Lichen Sclerosis and Genitourinary Syndrome of Menopause

Rochelle Torgerson, MD, PhD
Mayo Clinic
Disclosure

no conflicts of interest

no relevant financial relationships

off-label medication usage
Outline

• Lichen sclerosus recap
• Genitourinary syndrome of menopause (GSM)
• Treatment of GSM
• GSM treatment and yeast
Vulvar Lichen Sclerosus

- Autoimmune, cell-mediated disease
- Females of any age
- Increased risk of vulvar SCC
- Rx: high potency steroid ointment
- Maintenance treatment required

LS in Menopausal Women

• Reinvent the wheel? No

• Additional thoughts? Yes
Genitourinary Syndrome of Menopause (GSM)

- Genital symptoms of dryness, burning, and irritation
- Sexual symptoms of lack of lubrication, discomfort or pain, and impaired function
- Urinary urgency, dysuria, and recurrent UTIs

2014 ISSWSH and NAMS
Genitourinary Syndrome of Menopause (GSM)

- Dryness, burning, and irritation
- Pallor
- Atrophy
- Smaller structures
- Urethral caruncle
Loss of Estrogen (circulating estradiol)

- **Pre Menopause**
  - Early follicular phase – 50 pg/mL
  - Ovulation – 200 to 350 pg/mL
  - Early luteal phase – 100 pg/mL
  - Mid-luteal phase – 200 pg/mL
  - Onset of menses – 30 to 50 pg/mL

- **Menopause**
  - 5 pg/mL
Treating GSM in Pts with LS

• When?
  • Hard to get control of LS
  • Hard to maintain control of LS
  • LS looks improved but Sx persist
  • Sexual function impaired

• My goal when treating GSM:
  Improve the resilience of genital skin
Non-Hormonal GSM Treatment

• Sexual activity

• Moisturizers and Lubricants
  • Water-based
  • Silicone-based
  • Oil-based (never with condoms)
  • Replens, Astroglide, Yes

• Astroglide Blog: Lube 101
Hormonal GSM Treatment

• Hx: estrogen dependent tumors?
• Low dose vaginal estrogen therapy
  • Restoration of
    • thickness of the epithelium
    • vaginal acidic pH and microflora
    • vaginal secretions
  • Systemic effect?
    • Minimal to none
Low Dose “Topical” Estrogen

• Insert: estradiol 10 mcg (Vagifem)

• Ring: estradiol 7.5mcg (Estring)

• Creams
  • Conj estrogens 0.625mg/g (Premarin)
  • Estradiol 100mcg/g (Estrace)
Other GSM Treatment

- Ospemifene (SERM)
  - Activity: vagina
  - No Activity: breast, endometrium

- Fractional CO2 laser
  - Vaginal wand delivery
  - FDA device approval
  - MonaLisa Touch, IntimaLase
No Good Deed …

• Yeast
  • Menopause less yeast
  • Positive yeast Cx
    • 49% on HRT
    • 3% not on HRT
  • Mouse models

• Prophylax everyone on HRT? no

LS Treatment in Menopause

- Clobetasol ointment daily to bid x 4 to 8 wks
- Maintenance Tues and Thur nights
- Recheck annually + prn

- Replace estrogen when warranted
  - Estradiol insert 2 nights per week
- Consider yeast if “flaring”
Thank You

torgerson.rochelle@mayo.edu