

# 15<sup>th</sup> World Conference on Cosmetic Dermatology & Skin Diseases

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## Psoriasis in pregnancy

Despite the high frequency of disease in general population, as well as women in reproductive years, available information about the effects of 'Psoriasis on Pregnancy' and 'Pregnancy on Psoriasis' is limited. Most of the changes are more likely to be reported as an improvement. This assumption can be applied more convincingly to plaque type Psoriasis. While exception is represented by generalised Pustular Psoriasis which has been somehow linked to Impetigo Herpetiformis & psoriatic Arthritis. Recent observations show some association between Psoriasis and Pregnancy complications like pregnancy induced hypertension and trends towards early rupture of membranes, caesarean deliveries, low birth weight babies and preterm delivery. Safety profiles of various drugs are incompletely understood. Moisturizers and low to moderate topical steroids or Ultraviolet B phototherapy as the first line. For those women diagnosed with pregnancy discontinuation of Methotrexate three months before conception for both partners is mandatory. Patients receiving agents like Biologics for Psoriatic arthritis can continue till end of second trimester as they do not cross placental barrier. Lipophilic steroids may also be continued as they too don't cross placental barrier. For those women whose Psoriasis improves during pregnancy the interruption of therapy can be a reasonable strategy. The objective of this presentation is to give practical information about clinical, prognostic aspects as well as counselling the couples contemplating pregnancy and management once the patient becomes pregnant

## Biography

Zeenat Meraj completed MBBS from the most premier medical school of Bangladesh in 1983 Dhaka medical college (DMCH). She was awarded JICA scholarship and completed her Diploma from Institute of Dermatology, Bangkok in 1997. She then successfully passed her membership (MCPS) from Bangladesh College of Physicians & Surgeons (BCPS) and went on to get her Fellowship (FCPS) from the same institution. She has 15 publications in national and international journals. At present she is holding following positions:

Senior Consultant of Centre for Specialized Care and Research, Chittagong, Bangladesh. Examiner of Dermatology at BCPS. Member of EADV and American Academy of Dermatology. Fellow Royal College of Physicians of Glasgow. The country Co-coordinator of SAARC Association of aesthetic Dermatology. President of Aesthetic Dermatology Society of Bangladesh (ADSB). Gearing up for first international conference of ABSB "Aesthetic Bangladesh: Breaking Boundaries" on 22nd November with 16 International faculty

zeenat.meraj@gmail.com



**Zeenat Meraj**

Centre for Specialized Care and Research,  
Bangladesh