



Genital itching



Introduction

Genital Itch is the most common presenting symptom of numerous conditions and thus requires a systematic approach to establish the correct diagnosis.

??? Causes Genital itching

INFECTIONS

- ✓ **FUNGAL**- Dermatophytosis, Candidiasis
- ✓ **BACTERIAL**- Bacterial vaginosis
- ✓ **VIRAL** – Genital warts
- ✓ **PARASITES**- Pinworm , Trichomoniasis
- ✓ **MITE** – Scabies, Pediculosis pubis

NON INFECTIOUS

- ✓ Irritant Contact Dermatitis
- ✓ Allergic Contact Dermatitis
- ✓ Lichen Sclerosus
- ✓ Lichen Planus
- ✓ Psoriasis
- ✓ Fox Fordyce disease
- ✓ Hidradenitis suppurativa
- ✓ Behcet's disease
- ✓ Crohn's disease
- ✓ Aphthous ulcers
- ✓ Vulvovaginal atrophy
- ✓ Zoon vulvitis

PRURITIC NEUROPATHY

- ✓ Leads to LICHEN SIMPLEX CHRONICUS
- ✓ Caused by Injury, Surgery or local lesions either in pelvis/spine causing pudendal nerve entrapment

NEOPLASIA

- ✓ Vulval Intraepithelial Neoplasia
- ✓ Extramammary Paget's disease
- ✓ Invasive Vulval carcinoma (SCC)

PSYCHOGENIC

- ✓ Associated LICHEN SIMPLEX CHRONICUS or PRURIGO NODULARIS

Points to be evaluated while taking history

Bathing/Hygiene Habits- frequency, water temperature

Product use in genital area- douches, spray, washes

Contenance Problems: urine leakage, fistulas

Clothing – tight fitting pants or underwear

Laundry practises- detergents, bleaches, dyes

Non genital skin conditions- Dry skin, eczema, psoriasis, rosacea,

Medical conditions- Diabetes, immunosuppressant

General measure to prevent it

Practicing good hygiene

Breaking itch scratch cycle- Cut finger nails short temporarily.

Genital bathing habits

Avoiding scented soaps and other products that may cause irritation

Clothing- Wear dry plain cotton underwear

Avoid Laundry products

Conclusion

Pruritis vulvae is the most disturbing symptom affecting females of all age group.

Causes can vary from simple infections to carcinomas.

Appropriate diagnostic tests to be conducted and biopsy is done only when required.

Complete treatment and regular follow up has to be done.

