

Vulvar Awareness Day

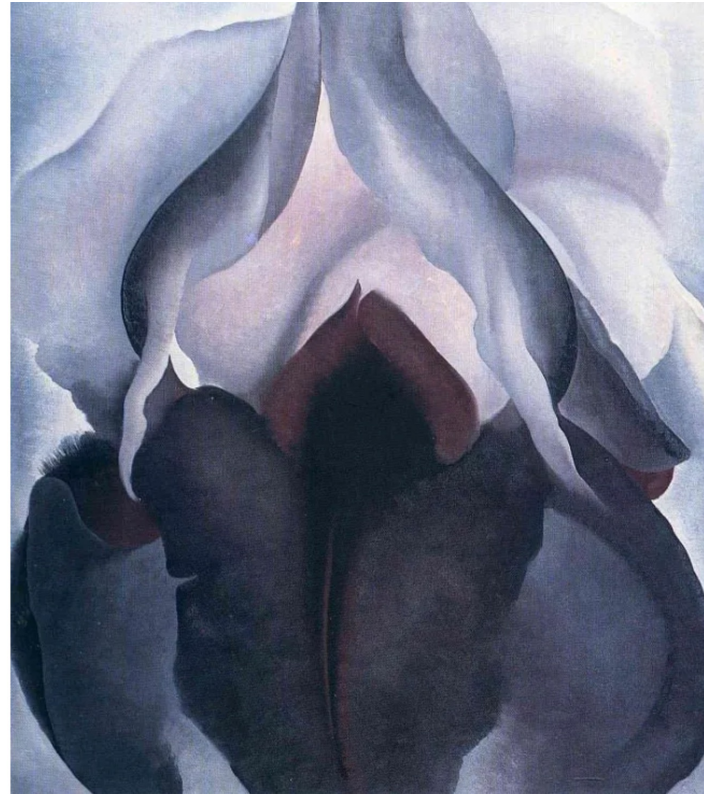
2024-2025

Our theme is HPV awareness.

Congratulations to our winner!

Tolu Adedipe! With 3 submissions winning in the categories of: Visual Media, Written, and Multi Media.

Honorable Mention goes to Monique Steel for her multi-media work.



Black Iris III, 1926. Source—Public Domain

An apologetic reminiscence

Dear hubby, it's me agaaain...
That headache is here again!!
Can't give you what you want or desire, yet again!

I know you've been patient, in that department
That headache has been going on, 3 months unending!
The pushing-away, cold hugs unwavering,
the grimace I can't help when you come close..
It's the fear living inside me, paying no rent,
Fear of pain, shame, guilt, loathing and rejection.
Harm from my treatment or condition to you can be lent.

I can't bear you see me like this
Scarred, Shrunken, Split, Bleeding with a smell,
What I see, when I look down
Or mirrored on the faces of my healthcare provider during examination
bliss.
They think I don't know or see or feel...
But I do know and see!!
Also hear the hesitation in their voices
Resignation that normality has ceased

I wished I carried out checks every 3 months..
Just like I regularly do my mammary glands,
Looking for changes in colour, lumps, ulcers and discharges
I wish I sought for help sooner rather than ignore
Wishing it will go away.
I wish I used my medication regularly like a geek,
rather than get tired as minimal results after a week.

But that's all in the past, let's pull up the ship's mast

Get my acts together to beat this disease fast!!

I need your help

Please be patient....,

It takes time to heal!

Please be present....,

Reassures.. and we are a team!

Please be compassionate....,

Little touches, stolen kisses means much to me!

Please be creative

In treatment, recovery and journeys yet to see

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Created for all my Vulvar patients - particularly those with VLS



What is normal?

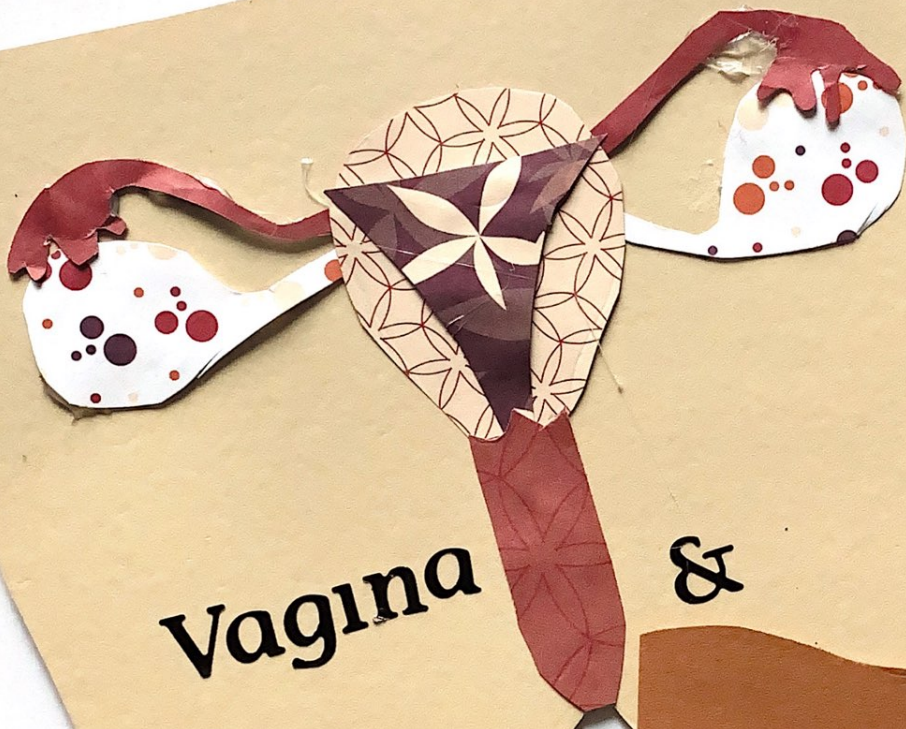
Am I a Lily, a Tulip or
Rose?

Vulvas are like flowers



V

is for...



Vagina

&

Vulva



made with love Monique Steel

