

# Acne in pregnancy among Saudi women, the Myth of Gender related is it a fact? : Multicenter Study

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## Introduction

The negative physical and emotional impact of acne on pregnant women has been neglected in the literature and in pre-natal programs in Saudi Arabia. Additionally, determining the sex of a baby is one of the most exciting points in a pregnancy and the old myth of expecting a baby girl if the woman develops acne during pregnancy still there. The purpose of this study is to estimate the prevalence of acne during pregnancy in Saudi Arabia, and explore the association between acne and gender of the fetus.

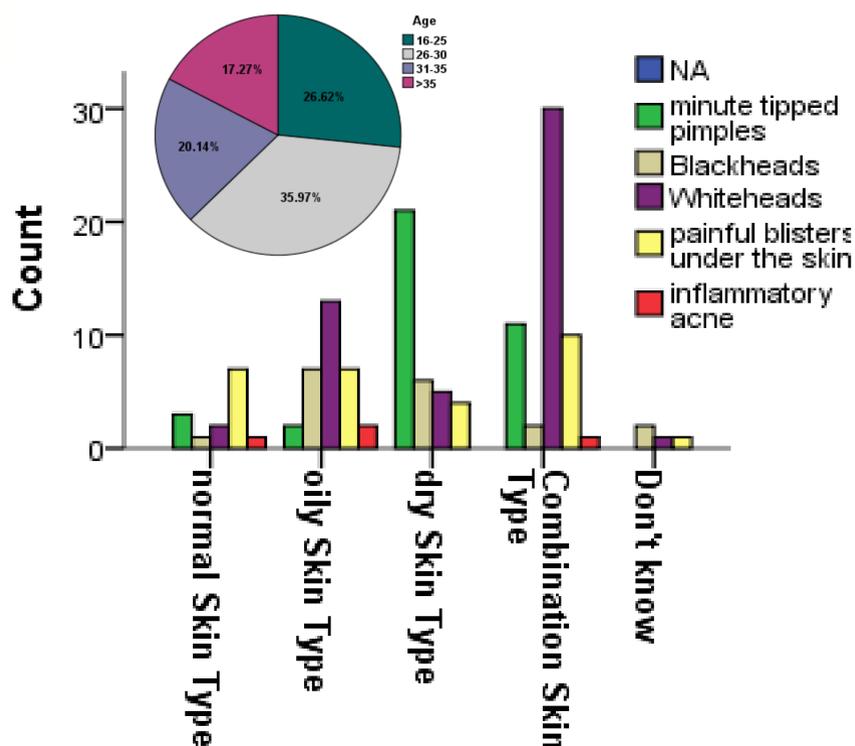


Figure1. frequency of different type of acne by skin type

## Methodology

**Design/Setting:** Multi-center cross-sectional study conducted in Riyadh city. **Participants:** pregnant women attending antenatal clinics in some public and private healthcare establishments in addition to community participants. **Tool:** Self-administered questionnaire in Arabic language. **Sample size:** 322 participants. **Data Analysis:** SPSS program used. Chi-square test for frequencies and cross-tabulated tables. Logistic regression were used to explore the relation between variables. A P-value of <0.05 and 95% CI were considered statistical significance.

