

# IS IT A VULVA OR VAGINA?



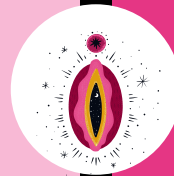
## The truth about 6 common Vulvar myths



### MYTH

The vagina is what you see when you look "down there"

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### FACT

The vulva is what you see. The vagina is the canal going inside.

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### MYTH

Daily discharge should be no more than the size of a coin

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### FACT

Every person is unique and discharge varies. Discharge that is discolored or has a foul odor needs evaluation

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### MYTH

Using a scented feminine wash is best

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### FACT

For people with sensitive tissue, cleaning with water is best

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### MYTH

Only your doctor should look at your vulva

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### FACT

Regular checks by YOU can catch unwanted changes like cancer early

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### MYTH

All labias should be the same size and shape

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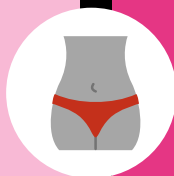
### FACT

You are unique and your vulva is unique. Some labia minoras may be more prominent than others.

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### MYTH

You should not touch your clitoris



### FACT

The clitoris can get "stuck". Moving it regularly is important

