

Lichen Simplex Chronicus



PLAY PICMONIC

Pathophysiology

Hyperplasia of Vulvar Squamous Epithelium

Hiker-plates and Square-mouse

Hyperplasia of the vulvar squamous epithelium occurs when there is chronic rubbing or scratching. Hyperplasia refers to an increase in the number of cells.

Scratching

Scratching-man

Scratching for a prolonged period of time can result in squamous cell hyperplasia, which can lead to lichen simplex chronicus.

Rubbing

Rubber-chicken

Rubbing for a prolonged period of time can result in hyperplasia of the vulva squamous epithelium, which can manifest as lichen simplex chronicus.

Benign

Benign-bunny

No Risk of Squamous Cell Carcinoma

No-Risk-sign with Square-mouse Car-gnome

Lichen simplex chronicus has no risk of progression to squamous cell carcinoma.

Signs and Symptoms

Leather Skin

Leather Skin-suit

The chronic scratching and/or rubbing of the squamous epithelium leads to a leather-like appearance of the skin, described as lichenification.

Pruritus

Prairie-dog

Management

Corticosteroids

Quarter-on-steroids

Corticosteroids are used to treat lichen simplex chronicus. The purpose of this is to reduce the itchiness brought on by lichenification.
