



## Your Vaginal Health: Fact Sheet

We, at Pure Romance, feel it is important that women understand their vaginal and overall health, and the impact that both can have on her life. Below are some vaginal health facts that women could use to become more informed of their specific health care needs, their body, and their sexuality.

### Normal and healthy vaginal health

- Blood loss during a normal menstrual period is 2.5 ounces.<sup>1</sup>
- The physical exertion associated with sex is similar to walking up two flights of stairs.<sup>2</sup>
- One study shows that 41.7% of women reportedly masturbated in the year that the survey was conducted.<sup>3</sup>
- 70-80% of women do not experience a reduction in their sexual activity or satisfaction after menopause.<sup>4</sup>
- The clitoris is made up of over 8,000 nerve endings and its sole purpose is for sexual pleasure.<sup>5</sup>
- The labia minora (or “inner lips”) of the vagina come in all shapes, sizes, and colors.<sup>6</sup>

### Medical issues that need to be addressed

- 75% of women will have a yeast infection in their lifetime.<sup>7</sup>
- Over 50% of all people will acquire a sexually transmitted infection in their lifetime.<sup>8</sup>
- Barely half of women who experience chronic, unexplained vaginal pain have seen their health care provider to seek treatment.<sup>9</sup>
- 43% of women in one study reported experiencing a lack of interest in sex, inability to reach orgasm, and/or difficulty lubricating in the year the research was conducted.<sup>10</sup>
- Cervical cancer is approximately twice as common in Hispanic and African-American women compared with Caucasian women.<sup>11</sup>
- Of the 55 million Pap smear tests that are done each year in the US, 6% are abnormal and require medical follow-up.<sup>12</sup>

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