



INFECTIOUS DISEASES (BACTERIAL, FUNGAL, VIRAL, PARASITIC, INFESTATIONS)

## POSSIBLE COMPLICATIONS IN PREGNANT WOMEN WITH PITYRIASIS ROSEA

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**Introduction:** Pityriasis rosea (PR) is an acute, self-limiting exanthem associated to the reactivation of human herpesvirus (HHV)-6 and HHV-7 and favored by conditions of immunosuppression or altered immune response, like pregnancy. Indeed, PR is more frequent in pregnant women (18%) than in the general population (6%).

**Objective:** to investigate the risk factors that may threaten the good pregnancy outcome in PR patients.

**Material and Methods:** all cases of PR during pregnancy diagnosed in our Dermatology department between 2000 and 2016 were retrospectively evaluated by analyzing pregnancy week of PR onset, presence of enanthem, constitutional symptoms, PR body surface area and age. HHV-6/7 was searched in plasma (cut-off value >30 copies/ml). The women with recognised risk factors for intrauterine fetal death (diabetes, hypertension) were excluded.

**Results:** Seventy-six patients were studied: 30 patients developed pregnancy outcome complications (39%). In particular, 90% of women who had developed PR before 20 weeks bore children with problems such as premature delivery, low birth weight neonatal hypotonia and low Apgar score. Overall, the pregnancy loss rate was 11%, but among women developing PR within the 15 week gestation increased to 42%. Statistical analysis showed that early onset of PR, presence of enanthem, HHV-6 viral load, constitutional symptoms and PR body surface area were significantly associated with pregnancy complications.

**Conclusion:** When PR develops before week 15, enanthem and constitutional symptoms are present and >50% of body area is involved, a careful gynecological follow-up is crucial to prevent pregnancy/fetal complications, which, however, are rarely severe.

**Conclusion:** When PR has early onset, enanthem and constitutional symptoms are present and >50% of body area is involved, a careful gynecological follow-up is recommended to discover early pregnancy/fetal complications. However, apart from abortion, complications are rarely severe.

