

Notes

A large rectangular area with horizontal lines for taking notes.



Fold Here

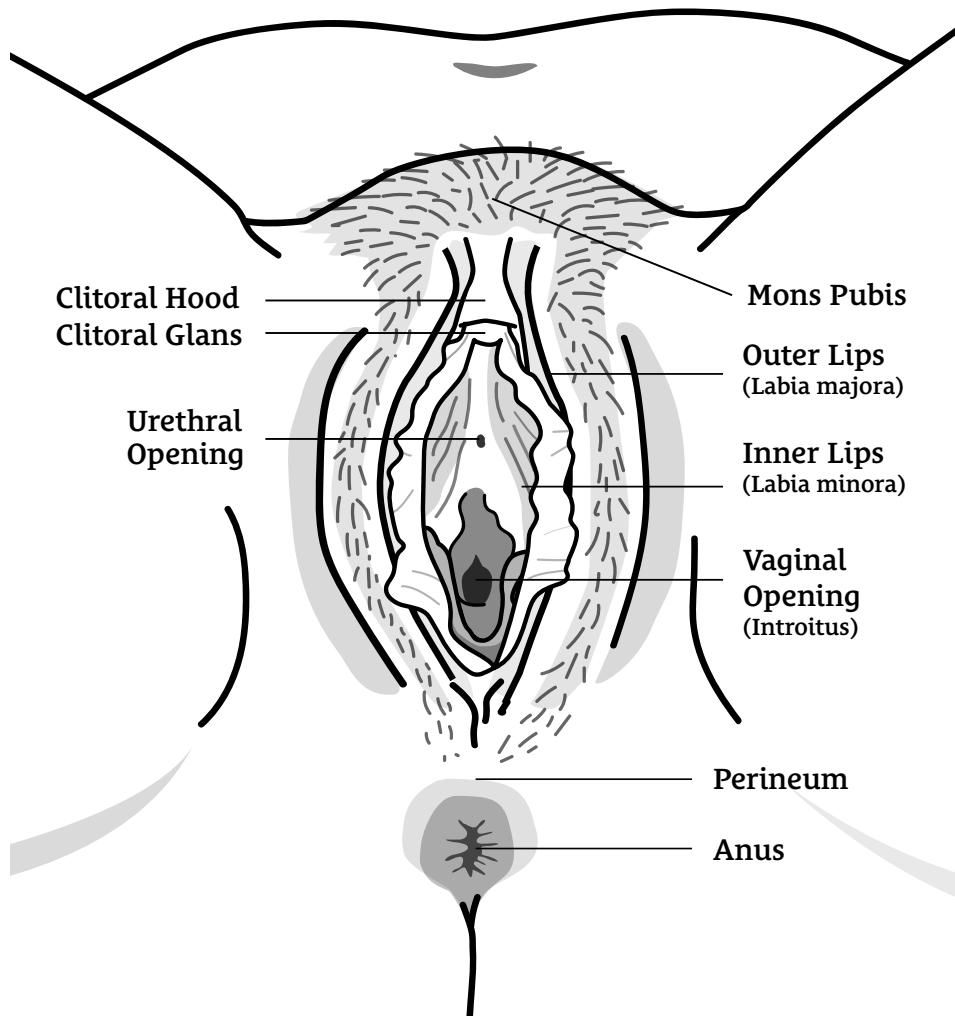
Checklist of vulval lichen sclerosus (LS) signs and symptoms

We've put together this checklist to help you keep track of your signs and symptoms and describe them to your health professional. If you like, you can take it along to your next appointment to help explain your concerns.

Signs and symptoms	✓
Itching/irritation	<input type="checkbox"/>
Pain/burning/soreness	<input type="checkbox"/>
Changes to your skin's appearance (e.g. pale, white or ashy patches, crinkly skin)	<input type="checkbox"/>
Changes to the shape of your vulva (e.g. lips sticking together, lips shrinking, narrowing of vaginal opening)	<input type="checkbox"/>
Clitoris covered by tight skin	<input type="checkbox"/>
Broken areas, sores, ulcers or blisters	<input type="checkbox"/>
Cuts, tears, or splitting of the skin	<input type="checkbox"/>
Bruising or bleeding under the skin	<input type="checkbox"/>
Thickened areas of skin	<input type="checkbox"/>
Painful sex	<input type="checkbox"/>
Painful urination (<i>stinging when you wee</i>)	<input type="checkbox"/>
Other	<input type="checkbox"/>

Not everyone with LS will have all these signs and symptoms. You might have several, or even just one. Noticing them doesn't necessarily mean you've got LS, so to be certain about your diagnosis (and make sure you get the right treatment) your doctor will need to examine you. If you like, you can have a friend or family member with you while this happens.

We know this isn't an easy topic to talk about but try to be as clear and specific as you can. We've included a diagram so you can show your health professional which areas are affected



List of potential concerns

Use this to highlight your particular worries to the health professional.

What I'm worried about	✓
I haven't been examined, and I'd like to be checked for LS	
I've reported these symptoms before, but they're still bothering me and I'd like to be checked for LS	
I've tried thrush treatment (Canesten or Fluconazole tablets) but it didn't help	
I've never had a swab for thrush, or I have but it's always been negative	
I've been treated for another condition, but it didn't help	
My relative has LS and I'm concerned that I do too	
I think the appearance of my vulva has changed over time / my partner thinks my vulva has changed	
I have a diagnosis of LS, but my treatment isn't working any more	
I have a diagnosis of LS, and I'm concerned about changes I've noticed in my self-examinations and / or symptoms	
I'm worried about vulval cancer	
Other <i>(write other concerns in here)</i>	