

The Lichen Sclerosus Guide

Empowering everyone with **vulval lichen sclerosus (LS)** to learn about the condition, access the right treatment and live more comfortably.



Lichen Sclerosus Guide

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The problem

Vulval lichen sclerosus (LS) is a **chronic progressive skin condition** thought to affect 1 in 100 women.

Often people don't know much about it, even healthcare professionals. This leaves people struggling without a **diagnosis**, proper **treatment**, or good **knowledge** about their condition.



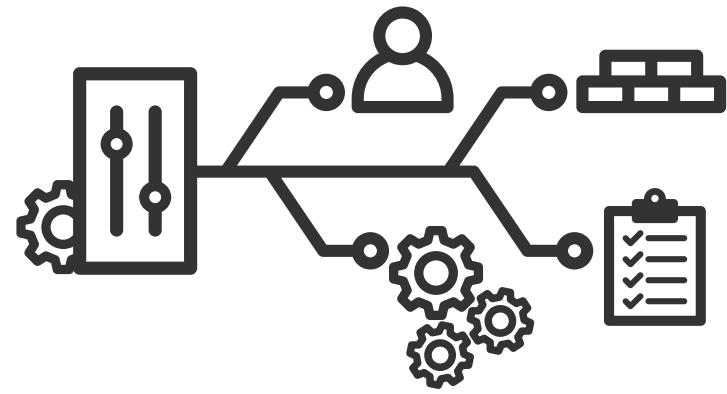
The problem

Signs and symptoms:

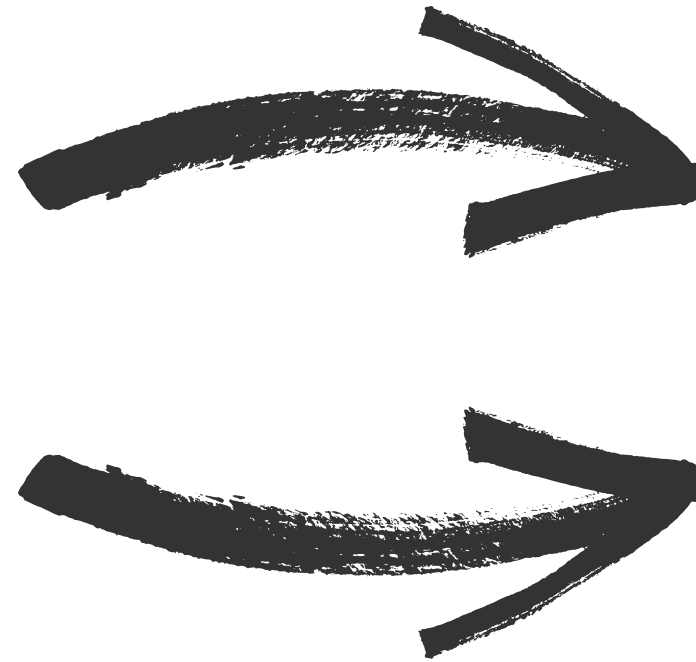
- Itching
- Painful sex
- Pain, soreness, burning
- Pale, white, or ashy patches
- Feeling of dryness
- Change in sensation
- Pain when going to the toilet
- Disturbed stream when urinating



