

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

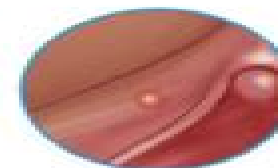
like they've been "stuck on" the skin. They do not have any cancerous potential and do not need to be monitored or removed.



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, yellowish-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

Nina Brochmann, Ellen Stokken Dahl



Vulva Bump Manual Guide:

The Real Body Manual Nancy Redd, 2024-10-22 A revolutionary health resource for young adults of all genders to understand appreciate and take care of their bodies with color photos throughout How can the savviest and most connected generation in history have no photographic guide to puberty Until now The Real Body Manual is a comprehensive health and wellness guidebook for all genders from the author of the ALA Quick Pick for Reluctant Young Adult Readers and instant New York Times and USA Today bestseller Body Drama Inspired by her own kids entering the tween and teen years Nancy Redd has crafted a uniquely inclusive book that offers a factual and candid approach to the complex and often confusing body issues that all young people face This go to resource or all types of developing bodies contains medically vetted relatable advice alongside full color photographic references The Real Body Manual is for curious readers from puberty and beyond and is a conversation starter for parents caregivers uncles and aunts older siblings counselors teachers and health professionals essentially anyone who would like to more fully understand and effectively relate to the body image and self discovery challenges faced by the young people in their life Created with today s open minded and diverse kids in mind this book tackles acne body odor constipation and diarrhea chests and breasts dandruff sleep hygiene sexual health self care and so much more in a judgement free and gender neutral way The Real Body Manual is the encouraging book that modern young adults are waiting for and an eye opening book their parents are likely to learn from too

The Complete guide to pregnancy and child care - The baby manual - PART ONE Sarah Owen, 2015-03-04 They say babies don t come with instruction manuals I tried to change this this guide will be as close to one as you will get It will answer questions that you hadn t even thought of It focuses on conception to 3 years They say babies don t come with instruction manuals this guide will be as close to one as you will get It also has sections for you to record your journey and keep as a keepsake making it an invaluable 2 in 1 complete guide reference book that you can keep referring to and a memory book to keep forever This book is in 2 parts this is part one You will also need to purchase part two for the complete book it is too large to publish as one book

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Manual of Forensic Emergency Medicine Ralph Riviello, 2010 Manual of Forensic Emergency Medicine is a comprehensive guide to the clinical approach to criminal illness and injury This resource offers emergency care professionals the knowledge needed to make an accurate diagnosis of abuse neglect sexual assault or other conditions in which forensic investigation is needed This book offers information on victim services and resources available for patients as well as relevant aspects of the legal system This essential guide contains color photos a forensic glossary and forensic forms that can be used in a clinical practice Key Topics include Forensic Documentation Firearms Evidence Collection in the ED and Gang Violence

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

The Wonder Down Under Nina Brochmann, Ellen Stokken Dahl, 2018-03-08 The Wonder Down Under is set to do for the vagina what Giulia Enders Gut did for our digestive system a few years ago Stylist This new guide should be on every woman's shelf Emerald Street A vital publication it deserves to be a hit The Press Association Tells you everything you need to know Fabulous The Wonder Down Under explains everything you ever wanted to know about the vagina but didn't dare ask Learn the truth about the clitoris inner life the menstrual hormone dance and whether the vaginal orgasm really exists The book helps you understand how different types of contraception work in the body what a normal vulva looks like and how wearing socks can change your sex life Medical students and sex educators Nina Brochmann and

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