

CLINICAL PEARLS: Lichen Sclerosus (LS)

Lichen Sclerosus (LS) is a rare skin disease that creates white blotchy patches that are usually thinner than normal skin. It can affect any part of the body, but most often affects the skin of the vulva, foreskin of the penis, or skin in the anal area. The exact cause of LS is unknown. Risk factors such as hormone imbalance, genetics, overactive immune system, and previous damage to skin can all play a role in causing LS. LS is rare and affects less than 200,000 people per year in the U.S. It is more common in females between the ages of 35-50. Post-menopausal women are at higher risk.

Symptoms and complications

White spots on skin, wrinkled patches, itching, pain, bruising or tearing, blistering, painful intercourse. The skin scarred by LS is more likely to develop into skin cancer. The vaginal area can narrow due to itching and scarring which can lead to painful sexual intercourse.

Treatment

There is no cure for LS but treatment can help manage the condition. Set up an appointment with **Melissa Parra, CNP (505) 433-4349**, an excellent provider who is knowledgeable about LS and treatment options.

At Olive Tree Compounding Pharmacy, we are glad to work with you and your provider to optimize your health and quality of life.

By: Christine Nguyen, PharmD candidate 2022 and Ndidiamaka Okpareke, PharmD