

## Skin Disorders in Pregnancy

### Objectives

- Identify common skin changes that occur in pregnancy
- Describe how pregnancy can affect common preexisting skin conditions
- Discuss hormonal influences and how they affect the skin in pregnancy
- Compare and contrast onset, predilection, type of lesion, level of pruritus and diagnostic findings of common skin disorders in pregnancy that are pregnancy-related or preexisting
- Review the treatment of skin conditions that occur in pregnancy or are preexisting with pregnancy onset

### Content Outline

1. Common Pregnancy-Related Skin Changes
  - A. Hyperpigmentation
  - B. Melasma
  - C. Linea nigra
  - D. Striae gravidarum
2. Common Pregnancy-Related Skin Conditions
  - A. Atopic eruption of pregnancy
  - B. Polymorphic eruption of pregnancy
  - C. Pemphigoid gestationis
  - D. Intrahepatic cholestasis of pregnancy
  - E. Pustular psoriasis of pregnancy
3. Common Preexisting Skin Conditions Affected by Pregnancy
  - A. Acne
  - B. Condylomata acuminata
  - C. Herpes
  - D. Hidradenitis suppurativa
  - E. Pityriasis rosea
  - F. Psoriasis
4. Physical Presentation and Characteristics
5. Treatment
6. Short and Long Term Effects

### Reading Material Resources

**Module WB2505: Skin Disorders in Pregnancy** is based on the resources listed below. A copy of each resource is included with the module.

Common Skin Conditions During Pregnancy, Erlandson, et al., American Family Physician, Volume 107, Number 2, February 2023, 152-158

Atopic dermatitis and pregnancy, Bakairski, et al., Journal of Clinical Immunology, Volume 149, Number 4, 1185-1194