

LETTER TO THE EDITOR

Atopic eruption of pregnancy

Editor

I read with great interest the letter of Roth¹ in December 2009.

Issue of this Journal on a new disease concept: atopic eruption of pregnancy (AEP), recently described by Ambros-Rudolph *et al.*²

This umbrella concept, comprising different dermatoses like: prurigo of pregnancy, pruritic folliculitis of pregnancy (PFP) and atopic dermatitis widespread eczematous changes (E-type) and papular lesions (P-type), is confusing and misleading. It is hard to understand how different dermatoses are artificially condensed under one 'umbrella'.

In my recent published book,³ I have discussed the different dermatoses of pregnancy and demonstrated that these entities are not necessarily associated with atopic dermatitis.

Prurigo of pregnancy of Besnier (PP) is typically characterized by pruritic papules primarily on the extensor aspects of the extremities, which are not the distribution of widespread and papular types of atopic dermatitis.

Although PP can resemble atopic dermatitis and many patients with PP have a positive history of atopy, the association with atopy was not confirmed in a prospective study on more than 3000 pregnant women with pruritic disease of pregnancy.⁴

Pruritic folliculitis of pregnancy might be a variant of pruritic urticarial papules and plaques of pregnancy (PUPPP) with evidence of folliculitis on histological examination or a form of acne/folliculitis that occurs in pregnancy due to hormonal changes. The lesions appear in a generalized distribution in most patients involving mainly the upper abdomen and the back. The clinical appearance strongly resembles the monomorphic type of

steroid-induced acne. Contrary to its name, pruritus is not a major feature.

The exact cause of PFP is unclear, but it has been hypothesized to be hormonal.

It is clear that PFP has no association to atopy or to atopic dermatitis!

Reclassified PFP as a type of AEP is not correct.

Atopic eruption of pregnancy should be restricted to the widespread papular types of atopic dermatitis during pregnancy. Traditionally, atopic dermatitis is considered to be worse in most pregnancy women, although variability of study results is the rule.

The right diagnosis of the patient described by Roth in the Letter to the Editor is most probably papular type atopic dermatitis in a patient with a history of atopy and previous urticaria.

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