LUMPS and BUMPS on the VULVA

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Forum     Women’s health therapeutic hotline
March 1 2019
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Forum F027: Women’s Health Therapeutic Hotline
Lumps and Bumps on the Vulva
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DISCLOSURES
Proctor and Gamble: member of Scientific Advisory Board
UpToDate: Royalties
Lumps and Bumps on the Vulva

- Review terminology
- “Normal” variations
- Infectious
- Inflammatory
- Neoplastic
Lumps and Bumps on the Vulva: “normal” variations

• Labia majora:
  • Epidermoid Cysts
    (common like scrotal cysts)
(Labra minora rarely has epidermoid cysts)

Lumps and Bumps on the Vulva
“normal” variations

• Labia minora:
  • Sebaceous hyperplasia
Lumps and Bumps on the Vulva vestibular gland cysts

• 1 or more; 2-30mm
• Medial labia minora > anywhere vestibule
• Path: mucinous, ciliated or mixed
• Excise only if sx
Lumps and Bumps on the Vulva “normal” variations

• Vulvar Papillomatosis
  • Initial “pseudocondylomata of the vulva”
  • Not associated with HPV (1/15 + with PCR); rare koilocytes
  • Prevalence - ?50%

Lumps and Bumps on the Vulva

“normal” variations

- Vulvar Papillomatosis
  - Soft, finger-like projections; each with own insertion (warts more firm)
  - Symmetric (warts asymmetric)
  - On labia minora or in vestibule
- 2nd type – rough, granular; on labia minora

Lumps and Bumps on the Vulva
“normal” variations

• Urethral caruncle
• Post – menopausal
• Red papule at posterior urethral meatus < 1 cm
• If sx, can treat with topical hormones or surgery
• (urethral prolapse: donut; circumferential)

Lumps and Bumps on the Vulva

Warts

• incidence 1.2/1000
• most prevalent 20-24
• infection to wart – up to 18 months
• increase in older woman ? old infection
• HPV 6/11 most common

Lumps and Bumps on the Vulva

Warts

Office treatments:

• Surgery (smoke evacuator)
• Cryotherapy
• TCA/ bichloroacetic 80-90%
• podophyllin resin 10-25%
  - dry before dressing
  - wash 1-4 hrs;

NOT pregnant

Lumps and Bumps on the Vulva

Warts

Home treatments:

- imiquimod 3.75% nightly up to 16 wks
- imiquimod 5% 3 nights/wk up to 16 wks
- podofilox bid x 3 days/4 days off; 4 cycles
- sinecatechins 15% oint TID x 16 wks

Lumps and Bumps on the Vulva

Warts

- cryo, imiquimod, TCA, podophyllin all about equally efficacious
- electrosurgery/ laser slightly more efficacious

Lumps and Bumps on the Vulva

Warts

Other reports:

• ingenol mebutate: home weekly for 4 wks
• Cantharidin – in office; wash off in 4 hours


Lumps and bumps on the vulva: infectious: Bowenoid Papulosis

- Path: SCCaIS/ vulvar HSIL
- Clinical: benign
- ? Progress to SCCa (2.6%)

Lumps and bumps on the vulva: Bowenoid Papulosis

• Multiple
• Well-demarcated
• 2-10 mm
• Gray-brown, red, skin
• HPV 16, 18, 31, 39
• Tx: destruction (cryo, electrodessication, laser, surgery);
  imiquimod 5% cream
Lumps and bumps on the vulva: infectious

- Condyloma lata
- Secondary syphilis
- Flat topped papules larger than warts
- Tx: 2.4 million units IM benzathine pcn

Lumps and bumps on the vulva: Papular Acantholytic Dyskeratosis

- <50 cases in literature
- Skin colored or white papules labia majora, perineum, perianal
- Path: like Hailey-Hailey or Dariers


Lumps and bumps on the vulva: Papular Acantholytic Dyskeratosis

- Gene defect: ATP2C1 (allelic to HHD) and ATP2A2 (allelic to Dariers)
- ? Hailey-Hailey ?Dariers
- Localized; sx: itch/burn (66%)
- Mother/daughter reported
- Txs: tacrolimus; topical steroids; topical retinoids; cryo; electrosurgery; laser


Lumps and bumps on the vulva: Desmoplastic Trichoolemmoma (likely)

• Pt came to me for biopsy
• Had lesion completely removed by MOHS surgeon
Lumps and bumps on the vulva: neoplastic

- Retrospective review of vulvar adnexal neoplasms 1978-2010 at MGH
- 189 cases – 133 benign; 56 malignant
- Malignant dz:
  - Extra mammary pagets dz – 49
  - BCCa – 2
  - Sebaceous carcinoma – 2
  - Adenoid cystic, apocrine, spiradenocarcinoma -1 each

Lumps and bumps on the vulva: neoplastic

- syringomomas
Lumps and bumps on the vulva: benign adnexal tumors

- Hidradenoma papilliferum
- Syringoma
- Cysts
- Pilomatricoma
- Poroma
- Spiradenoma
- Hidradenoma
- Apocrine tubular adenoma
- Cylindroma
- Sebaceoma
- Trichoepithelioma

Lumps and bumps on the vulva: Acquired Lymphangiectasia

- Congenital (lymphangioma circumscriptum)
- Acquired lymphangiectasia of the vulva
  - Radical hysterectomy and pelvic radiation
  - Tb, cellulitis, Crohns, varicose veins, rhabdomyosarcoma, lymphoma (XRT)

Lumps and bumps on the vulva: Acquired Lymphangiectasia

• Clinical
  • “Frog spawn” – clear thinned walled vesicles
  • Can be hemorrhagic
  • Can be verrucous/papular


Lumps and bumps on the vulva: Acquired Lymphangiectasia

• DDX
  • Warts, molluscum, EVN, herpes zoster, leiomyoma, cellular angiofibroma, angiomyofibroblastoma and aggressive angiomyxoma


Lumps and bumps on the vulva: Acquired Lymphangiectasia

- Treatment
- Surgery – often needs revisions
- Carbon dioxide laser ablation
- Electrocautery
- Cryo, Sclerotrex, Radiotherapy


