

Table 1. Demographic data of the study group.

	No=600	No.	Percent%
Age	Young Adults (18-25 years)	281	46.8%
	Adults (26-40 years)	248	41.3%
	Middle age (>40 years)	71	11.8%
Residence	Rural	160	26.7%
	Urban	392	65.3%
	Suburban	48	8.0%
Occupation	Housewife	359	59.8%
	Employed	241	40.2%
Special habits	Smoker	29	4.8%
	Non smoker	571	95.2%
Socioeconomic level	High	23	3.8%
	Middle	362	60.3%
	Low	215	35.8%
Gravidity	1	244	40.7%
	2	185	30.8%
	3	87	14.5%
	4	55	9.2%
	5	18	3.0%
	6	11	1.8%
Total		600	100.0%

Table 2. Distribution of pregnant women according to physiological changes in pregnancy (n=600).

Physiological changes		No.of cases	Percent%
1-Pigmentation		588	98%
	a-Linea nigra	520	86.6%
	b-Secondary areola	446	74.3%
	c-Melasma	264	44%
	d-Naevi darkening	87	14.5%
	e-Pigmentary demarcation line	66	11%
2-Striae distensae		456	76%
3-Glandular changes		114	19%
	a-Acne	75	12.5%
	b-Montgomery'- stercule	31	5.1%
	c-Miliaria	8	1.4%
4-Vascular changes		164	27.3%
	a-Nonpitting edema of feet	73	12.2%
	b-Palmar erythema	19	3.1%
	c-Spider telangectesia	60	10%
	d-Varicosities of legs	25	4.2%
5-Nail Changes		12	2%
6-Hair changes		122	20.3%

Table 3. Mucous membrane, hair and nail changes of the study group.

		No.of cases	Percent%
Oral/vaginal mucous membrane	Oral Candidiasis	32	5.3%
	Parulis	24	4%
	Fissured tongue	6	1%
	Mucocele	6	1%
	Petechiae	15	3.5%
	Gingivitis	14	1.5%
Hair changes	Increased hair loss	91	15.2%
	Improved hair growth	31	5.2%
Nail	Brittle nail	8	1.3%
	Tranverse grooving	4	0.7%

Table 4. Relation between age groups of pregnant women and skin changes during pregnancy.

Skin changes	Age group of pregnant women			P value
	18-25 (N=281)	26-40 (N=248)	>40(N=71)	
Physiological	269(100%)	248(100%)	71(100%)	1.000
Associated	18(6.4%)	21(8.5%)	9(12.7%)	0.207
Specific	12(4.3%)	43(17.3%)	12(16.9%)	<0.001

