

Lichen Planus

This is the presentation of a young man who has been treated for recurrent "thrush" by his GP several times over the last 12 months. It looks like Lichen Planus with the patches and the white striae. The striae are called Wickham's striae. It can develop spontaneously or rarely be caused by a drug.

The most common inducers including gold salts, beta blockers, antimalarials, thiazide diuretics, furosemide, spironolactone, Metformin and penicillamine. Confusion over the diagnosis can often happen as sometimes the GP might prescribe Canesten HC which has 1% Hydrocortisone in it and this can cause an improvement but not clearance. So it's easy to see why the patient and GP might continue to think this is resistant candida balanitis. It is worth checking other sites i.e. oral mucosa to see if it is there also. I have given him Dermovate and will take after photos if it gets better.



