

Clinical Patterns and Prevalence Pregnancy-Specific Dermatoses: A Cross-Sectional Study Among Antenatal Women in Tertiary Care Centre, Kolar

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Abstract

Background: Benign skin changes including striae gravidarum, hyperpigmentation, and changes to the blood vessels, hair, and nails can be brought by hormonal and physiological changes that occur during pregnancy. Therefore, the purpose of this study was to determine the prevalence of various skin lesions in all pregnant women who visited the obstetrics and gynecology department of a tertiary care facility in Karnataka.

Material and Methods: This Cross-sectional study was conducted in Department of Obstetrics and Gynaecology of RL Jalappa Hospital attached to Sri Devaraj Urs Medical College, Kolar, Karnataka. A comprehensive history was taken using a pre-made proforma that included demographic data, socioeconomic status, overcrowding, hygiene history, primary skin complaints, itching, pre-existing skin lesions, their onset, history of jaundice, fever, vaginal discharge, family history of similar lesions, exacerbating or relieving factors, related medical or skin disorders. Skin examination was performed and details were entered according to the proforma.

Results: This study had shown that the factors contributing to dermatoses in pregnancy included similar type of complications in previous pregnancy, low socio-economic status, Jaundice, Diabetes and clinical manifestations like Pruritus, Vaginal discharges and fever. About 29.5% of the cases had Striae gravidarum, 22.7% had Pruritic urticarial papules & plaques and 9.1% had Pruritic folliculitis.

Conclusion: Pregnancy-associated dermatoses were common, with striae gravidarum and pruritic conditions predominating. Identification of contributory factors enables early diagnosis, appropriate counseling, and improved maternal comfort during pregnancy.

Keywords

Pregnancy, Dermatoses, Pruritus, Vaginal discharge, Prevalence.