



Is Wetter Better?

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If you're anything like me, you probably have a million books, articles, and other blogs waiting to be read on your "to-read-list." I've just made it easier for you to read my blogs. How about listening to an audio blog?! Aren't you stoked? There's nothing better than listening to your favorite blogger live. So go ahead, give it a listen and let me know whatcha think. Love it? Awesome! Share it with the world. Hate it? Aw shucks, maybe I'll win ya over on the next one.

Is wetter better? I get this question asked a lot. My answer? You betcha! Without boring you with all the statistics out there, a dry vagina isn't a happy one. The estimates of pelvic pain come under-reported (no pun intended). Docs don't ask and well women don't tell. A ballpark figure out there says that 13% of women between the ages of 20-29 years old have pain down there with sex. So if you're walking down the busiest street in Chicago, every 7th woman you see has probably experienced some form of pelvic pain. Talk about a buzz kill.

When it comes to pelvic pain, there're lots that could be involved, but one thing right off that bat that's helped me in my struggle with pelvic pain and many of my clients is lube. No, I'm not talking about the lube you get with an oil change, I'm talking about that wet, slippery sexy stuff that makes your vagina feel like a million bucks! At least it did for mine.

Ok, here's the big BUTT in the room. Not all lubricant is created equal. That strawberry flavored warming, sticky stuff is probably fun for the boom-boom room but not for your vajayjay.

Here's why:

- Your vagina's temperamental. It likes an environment that's acidic (3.5-4.5 pH). Changing this environment puts you more at risk for vaginal bacterial infections, no fun for anyone.
- No-no ingredients- Synthetic glycerin, glycerol monolaurate, polyethylene glycol, propylene glycol are all fancy terms for bulking agents used in most over the counter lubricants. *Why are they important?* Because they're responsible for altering the vaginal pH creating more of a neutral environment killing off the good bacteria in your vagina. Uh oh, *e.coli* anyone?
- Crappy lubricants alter vaginal cell health. Some are just downright toxic.

So next time you're feeling frisky here's what you should look for when buying lube:

- Organic, clean ingredients like natural glycerin and fruit extract
- Watch out for parabens, a chemical preservative found in foods and cosmetic products (research is still up in arms about whether or not parabens contribute to altered cell growth, specifically breast cancer)

- Water based or silicone? Again, look at the ingredients. If they contain any of the no-no ingredients I mentioned above, ditch it. If you can't pronounce the names, ditch it. Keep it simple. Keep it natural.
- Stay away from added flavors or warming gels.
- Look for products that advertise ingredients closest to your vagina's pH
- The fewer ingredients the better
- Check the expiration date! Most natural products shouldn't have a long shelf life because well they're natural and don't contain harmful preservatives.
- If you're trying to make a bun in the oven, there's special lube for that too. Just make sure to consult with your pelvic floor specialist to help you decide which one's the best for you.

What would I recommend?

Ok, here's the low down on the down below. Based on the current research out there about lube and my personal experience using some of the products, here are just a few I would happily recommend:

- [SYLK](#)
- [Yes, Yes, Yes](#)
- [Pre-Seed](#)
- [Good Clean Love](#)
- [Wet Platinum Premium \(silicone based\)](#)

On a side note, Pre-Seed does contain parabens, but according to current research, it's been included in the group of safest lubes for your vagina. I personally wouldn't use a product with parabens in it, but I'm all about laying out the facts so you can choose the one that's best for you.

So if you're hoo-ha isn't wet, don't fret. Adding lubricant is your best bet.

References:

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