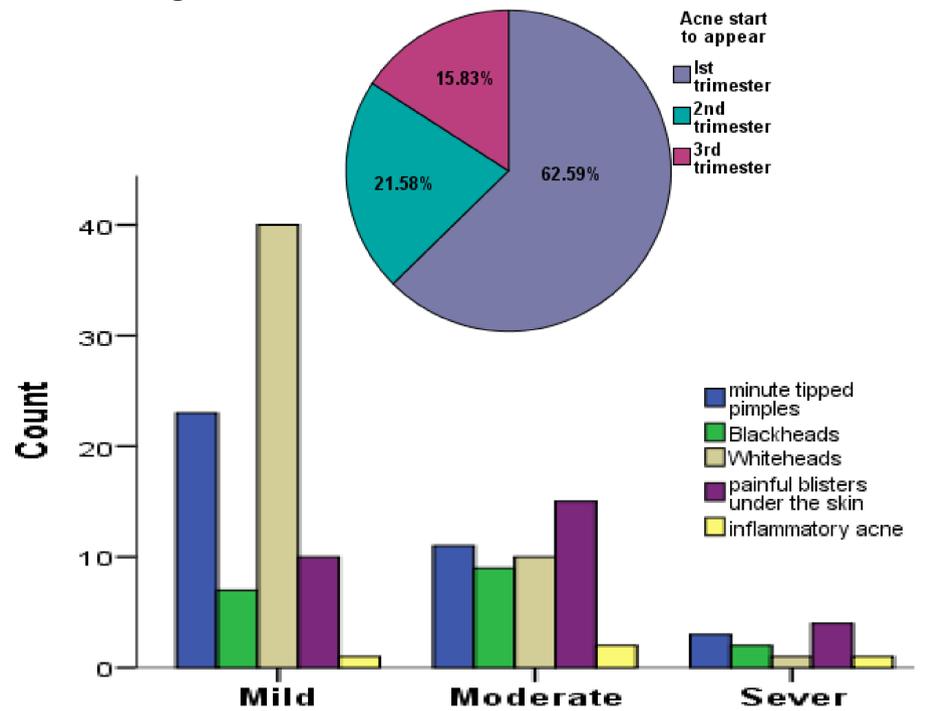


Figure2. type and severity of acne

## Results

The prevalence rate of acne during pregnancy is 40.29%. The majority (50%) reported among age group 26-30 years and mostly in the face (60%). The white head acne was most common (14.78%) type followed by the minute tipped pimples (11%). More than one quarter of acne started to appear at the first trimester, and 50% of the cases get worse through pregnancy. Fifty three percent of ladies aware of these changes. Baby boy were associated with acne flare or exacerbation in 62% of cases  $p < 0.001$ .

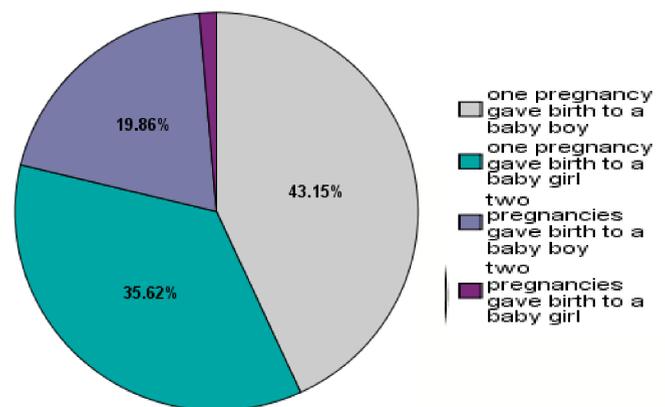


Figure3. Gender of the babies in previous pregnancies with acne

## Discussion

A dearth of research exists on the prevalence of acne in pregnant woman. Only one study was found during our review of the literature that addressed this important topic. The study conducted in France showed that the prevalence of pregnant women having acne is 42.3% comparing to our study that showed a prevalence of 40.29%. This study also demonstrates in Saudi Arabia, the whiteheads type of acne is the most prevalent in pregnant women.

Although the literature reports that smoking is strongly associated with the formation of acne during pregnancy, our study could not confirm these results. Finally, this study shows that most age groups who experience acne during pregnancy were between the ages of 26 to 30 years. We believed that there would be an association with the female gender of the baby and the appearance of acne during pregnancy but surprisingly our study revealed the opposite.

## Translation into policy and practice :

Because of the emotional and physical impacts of acne that occur during pregnancy, Prenatal program need to introduce an educational module on how to deal with the emotional and physical aspects of the acne formation that occur during pregnancy.