**Listen to Clare's story
on BBC 5 Live**



Mixed methods research to
understand lived experience



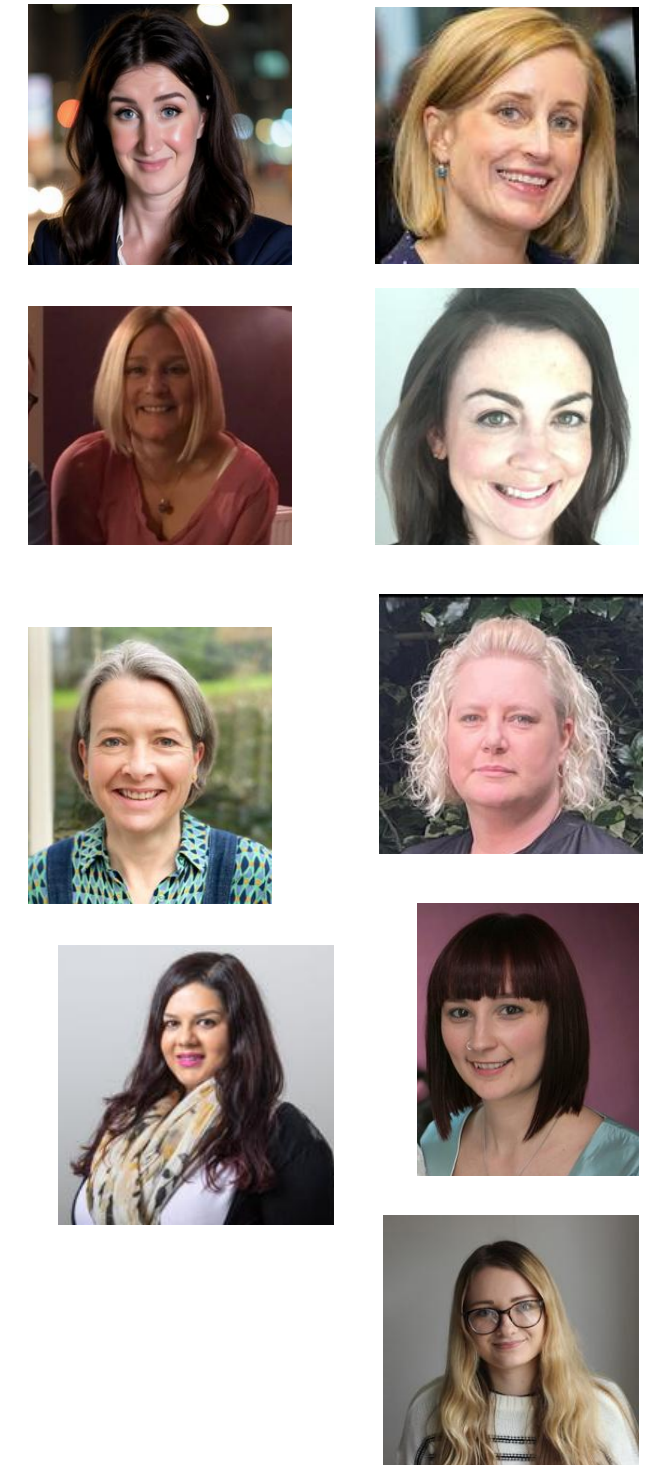
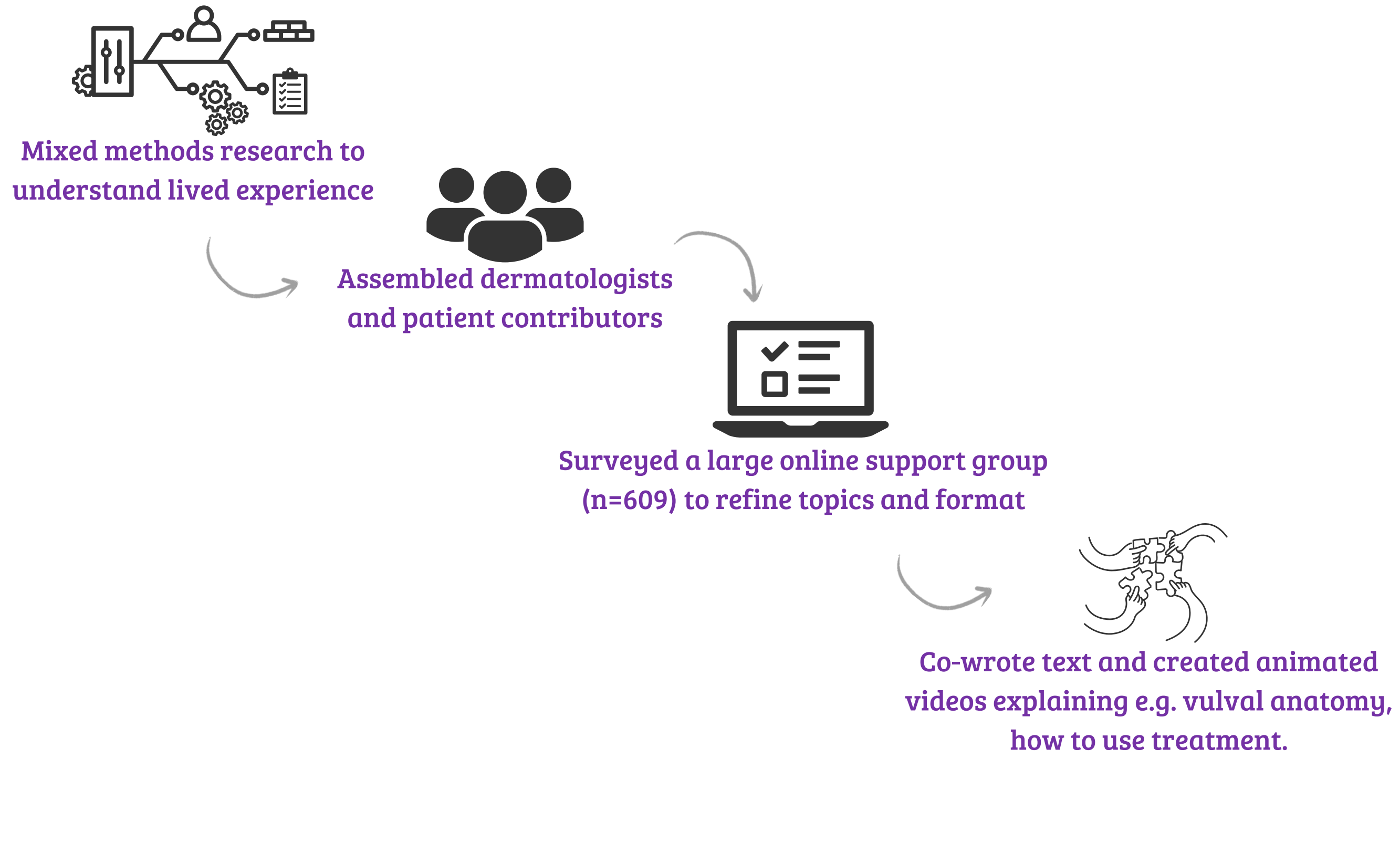
Missed opportunities for diagnosis

