**Pruritus Vulvae**

**Definition**

Severe itching around the vaginal lips or vulva and the anus; can be acute or chronic in nature.

**Symptoms**

Intense itching, burning and sensitivity in the vaginal area and anus, pain or discomfort during sexual intercourse

**Causes**

Skin diseases, diabetes, menopause which all tend to cause dryness in the vaginal area, skin reactions to powders, perfumes, scented peri-pads, douches, soaps, etc. systemic allergies

**Prevention Measures**

Wear cotton underwear and loose clothing, avoid douching, clean the genital area with water and unscented soap once daily and always wipe from front to back after voiding or bowel movement, use lubricants during intercourse, change peri-pads frequently and use unscented ones, avoid excessive sweating

**Treatment**

Steroidal creams or ointments, antihistamines, hormone replacement therapy or topical estrogen for post menopausal women