

Lichen Sclerosus: An Uncommon but Treatable Cause of Lower Urinary Tract Symptoms in Prepubertal Girls

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Patients and Methods

- LS is known to increase lower urinary tract symptoms (LUTS), including incontinence
- Lack of familiarity among pediatric providers may lead to significant diagnostic and treatment delay, resulting in irreversible genital skin changes
- LS symptoms included classic pigment change in all 13 girls, pruritis in 10, fissures in 5, vulvar irritation in 4, perineal pain in 3 as well as vulvar discharge in 3 girls

LUTs at Presentation	10/13
Constipation	7 (54%)
Day time incontinence	5 (38.5%)
Difficulty with urination	3 (23.1%)
Postvoid dribbling	3 (23.1%)
Urgency	3 (23.1%)
Incomplete emptying	2 (15.4%)
Nocturnal enuresis	2 (15.4%)

Results

- Patients treated with a standard course of induction (clobetasol ointment 0.05%) followed by maintenance topical corticosteroid therapy
- 46.2% (6/13) girls had complete resolution of LS while remainder had improved but persistent disease
- Of girls with LUTS, 80% had resolution/improvement with LS treatment while 20% had unchanged voiding symptoms

Lichen Sclerosus



Chronic inflammatory dermatosis with white atrophic patches that often extend to perianal region in a figure-of-eight configuration (A) that can be successfully treated with topical corticosteroids (B)

Summary

- Lichen sclerosus often presents with lower urinary tract symptoms in prepubertal girls, highlighting the need for pediatric urologists to be able promptly and accurately identify this unique subset of voiding patients
- LS treatment typically results in resolution or improvement of voiding symptoms