Missed opportunities for education

A need for information and tools for self-
management and living with vulval lichen
sclerosus in the long term



Coproducing an online information resource about vulval lichen sclerosis



Launched on LS Awareness Day 2025

Launched 17th January 2025



The LS Guide

Empowering everyone with vulval lichen sclerosis (LS) to learn about the condition, access the right treatment and live more comfortably.



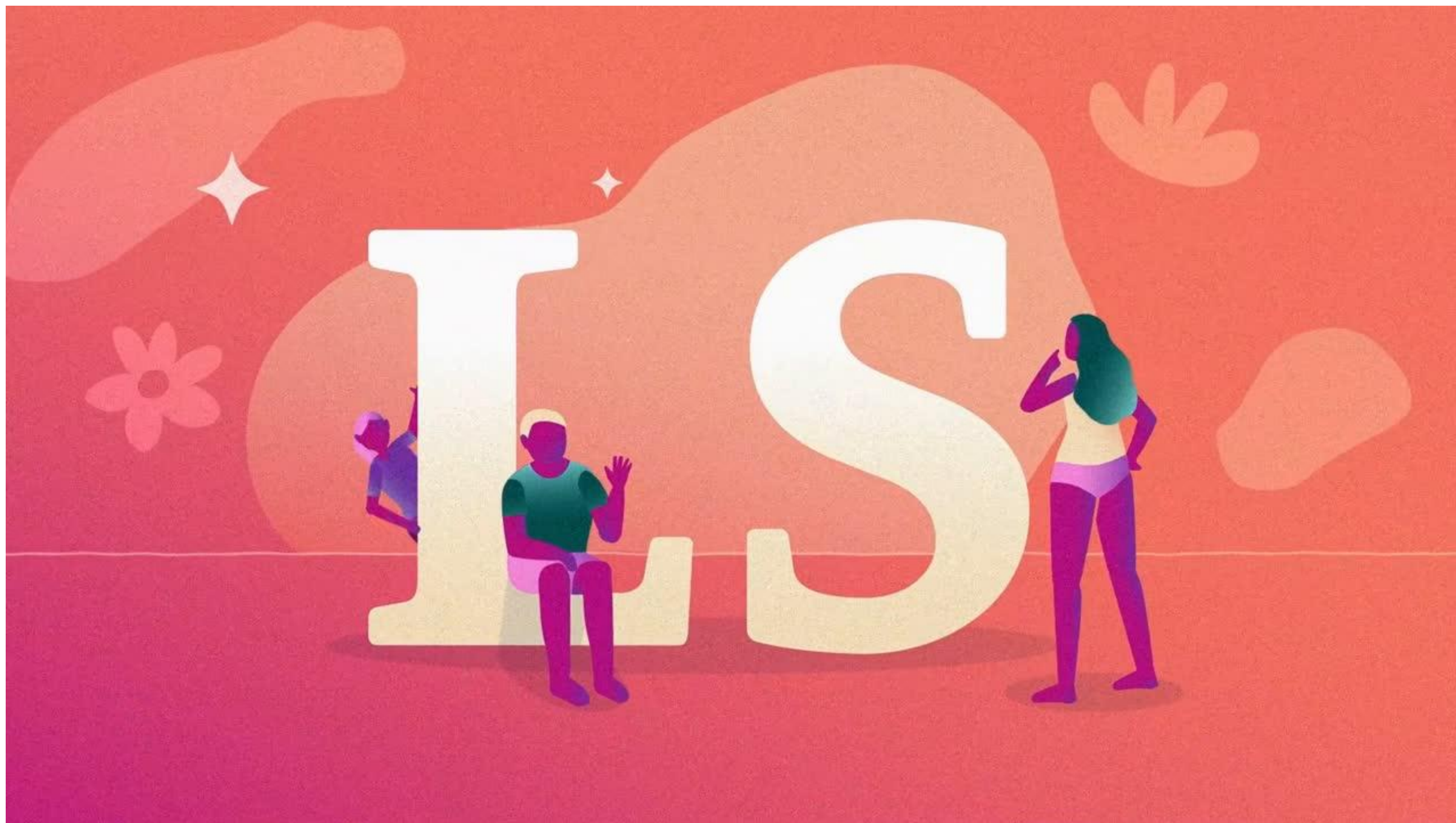
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The LS Guide

