MEDIA RELEASE

PREGNANCY AND PSORIASIS

Today, Dr Megan Andrews, will on pregnancy and psoriasis at the Australasian College of Dermatologists (ACD) Annual Scientific Meeting (ASM) in Sydney.

Psoriasis is a common condition affecting 2.5% of the population. It can affect relationships, intimacy, conception and pregnancy as both topical and systematic treatments for psoriasis can affect pregnancy.

Dr Megan Andrews, dermatologist with the ACD says: “Although there is no increase in birth defects for pregnant women with psoriasis, there is a possible increase in preterm births and low birth weight babies. There is also a possible decrease in the number of pregnancies a woman with psoriasis will undertake.”

According to data collected by the Australasian Psoriasis Collaboration, psoriatic arthritis actually improves 80% in pregnant women with psoriasis, but worsens in 70% of these post-partum. The risk of offspring of developing psoriasis is 50% if both parents are affected by psoriasis and 16% if one parent has psoriasis; as opposed to 8% if neither parent nor any siblings have psoriasis and 2.5% if there is no family history of psoriasis.

Dr Monisha Gupta, dermatologist with the ACD says: “The research that the Australian Psoriasis Collaboration have been completing is important so that expectant parents with psoriasis can understand the risks associated with their condition and make the best decision for their family. In addition to the benefit to the patients, a comprehensive review like this which is to be published in the Australasian Journal of Dermatology will help dermatologists treat these patients more confidently with backing evidence and expert recommendations.”

Dr Andrews says: “Our recommendations are to use topical, oral or alternative therapy during pregnancy if you have psoriasis. Consider the relative risk to mother and baby of poorly controlled disease versus the treatment for it and recognise the background risk of abnormalities and transfer through breast milk.”

Any concerned parents or pregnant women should visit their General Practitioner for a referral to a dermatologist and visit the Kidsafe and Mothersafe websites for further information.

Links to further information

Annual Scientific Meeting website

Kidsafe

Mothersafe

A-Z of Skin

Find a local dermatologist
About the Australasian College of Dermatologists (ACD):

The ACD is the peak medical college accredited by the Australian Medical Council for the training and professional development of medical practitioners in the specialty of dermatology. They provide authoritative information about dermatology to Government, the media, other health professionals and the general public.

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