

BENIGN "LUMPS AND BUMPS" OF THE VULVA



Benign "lumps and bumps" of the vulva are common and consist of a wide range of lesions and conditions which may affect women of all ages. Healthy and "normal" vulvar dimensions

and appearances are extremely varied, with a broad range of shapes, colors, and sizes, though few depictions of normal vulvar anatomy exist in popular culture and media.

The vulvar lesions described here are benign; many are asymptomatic and found only on self-examination. Most do not require any treatment. It is important to follow up with your dermatologist or gynecologist for diagnosis and management, especially if symptoms like itchiness or pain arise or if the lesion changes appearance rapidly.

Vestibular papillomatosis (VP): VP is a normal anatomic variant of the vulva. It is distributed linearly and symmetrically within the labia minora and vulvar vestibule (area between the labia minora). It is the same color as the surrounding area and consists of soft finger- or frond-like outgrowths. It does not require any treatment.

Urethral caruncle: Urethral caruncles are red polyp-like masses, usually solitary, near the urethral opening (where urine comes out of) that arise in post-menopausal women from an outpouching of the wall of the urethra. Though benign, they may cause symptoms like pain, burning, or

bleeding with urination. If symptomatic, treatment may include topical estrogen or steroid ointments and minor surgical procedures may be considered.

Seborrheic keratosis: Seborrheic keratoses are exceedingly common and may be found on all skin surfaces, including the vulva. Their appearance varies widely, with possible colors ranging from tan to brown to black; textures may be smooth and waxy or rough and bumpy. Usually, they look

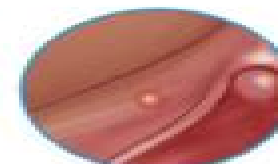
like they've been "stuck on" the skin. They do not have any cancerous potential and do not need to be monitored or removed.



asymptomatic but may become itchy. For lesions that itch, a topical steroid cream can be tried.



Hidradenoma papilliferum (HP): HP may be found on the labia majora or labia minora as a firm, solitary, smooth-surfaced, red, blue, or skin-colored nodule, ranging in size from 0.5-2.0cm. Your doctor may want to biopsy the lesion to rule out malignancy. HP may be surgically removed if they are itchy, painful, or bleeding.



Epidermal inclusion cysts (EIC): EICs (known by many names, including epidermoid cysts and sebaceous cysts) usually present as firm, round, yellowish-white papules. They are the most common skin cyst and can be found any place on the body at any age.

Vulvar EICs are most often found on the labia majora and may be clustered and range in size from a few millimeters to several centimeters. They are benign and do not require treatment, but if they become symptomatic or bothersome, they can be removed with a minor surgical procedure.



Vestibular gland cysts (VGC): VGCs are found within the vestibule of the vulva arising from vestibular glands. They are filled with clear liquid mucin and are translucent. They are generally asymptomatic, but if there is associated pain or discomfort, a minor surgical procedure can be performed.

FOR MORE INFORMATION

Sally R, Shaw KS, Pomeranz MK. Benign "lumps and bumps" of the vulva: A review. *International Journal of Women's Dermatology* 2021; 7(4): 247-254.

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Vulva Bump Manual Guide

Elizabeth Mullineaux, Marie Jones



Vulva Bump Manual Guide:

The Real Body Manual Nancy Redd, 2024-10-22 A revolutionary health resource for young adults of all genders to understand appreciate and take care of their bodies with color photos throughout How can the savviest and most connected generation in history have no photographic guide to puberty Until now *The Real Body Manual* is a comprehensive health and wellness guidebook for all genders from the author of the ALA Quick Pick for Reluctant Young Adult Readers and instant New York Times and USA Today bestseller *Body Drama* Inspired by her own kids entering the tween and teen years Nancy Redd has crafted a uniquely inclusive book that offers a factual and candid approach to the complex and often confusing body issues that all young people face This go to resource for all types of developing bodies contains medically vetted relatable advice alongside full color photographic references *The Real Body Manual* is for curious readers from puberty and beyond and is a conversation starter for parents caregivers uncles and aunts older siblings counselors teachers and health professionals essentially anyone who would like to more fully understand and effectively relate to the body image and self discovery challenges faced by the young people in their life Created with today's open minded and diverse kids in mind this book tackles acne body odor constipation and diarrhea chests and breasts dandruff sleep hygiene sexual health self care and so much more in a judgement free and gender neutral way *The Real Body Manual* is the encouraging book that modern young adults are waiting for and an eye opening book their parents are likely to learn from too

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The Menopause Manual W.H. Utian, 2012-12-06 Years of involvement firsthand experience and research at the Menopause Clinic of the Groote Schuur Hospital Cape Town exist as the background to this book The Clinic itself however as one of the first in the world to be established if not the first has a story and a lesson of its own to offer and is therefore deserving of a brief description as the preface to the book In 1967 shortly after Christiaan Barnard had completed the historical first human heart transplant at the Groote Schuur Hospital I happened to be in West Berlin and was invited to visit a major international pharmaceutical firm A new female hormone was mentioned and thereby started my interest in the subject Upon my return to Cape Town I spent many hours in the large medical school library and completely surveyed the menopause literature to 1967 I was stunned by its general inadequacy and was bitten by a challenge to clarify what menopause really was and to define the proper place of hormone replacement therapy