Empowering everyone with vulval lichen sclerosis (LS) to learn about the condition, access the right treatment and live more comfortably.



If you've got vulval LS, or you're supporting someone who has, we've created this guide to help you. Written by our team of doctors, researchers and, most importantly, people with LS, it's full of information, practical advice and easy-to-use resources to help you learn more, and live better.



Videos



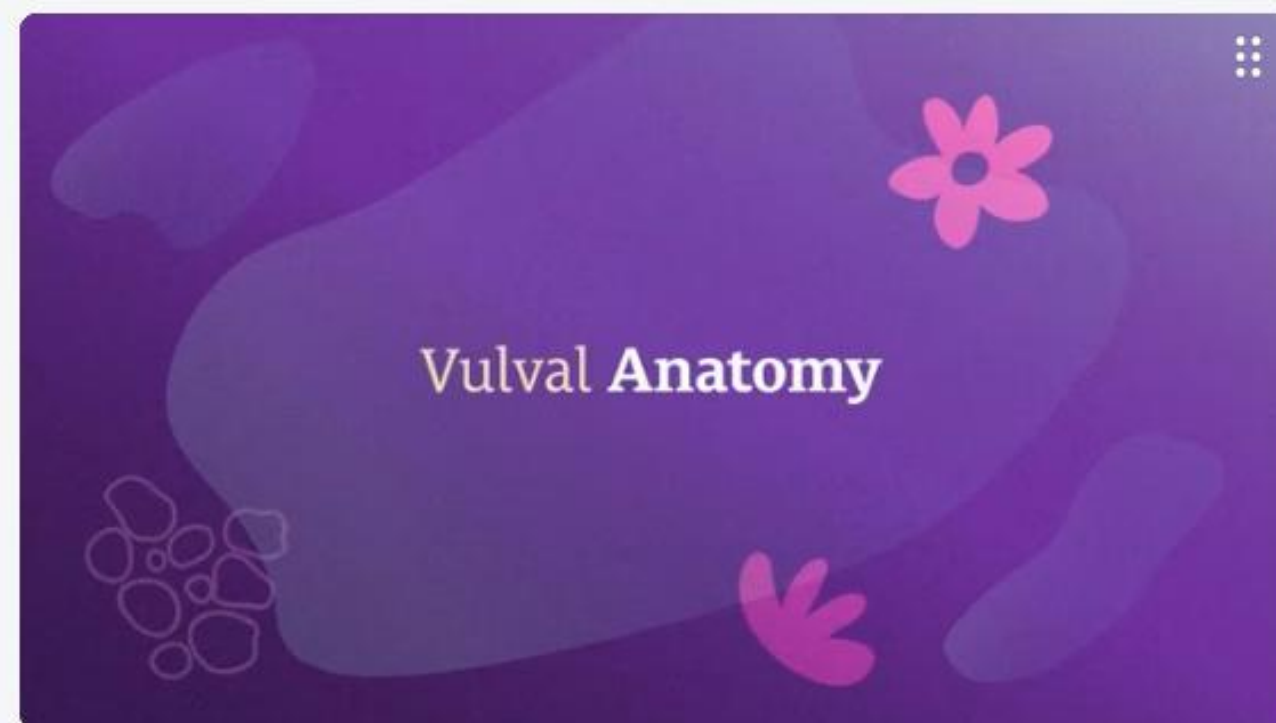
What is vulval lichen sclerosus? - The LS Guide



