U017 Vulvar Disease
Non-erosive vulvar conditions

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Clinical Pearls:
- Vulvar disease is skin disease. It is dermatology with a twist.
- The commonest non-erosive dermatoses of the vulva are dermatitis, psoriasis, chronic vulvovaginal candidiasis and lichen sclerosus (LS)
- LS is white: the others are erythematous
- All these conditions are itchy and if excoriated or fissured they can be sore
- LS scars the vulva and 5% develop cancer
- Long-term preventative treatment prevents complications of LS
- Biopsy LS: it is the patient’s diagnosis and passport to long-term Rx
- There is no diagnostic test for erythematous non-erosive skin conditions
- Clinical diagnosis rests with you
- Dermatitis and psoriasis do not involve the vagina but candidiasis does
- Dermatitis and psoriasis are treated similarly to anywhere else on the skin
- In post-menopausal women, low dose acitretin can be very effective
- Chronic vulvovaginal candidiasis (CVVC) does not always come with a +ve swab
- CVVC has a very large impact on quality of life because of pain and dyspareunia
- CVVC is an estrogen dependent and probably a genetic condition
- The diagnosis of CVVC depends on accurate history taking
- Long term antifungal treatment safely controls CVVC

References:
- Fischer G: Chronic vulvovaginal candidiasis: what we know and what we have yet to learn. Australas J Dermatol 2012;53:247-54
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