



Forming clinical diagnostic criteria for vulval lichen planus

Vulval Lichen Planus (vLP) is a chronic inflammatory condition of the skin and mucosal surfaces affecting women of all ages. It is a rare yet debilitating and painful condition that can dramatically impact a patient's quality of life. Diagnosis is often significantly delayed as its appearance is highly variable. Existing diagnostic guidelines were formulated based on expert opinion¹; however, validation studies have shown a poor correlation with histopathology results, with only one in three cases matching². Thus, this study aimed to formulate an evidence-based diagnostic tool and streamline treatment guidelines for patients with vLP.

Between 2008 and 2019, 243 patients with clinically suspected vLP from a single outpatient clinic were prospectively recruited. Clinical features were compared between patients with biopsy-proven vulval lichen sclerosis (n = 50) and vulvar lichen planus (n = 96). The features that significantly differentiated between them were the presence of erosions (p