How to check your vulva - The LS Guide



How to apply your topical steroids for vulval LS - The LS Guide

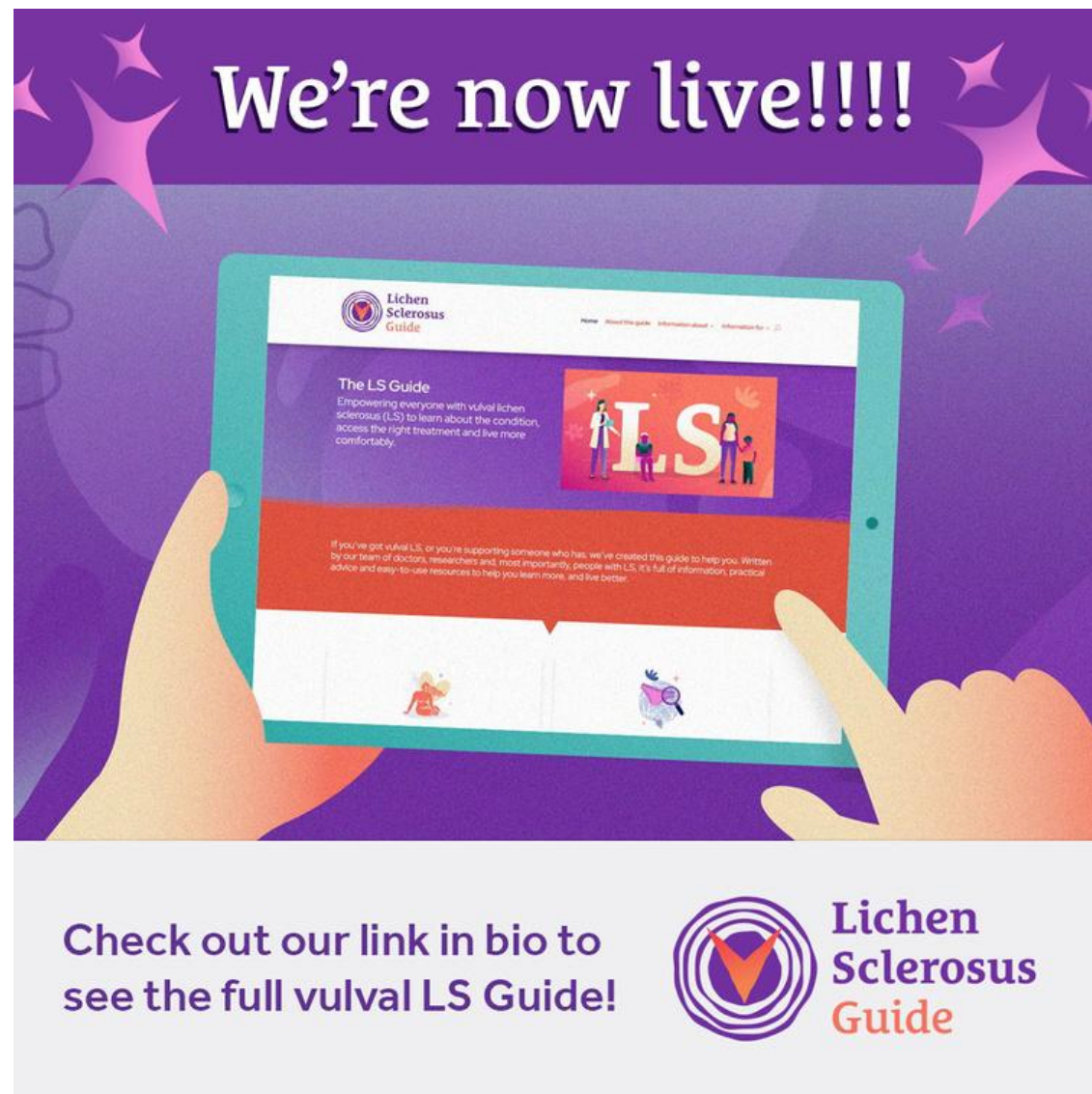


Anatomy of the vulva - The LS Guide



Resources

Successes

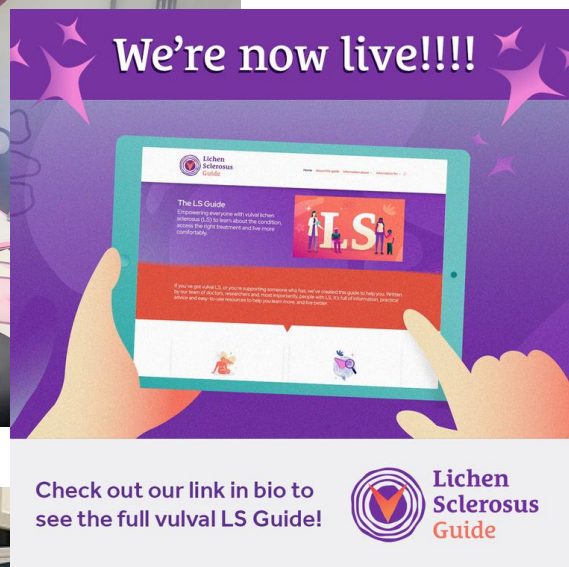


>137,000 views on the website since launch (January), from over 50 countries.

85% of patients say they feel more confident managing their condition because of the LS Guide (n=111).

"I came across this website by chance and it has taken away the fear. My mind now says I can deal with it." – Survey respondent

Promotion and getting it into clinical practice



Get in touch to order materials for your clinic or practice

 LS-Guide@bristol.ac.uk



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That Time of the Month: Lichen Sclerosus

That Time of the Month with Naga Munchetty, Dr Nighat Arif & Dr Christine Ekechi

12 February 2025
Available now
58 minutes

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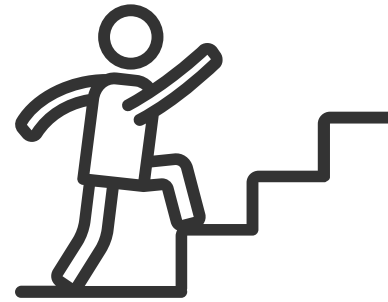
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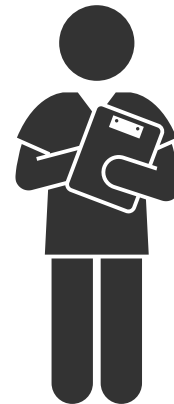
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	LS Guide - small pack LS Treatment Plan x 60 LS Information Card x 60 LS Poster x 2	Price: £0.00	Quantity: 1	
	LS Guide - large pack LS Treatment Plan x 120 LS Information Card x 120 LS Poster x 2	Price: £0.00	Quantity: 1	
	LS Guide - Treatment Plans only LS Treatment Plan x 60	Price: £0.00	Quantity: 1	

Next steps



Optimisation and evaluation, expand to other groups



Continue embedding into clinical practice

Thank you!



**Lichen
Sclerosus
Guide**



In collaboration with



Animation and design by

