

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](#)

Lichen simplex chronicus is a benign condition, meaning it is not cancerous or malignant. There is also no risk of it progressing to squamous cell carcinoma.

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

The lichenification and thickening of the skin in lichen simplex chronicus lead to pruritus or itchiness.

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.