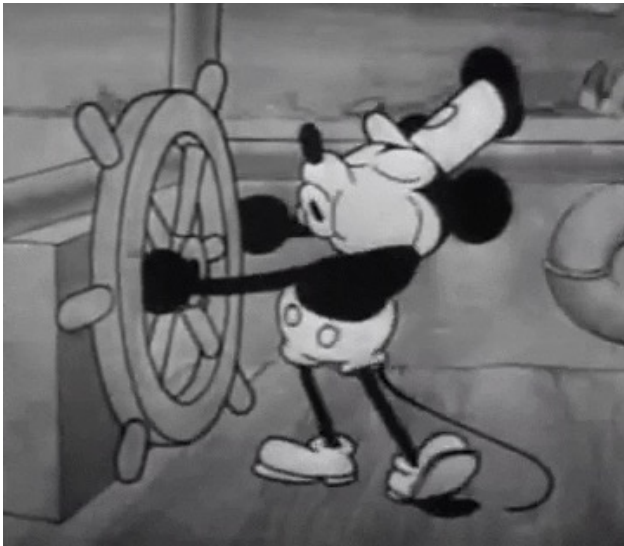
18: With which information channel?



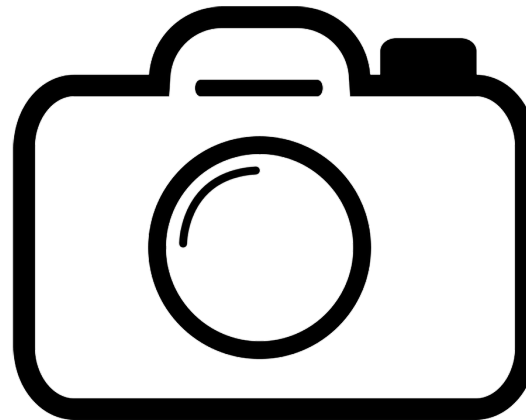
# Vulvar awareness questionnaire

19: With which way?

**Movie**



**Photos**



**Drawings**



# Vulvar Self Examination..Useful?

VSE is a tool to understand what is normal for each women, given the great anatomical vulvar variability

Not a **DIAGNOSTIC TOOL** alone!



Women should refer immediately to trained medical personnel



# Thank You!

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