

# Pregnancy Itch

You're well into pregnancy, so where's that "pregnancy glow" you've heard about? You just get rid of the nausea and tiredness and then you're itchy from a rash that has sprung up around the stretch marks on your belly.

Pregnancy can bring about many strange symptoms, and your body is not immune to the hormone changes you're experiencing. Fortunately, while annoying, most of these conditions are harmless and will subside after you give birth.

## Stretch marks

Almost every pregnant woman will get stretch marks, which are reddish streaks that run down your breasts or belly. They're more likely to appear if you gain weight rapidly. However, getting stretch marks sometimes just comes down to genetics. It can also itch because by stretching of the skin.

After birth, your stretch marks should turn a less-obvious silver or white color.

**The treatment consists of keeping the skin fat well with nourishing creams and lotions. Dry skin must be prevented, because that causes extra itching. Use a lotion without chemical additives and perfume. Almond oil or jojoba oil, cotton clothing provokes the least, don't use soap for your body when you take a shower, wear mostly cotton clothes.**

## PUPPP

Itchy rashes are common during pregnancy. PUPPPs, pruritic urticarial papules and plaques of pregnancy, is the most common pregnancy rash. These itchy, red patches spring up around stretch marks – usually toward the end of pregnancy when your belly is stretched the most – and can spread to the arms, legs, and buttocks.

This condition is harmless, but I know from experience it can be annoying. PUPPPs will go away after you give birth, but don't feel like you need to suffer through it until then. **They can give you a steroid cream that will relieve the itching and prevent it from spreading. This cream is safe for you and your baby.**

## Cholestasis of pregnancy

There are times you shouldn't ignore itchy skin. Cholestasis of pregnancy is a liver disease that results from high amounts of pregnancy hormones affecting the normal flow of bile in the gallbladder.

This condition occurs in the third trimester and can cause severe itching over the whole body. It's often worse on the palms and soles of the feet and causes patients to feel miserable and be unable to sleep. Cholestasis of pregnancy also may be accompanied by jaundice (a yellow discoloration of the skin and eyes).

A simple blood test can verify if you have cholestasis of pregnancy, and oral medication may treat it. Delivery also cures it, so we may recommend inducing labor when you are closer to your due date.

Your body goes through immense changes during pregnancy. Most skin conditions are more annoying than anything.

**But tell your doctor about your symptoms to rule out anything serious – and to find potential relief!**