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### Itchy Rash in Pregnancy

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#### Case Presentation

A 30-year-old gravida 3 para 2 with a twin pregnancy at 35 weeks period of gestation complained of intensely itchy rash for the past 4 days. The rash started as tiny papules on her abdomen. The papules increased in numbers and spread to her umbilical area, breasts and inner forearms. There were no other rash or itchiness elsewhere. She had no underlying personal or family history of atopic disease. She had not applied any creams on her abdomen or had taken any oral medications. Otherwise, her antenatal period was uneventful.

On examination, there were multiple papules with some coalescing forming plaques at the distensae area on her abdomen, breasts, and inner forearms. There were some excoriation marks but no vesicles or blisters were seen. Generally, the periumbilical region was spared.



**Figure 1** (Left) Gravid abdomen with widespread papular rash and sparing of the periumbilical region. (Right) close-up of the abdomen shows multiple papular rash, which follows the stretch mark and some coalescing to form plaques.

**Questions:**

1. What is the diagnosis?
2. What are the differential diagnoses?
3. How to differentiate between the differential diagnoses?
4. What is the management?