The Wonder Down Under Nina Brochmann, Ellen Stokken Dahl, 2018-03-08 The Wonder Down Under is set to do for the vagina what Giulia Enders Gut did for our digestive system a few years ago Stylist This new guide should be on every woman's shelf Emerald Street A vital publication it deserves to be a hit The Press Association Tells you everything you need to know Fabulous The Wonder Down Under explains everything you ever wanted to know about the vagina but didn't dare ask Learn the truth about the clitoris inner life the menstrual hormone dance and whether the vaginal orgasm really exists The book helps you understand how different types of contraception work in the body what a normal vulva looks like and how wearing socks can change your sex life Medical students and sex educators Nina Brochmann and

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The Menopause Deirdre Lundy, 2023-02-23 The one woman backbone of menopause care in Ireland IRISH INDEPENDENT Suddenly feeling hot Tired Irritable Not yourself Having our bodies and minds change rapidly as we approach mid life can be bewildering and even upsetting It may be hard to get a handle on what s happening and what we can do about it The Menopause is the handbook of everything you need to know from Ireland s leading menopause expert Dr Deirdre Lundy Drawing on decades of experience and on the most up to date research Dr Lundy Explains what s going on in your body the key hormones that run your life how they are changing and the impact of that Helps you figure out where you are on the menopause spectrum and empowers you to have informed conversations with your doctor Sets out approaches to dealing with symptoms from nutrition exercise counselling and medication to using hormone replacement therapies HRT Explores every aspect of HRT debunking the myths and explaining why it is helpful for many women Addresses key areas of concern from early onset menopause to preserving vaginal heart breast and bone health to managing your menopause if you have pre existing health challenges Dr Lundy came to public prominence during a remarkable ten day discussion of the menopause on RT Radio 1 s Liveline Now as leader of Ireland s first dedicated menopause clinic she continues her passionate advocacy for Irish women The Menopause is her essential guide to having the best menopause you can and being as healthy and energized as possible in your middle years and beyond _____ Superb essential reading for women and doctors alike DR CIARA KELLY Essential empowering and enjoyable life changing and potentially life saving SALLYANNE BRADY THE IRISH MENOPAUSE *Cultural Encyclopedia of the Penis* Michael Kimmel, Christine Milrod, Amanda Kennedy, 2014-09-26 Peter Pecker Wiener Dick Schlong Penis Whatever we choose to call it the penis is more than just a body part This A to Z encyclopedia explores the cultural meanings interpretations and activities associated with the penis over the centuries and across cultures Scholars activists researchers and clinicians delve into the penis in antiquity in art in religion in politics in media in music and in the cultural imagination They examine the penis as a

problem a fetishized commodity a weapon an object of play Penile d cor and fashions from piercings to koteka are treated with equal dignity Explanation of common medical terms and not so common subcultural practices add to the broad scope of the book Taken together the Cultural Encyclopedia of the Penis offers refreshing thoughtful and wide ranging insight into this malleable meaningful body part The Female Body Peggy Morgan,Caroline Saucer,Elisabeth Torg,1996 Presents clearly explained authoritative information for women on how to prevent disease and what steps to take to heal themselves including tips and advice about fertility pregnancy menopause nutrition weight loss and body toning **The Ultimate Guide to Lesbian & Gay Film and Video** Jenni Olson,1996 Since 1977 the San Francisco International Lesbian Gay Film Festival has been at the forefront of lesbian and gay film culture THE ULTIMATE GUIDE draws on the expertise and resources of this festival the largest lesbian and gay media arts event in the world With more than 2000 catalog entries complemented with extensive film stills short essays and reflections on the most important gay and lesbian films ever made a distributor and subject index a chapter on how to organize your own film video festival a directory of international gay lesbian film festivals a bibliography and a filmmaker s Top Ten Survey did you know that John Water s favorite film is The Wizard of Oz THE ULTIMATE GUIDE is ensured placement as the authoritative text on international lesbian and gay cinema On My Own Sally Taylor,2002 Want to be in control of your life Want to be independent How do you know what needs to be done when you re living on your own How do you find an apartment change your address hook up utilities get cable installed What about finances How are you going to pay rent And utilities And your phone bill And food Will you have any money left over for fun How do credit cards work How do you balance a checkbook And no you don t have money in the bank just because you have checks left Are you going to college or trade school What if you want to go but your parents can t afford to send you How will you pay for it Or are you going to work How do you find a good job What skills do you need What if you don t have any work experience How much money will you make Which taxes will be taken out of your paycheck and how do you pay income taxes each year On My Own with its interactive CD ROM can help you find the answers to these questions and many more It s the ultimate guide for living successfully on your own Book jacket *Encyclopedia of Fairies in World Folklore and Mythology* Theresa Bane,2013-08-28 Fairies have been revered and feared sometimes simultaneously throughout recorded history This encyclopedia of concise entries from the A senee ki waku of northeastern North America to the Zips of Central America and Mexico includes more than 2 500 individual beings and species of fairy and nature spirits from a wide range of mythologies and religions from all over the globe **Rats** Carol A. Himsel,Carol Himsel Daly,1991 Offers practical advice on keeping rats as pets including information on their housing and health care The Vulva and Vaginal Manual Graeme Dennerstein,James Scurry,John Brennan,David Allen,Maria-Grazia Marin,2023-06-16 This is a new book on the integrated management of vulvovaginal disease The authors come from a variety of backgrounds gynaecology dermatology pathology and psychology and describe a multidisciplinary approach to these conditions The book has the most

complete classification of vulvovaginal disease published based on the etiology of 275 conditions coverage includes benign malignant and functional including psychosexual diseases Each disease has a descriptive summary pathological features and treatment guidelines The book is illustrated in full color throughout

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