

## **Vulval Disorders**

Vulval disorders encompass a multitude of conditions. Many women suffer for many years with varying conditions feeling too embarrassed to see their GP or Gynaecologist. Please don't despair, I have been trained in vulval skin disorders and have many therapies that can help.

### **Common Conditions**

- Recurrent Thrush
  - Many women are frustrated by the time they see a gynaecologist, please I may need some time but we can sort this out for you.
- Contact dermatitis
  - Every day we come into contact with 100's of chemicals. The vulval skin is delicate may be reacting to the environment.
- Vulvodynia
  - A difficult condition to manage. Results from nerve fibers firing inappropriately. Multidisciplinary team approach is required.
- Genital Warts
  - Can be disfiguring and embarrassing. Medical or surgical management may be required.
- Lichen Sclerosus
  - Most common in postmenopausal women. Characterised by itching, cracking of skin and vulval changes.
  - Mainstay of management is with steroid cream.
  - Patients will require long term follow up.
- Lichen Planus
  - Patients will commonly have lesions elsewhere on the body
- Psoriasis
  - Autoimmune disease, patients will typically have lesions elsewhere on the body.
  - Treatment is with steroid cream

New patients to the practice will have their complete medical history completed. While this may seem intrusive and invasive, the process is to find clues of what is causing your condition. After the history the women will be examined, please rest assured the aim is not to torture our women. (Please see colposcopy for extra information) Some women will undergo visual inspection; others may require multiple specimens to be collected (pap smear, swabs and tissue biopsies.) If at any time the examination is too embarrassing, or you have discomfort please talk to us.

Some patients will have a diagnosis and management plan formulated on the day, others will require their specimens to return from the pathologist prior to a management plan being made.

If you feel you may have a vulval disorder please see your GP for a referral to the rooms. If you have any questions please call the rooms on 4931 8730.

Dr Tanya Davenport 2015