**What Are Vulvar/Vaginal Skin Disorders?**

While frequently not discussed, vulvar/vaginal skin disorders are actually quite common. Though many people immediately associate vulvar skin irritation to the presence of a sexual transmitted diesease, this is not always the case. Skin irritation around the vulva can be linked to a variety of factors including the types of clothes you wear, the shower products you use, and the physical activities you participate in.

Below are several naturally occurring types of vulvar/vaginal skin disorders:

* Lichen Simplex Chronicus - Lichen Simplex Chronicus is caused by chronic itching and scratching to a given area of skin. This skin disorder is very cyclical. It begins by causing irritation in the vulvar area that leads to scratching, this scratching then thickens the skin which leads to more irritation and scratching, and so on. There are a variety of treatments available to end the cycle and find relief.
* Lichen Sclerosus (LS) - Sometimes called White Spots Disease, LS is a long-term skin disorder that predominantly affects the genital region. The disease is marked by the appearance of small, smooth white spots on the skin. As the condition progresses, the spots grow into large crinkled patches that tear and bruise easily. While LS can cause pain in the affected individual it is very treatable. It is not contagious and will not be passed to a partner during sexual activity.
* Lichen Planus - Lichen Planus is marked by the appearance of shiny, firm, reddish purple bumps on the affected area of skin. These bumps are painful to the touch and cause the rough patches of skin, itching and, in rare cases, painful blistering of the skin. While not contagious, lichen planus can make sexual activity impossible due to the high level of pain the condition causes. It is treatable through a variety of creams and therapies.

For more information on the skin conditions we treat, contact us directly!