



Dermatology

A COMPARATIVE STUDY OF OCCURRENCE OF VENEREAL AND NON-VENEREAL DERMATOSES OF VULVA IN ADULT WOMEN ATTENDING DERMATOLOGY OPD AT A TERTIARY CARE CENTRE

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ABSTRACT **INTRODUCTION :** Vulvar dermatoses in general tend to be confused with sexually transmitted infections (STI's). This causes significant mental distress in affected females due to the psychosocial stigma attached to such diseases. However, vulvar dermatoses are not always sexually transmitted. **OBJECTIVES:** To compare the occurrence of venereal and non - venereal vulvar dermatoses in adult females attending Dermatology OPD at a tertiary care centre. **METHODOLOGY :** It was a prospective, observational study performed for a duration of 1 year from July 2021 to June 2022. **CONCLUSION :** Contrary to the popular belief, non- venereal dermatoses involve the vulva more commonly as compared to venereal dermatoses. Prompt recognition of lesions will not only help in managing these patients effectively but also reduce the psychosocial stigma attached to them.

KEYWORDS :

INTRODUCTION :

- Dermatoses of the vulva cause significant psychosocial distress in the affected females as it is mostly believed that such diseases are acquired through sexual contact. However, as opposed to the popular belief dermatoses involving the vulva may not always be transmitted through sexual route.
- They can be broadly classified into-

a) VENEREAL DERMATOSES - Caused from sexual intercourse including vaginal, anal, and oral sex.

b) NON-VENEREAL DERMATOSES – Those vulvar dermatoses which are not transmitted through sexual contact. [1] These diseases are not restricted to the genitalia alone. [2] Examination of extra-genital sites may also aid in the diagnosis of these diseases.

- Vulva is often perceived as a forgotten pelvic organ.[3] As it is a difficult area for the affected females to be examined by self. [4] It is also often missed by healthcare professionals while performing examination for cutaneous disorders.
- The prevalence and characteristics of the diseases of the vulva can be better understood with the help of this study. Also, this study helps in avoiding the misconception that all vulvar dermatoses are sexually transmitted. It encourages the patients to report to healthcare facilities for early diagnosis and treatment of diseases which may affect the vulva.

AIM

- To compare the occurrence of venereal and non - venereal vulvar dermatoses in adult females attending Dermatology OPD at a tertiary care centre

MATERIALS AND METHODS :

- This was a prospective observational study from July 2021 to June 2022 on 48 female patients who presented to DVL OPD with vulvar complaints.
- Patients falling in the inclusion criteria were assessed and evaluated based on the history, clinical evaluation, bedside tests and appropriate lab investigations.
- Data was analyzed to draw conclusions about the frequency, percentage, distribution and pattern of the various lesions of the vulva. Occurrence of venereal and non-venereal dermatoses was compared

INCLUSION CRITERIA:

- Adult women above 18 years of age attending the Dermatology OPD with vulvar complaints.

EXCLUSION CRITERIA:

- Patients who did not give consent for participation in the study.

RESULT :

All analysis was performed using SPSS version 26. All the categorical variables were presented as frequency and percentage.

A total of 48 females with vulvar complaints were observed in the

study. Age of the patients ranged from 18-70 years. Mean age was 33.89 years.

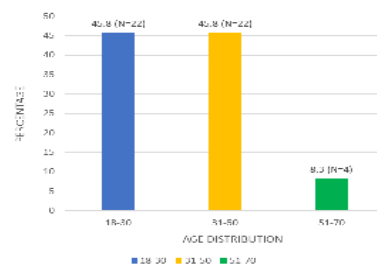


Figure 1 – Age Distribution

42 women out of 48 presenting with vulvar complaints were married (87 %). The remaining 6 were unmarried (13 %).

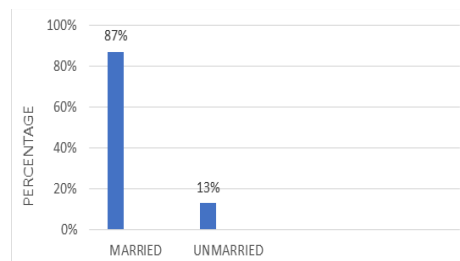


Figure 2 – Marital status

A total of 15 different vulvar dermatoses were observed. Out of these vulvovaginal candidiasis was found to be the commonest (35.4 %).

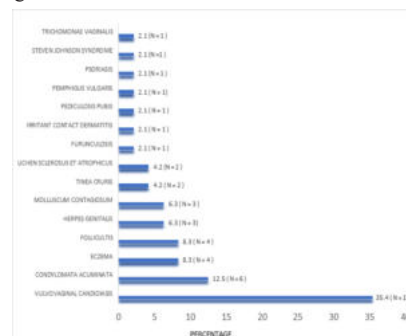


Figure 3 – Distribution of vulvar dermatosis

Occurrence of non-venereal dermatoses were seen in 34 females (71%) whereas venereal dermatoses were seen in 14 females (29%).

Figure 4 – Distribution of venereal and non- venereal dermatosis

DISCUSSION:

In our study, there was an equal incidence of vulvar dermatoses in age groups 18-30 years and 31- 50 years (45.8 %). The mean age of females affected with vulvar diseases was found to be 33.89 years. In a similar study done by Vinay et al., 2021 [5], it was observed that the most commonly affected age group was 31 – 50 years (50 %). The majority of study participants in our study were married (87 %). The remaining were unmarried (13 %). The commonest disease in our study was found to be vulvovaginal candidiasis (35.4 %), followed by condylomata acuminata (12.5 %). Joshi et al., 2019[6] found lichen sclerosus (17.33%) to be the commonest diagnosis, followed by candidiasis (14.67%). Singh et al., 2018[7] also observed lichen sclerosus (26 cases or 21.7%) followed by vitiligo (19 cases or 15.8%) to be the commonest vulvar dermatoses. Overall it was observed that there is a higher prevalence of non - venereal dermatoses as compared to venereal dermatoses in females attending DVL OPD at our hospital. Non-venereal dermatoses were seen in 34 females (71%) whereas venereal dermatoses were seen in 14 females (29%). Vulvar dermatoses are a common and underappreciated cause of morbidity. The prevalence and clinical characteristics of diseases of the vulva in females can be better understood with the help of this study since not much studies have been done which include both venereal and non - venereal dermatoses of the vulva in females.

RESULTS:

- A total of 48 females with vulvar complaints were observed.
- Age of the patients ranged from 18-70 years.
- Mean age of study participants was 33.89 years.
- 42 out of 48 females who participated in the study with vulvar complaints were married.
- Overall, 15 different vulvar dermatoses were observed in the study.
- Vulvovaginal candidiasis was found to be the most common disease affecting the vulva as seen in 35.4 % of females.
- Venereal dermatoses (29%) were less commonly seen than non - venereal dermatoses(71 %).

CONCLUSION:

- Majority of the diseases affecting the vulva are non- venereal in origin as compared to the popular belief that diseases affecting the vulva are most commonly transmitted through sexual contact.
- Diseases of the vulva may occur in females of all age groups.

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