

BENIGN "LUMPS AND BUMPS" OF THE VULVA



Benign "lumps and bumps" of the vulva are common and consist of a wide range of lesions and conditions which may affect women of all ages. Healthy and "normal" vulvar dimensions

and appearances are extremely varied, with a broad range of shapes, colors, and sizes, though few depictions of normal vulvar anatomy exist in popular culture and media.

The vulvar lesions described here are benign; many are asymptomatic and found only on self-examination. Most do not require any treatment. It is important to follow up with your dermatologist or gynecologist for diagnosis and management, especially if symptoms like itchiness or pain arise or if the lesion changes appearance rapidly.

Vestibular papillomatosis (VP): VP is a normal anatomic variant of the vulva. It is distributed linearly and symmetrically within the labia minora and vulvar vestibule (area between the labia minora). It is the same color as the surrounding area and consists of soft finger- or frond-like outgrowths. It does not require any treatment.

Urethral caruncle: Urethral caruncles are red polyp-like masses, usually solitary, near the urethral opening (where urine comes out of) that arise in post-menopausal women from an outpouching of the wall of the urethra. Though benign, they may cause symptoms like pain, burning, or

bleeding with urination. If symptomatic, treatment may include topical estrogen or steroid ointments and minor surgical procedures may be considered.

Seborrheic keratosis: Seborrheic keratoses are exceedingly common and may be found on all skin surfaces, including the vulva. Their appearance varies widely, with possible colors ranging from tan to brown to black; textures may be smooth and waxy or rough and bumpy. Usually, they look

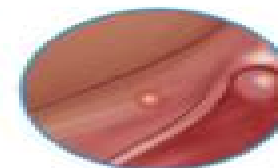
like they've been "stuck on" the skin. They do not have any cancerous potential and do not need to be monitored or removed.



asymptomatic but may become itchy. For lesions that itch, a topical steroid cream can be tried.



Hidradenoma papilliferum (HP): HP may be found on the labia majora or labia minora as a firm, solitary, smooth-surfaced, red, blue, or skin-colored nodule, ranging in size from 0.5-2.0cm. Your doctor may want to biopsy the lesion to rule out malignancy. HP may be surgically removed if they are itchy, painful, or bleeding.



Epidermal inclusion cysts (EIC): EICs (known by many names, including epidermoid cysts and sebaceous cysts) usually present as firm, round, yellow-white papules. They are the most common skin cyst and can be found any place on the body at any age.

Vulvar EICs are most often found on the labia majora and may be clustered and range in size from a few millimeters to several centimeters. They are benign and do not require treatment, but if they become symptomatic or bothersome, they can be removed with a minor surgical procedure.



Vestibular gland cysts (VGC): VGCs are found within the vestibule of the vulva arising from vestibular glands. They are filled with clear liquid mucin and are translucent. They are generally asymptomatic, but if there is associated pain or discomfort, a minor surgical procedure can be performed.

FOR MORE INFORMATION

Sally R, Shaw KS, Pomeranz MK. Benign "lumps and bumps" of the vulva: A review. *International Journal of Women's Dermatology* 2021; 7(4): 247-254.

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Vulva Bump Manual Guide

W.H. Utian

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The Menopause Manual W.H. Utian, 2012-12-06 Years of involvement firsthand experience and research at the Menopause Clinic of the Groote Schuur Hospital Cape Town exist as the background to this book The Clinic itself however as one of the first in the world to be established if not the first has a story and a lesson of its own to offer and is therefore deserving of a brief description as the preface to the book In 1967 shortly after Christiaan Barnard had completed the historical first human heart transplant at the Groote Schuur Hospital I happened to be in West Berlin and was invited to visit a major international pharmaceutical firm A new female hormone was mentioned and thereby started my interest in the subject Upon my return to Cape Town I spent many hours in the large medical school library and completely surveyed the menopause literature to 1967 I was stunned by its general inadequacy and was bitten by a challenge to clarify what menopause really was and to define the proper place of hormone replacement therapy

Self-Scoring Study Guide and Student Activities Manual to Accompany Adjustment and Growth Spencer A. Rathus, Jeffrey S. Nevid, Gary W. Piggrem, 1998-12-26

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