

What is Lichen Sclerosus?

Lichen Sclerosus et Atrophicus (LSA) is a skin condition that can affect men, women or children.

It most commonly affects women after the menopause and girls before puberty. Skin lesions can occur anywhere on the body but are most frequently seen in the genital area. The cause is unknown.

What are the long term outcomes?

In many cases, lichen sclerosus resolves before or at puberty, but not in all cases.

Unlike in older women, there is no known risk of this condition becoming cancerous.

This condition does not affect periods, sexual health or future fertility.

How is the diagnosis made?

The diagnosis is usually made by your specialist by just looking at the area, as the appearances are characteristic.

Biopsies of the skin are rarely needed.

What are the symptoms?

Lichen sclerosus can cause itching, soreness, bleeding or vaginal discharge. The itching and soreness can be very severe.

The skin on the outside of the vagina can appear thin and whitish, or there may be areas of bruising, thickening of the skin, or breaking of the skin. This can have quite an alarming appearance.

What treatments are available?

When the condition is mild, no treatment is needed. If there are symptoms of mild itching, a barrier cream such as zinc oxide (Sudocrem™) or petroleum jelly can be used.

In more severe cases, your doctor will prescribe a steroid cream which should be applied to the area twice daily for two weeks, and repeated as necessary.

This will cause the symptoms to disappear in most girls after 2-3 months, and no further treatment is necessary.

If you require any further information, please contact:

Dr Gail Busby
Paediatric and Adolescent
Gynaecologist
Saint Mary's Hospital

(Secretary): 0161 276 6119
Monday to Friday, 9.00 am – 4.00 pm

Suggestions, Concerns and Complaints

If you would like to provide feedback you can:

- Ask to speak to the ward or department manager.
- Write to us: Patient Advice and Liaison Services, 1st Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester M13 9WL
- Log onto the NHS Choices website www.nhs.uk - click on 'Comments'.

If you would like to discuss a concern or make a complaint:

- Ask to speak to the ward or department manager – they may be able to help straight away.
- Contact our Patient Advice and Liaison Service (PALS) – Tel: 0161 276 8686 e-mail: pals@cmft.nhs.uk. Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.



Please use this space to write down any questions or concerns you may have.

No Smoking Policy

The NHS has a responsibility for the nation's health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on

Tel: (0161) 205 5998
(www.stopsmokingmanchester.co.uk).

Translation and interpretation service

These translations say "If you require an interpreter, or translation, please ask a member of our staff to arrange it for you." The languages translated, in order, are: Arabic, Urdu, Bengali, Polish, Somali and simplified Chinese.

اذا كنت بحاجة الى مترجم، او ترجمة، من فضلك اطلب من احد موظفينا ترتيب ذلك لك
اگر آپ کو ایک مترجم، یا ترجمہ کی ضرورت ہے، تو برائے کرم ہمارے عملے کے کسی رکن سے کہیں کہ وہ آپ
کے لیے اس کا انتظام کرے۔

আপনার যদি একজন দোভাষী, অথবা অনুবাদের প্রয়োজন হয়, দয়া করে আমাদের একজন
কর্মীকে বলুন আপনার জন্য ইহা ব্যবস্থা করতে।

Jeśli Pan/Pani potrzebuje tłumacza lub tłumaczenie prosimy w tym celu zwrócić się do członka personelu.

Haddii aad u baahantahay tarjubaan, fadlan waydii qof ka mid ah shaqaalahayga si uu kuugu.

如果你需要翻译或翻译员, 请要求我们的员工为你安排

Saint Mary's Hospital

Lichen Sclerosus et Atrophicus

Information for parents/carers



Paediatric and Adolescent Gynaecology Service

Saint Mary's Hospital
Oxford Road
Manchester
M13 9WL



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