



Living with Lichen Planus

**Lichen Planus affects around
1 – 2% of the UK population**

**The purpose of UK Lichen Planus is to
promote the wellbeing of men and
women who are living with LP**

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Lichen planus is thought to be an auto-immune disease which can affect the skin, oral or genital mucosa and more - the cause is unknown

UK Lichen Planus brings those living with LP together to share information and provide mutual support

We also encourage members to take an active role in their treatment and we welcome women and men with all forms of lichen planus

So if you are one of the 1 – 2 % of the UK population living with LP, join us to share your experiences, ideas and tips in a safe and respectful environment

we understand

we empathise

we care

For more information, email:

admin@UKLP.org.uk

Visit us at:

www.UKLP.org.uk

UKLP support line 07958 938 286

membership application

Membership to this organisation is free and is open to any individual with Lichen Planus. For an on-line application from please email admin@UKLP.org.uk

To help the environment we have a policy to be paper free wherever possible, therefore membership cards are not issued, but your membership number is available upon request

All members are invited to take an active part in carrying out the aims and objectives of UK Lichen Planus.

Please be assured that all information given is confidential and will not be shared or broadcast in anyway.

complete and return to

UK Lichen Planus c/o NLSSG PO Box 5830
Lyme Regis Dorset DT7 3ZU

With sincere thanks to;

Dr Susan Cooper (Clinical Director) and her colleagues at the Churchill Hospital, Oxford

Forename(s)

Surname

Address

Postcode

Email

Telephone

Diagnosis (oral, genital, skin. other)

Age Range;

- under 21
- 22 – 40
- 41 – 65
- over 65

what it is:

LP of the skin: Lichen planus has shiny flat-topped bumps of different sizes, purple in colour and often crossed with white lines called Wickham's striae. They are usually found on the inner wrists, forearms and ankles, but can affect any part of the skin. LP may be very itchy. New lesions appear while others are clearing. Occasionally the skin discolours after the lesion has cleared and this can remain for some time. This form of LP often clears on its own.

Oral LP: In almost half of the cases of LP, the mouth is involved, and is often the only area to be affected. LP in the mouth may appear as white or red patches, white streaks, ulcers or painful red gums. It may not cause any symptoms or only be sore occasionally. Some spicy or acidic foods or hard foods may make the soreness worse. After appearing it is often present for life.

Vulval/vaginal LP: Although it is possible to have painless white streaks as the only feature in the vulva/vagina, erosive lichen planus is more common. Erosive LP can affect the vulva, the inner lips (labia minora), the entrance to the vagina and also deep inside the vagina. The affected areas are very sore and red. If the outer layers of the skin break down, these areas appear as moist and red (erosions). Sometimes there is a sticky yellow discharge occasionally streaked with blood. The inner lips can fuse

causing scarring and sometimes the vagina can close over. Rarely, the skin may have thickened warty areas. Sex can be extremely painful or impossible resulting in emotional issues as well as physical ones. There is a small increased risk of vulval cancer.

Penile LP: Shiny flat-topped bumps are common on the penis and usually occur around the tip (glans). Sometimes the bumps can form rings. The erosive form of lichen planus is less common in men but may occur. This may increase the risk of penile cancer.

Other areas affected: Lichen planus may occasionally involve the nail, hair and scalp or the skin around the anus (back passage). Very rarely, it may involve the oesophagus or tear ducts. Some medications can trigger a lichen planus- like rash.

What it isn't:

Lichen planus is NOT caused by something you did or didn't do, it is NOT a sexually transmitted disease and it is NOT infectious.

NOTE: UK Lichen Planus does not offer medical advice or treatment recommendations. We do however, recommend that you work with your medical professional to find your optimum treatment plan.