

MANAGEMENT OF PRURITUS *SINE MATERIA* IN PREGNANCY BY A DERMO-COSMETIC SPRAY WITH ANTI-ITCHING PROPERTIES

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INTRODUCTION

Approximately 20% of pregnant women have pruritus that leads to a significant discomfort for them all along their pregnancy. During pregnancy, the non-pathological pruritus, e.g. corresponding to the pruritus *sine materia*, can be explained by skin dryness and tightness especially on the abdomen due to mechanical strength. The use of an emollient is recommended but moisturizing effect is sometime not enough. The aim of the study is to assess the efficacy and the safety of a specific dermo-cosmetic product with anti-itching properties in pregnant women suffering from pruritus.

MATERIALS & METHODS

33 women (18 to 34 years old) with untreated pruritus *sine materia* are included in an intra-individual study under dermatological control. The tested dermo-cosmetic product is a spray that gives a fresh sensation and contains moisturizing agents combined with anti-itching ingredients acting at the origin of the biological itching process. The spray was applied on the affected areas as often as needed with a maximum of 13 pressures per day (each lasting 1 s) for 28 days. The investigator scored from 0 (= absence) to 10 (= severe) the pruritus and dryness intensity at day 0 (D0) and D28. In parallel, the subjects fulfilled the Dermatology Life Quality Index (DLQI) questionnaire (total score from 0 to 30) at D0 and D28, and also evaluated the subjective efficacy and overall appreciation at D28. The product safety was assessed clinically by the investigator and subjectively by the subjects during the study.

RESULTS

The 31 women (average 27 years old, range 18 to 34) who completed the study were mostly multiparous (77%) with phototype III to V (93%) and applied in average 8 pressures per day. At D28, compared to D0, the use of the spray induced a significant decrease of pruritus, dryness (Fig. 1) and improved the quality of life of the pregnant subjects (Fig. 2).

After 28 days, 97% of the subjects were very satisfied with the product especially for the properties listed in Figure 3. The spray was safe with no undesirable effects reported after 28-days of use.

Figure 1: Clinical score on D0 and D28

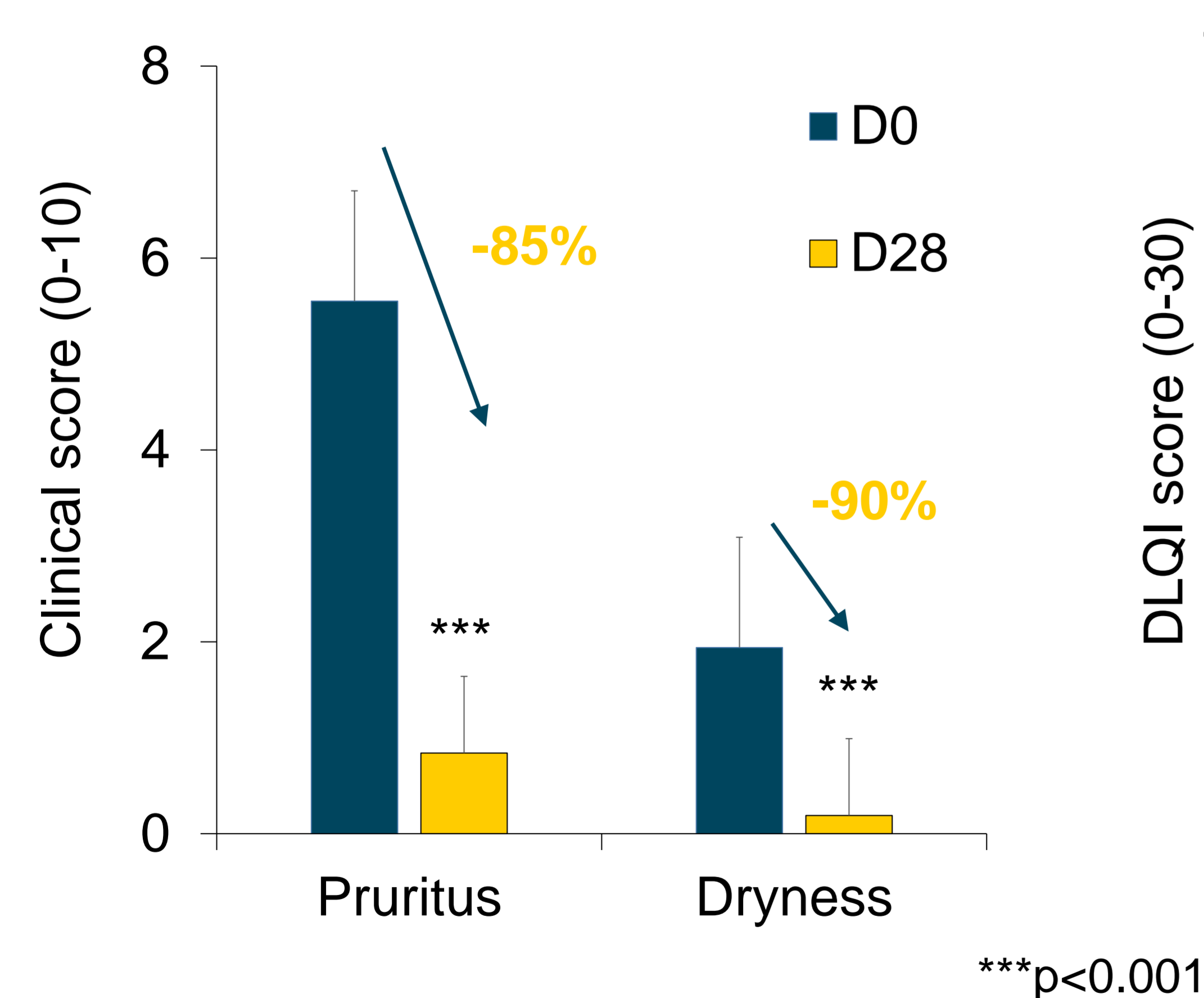


Figure 2: Quality of Life results on D0 and D28

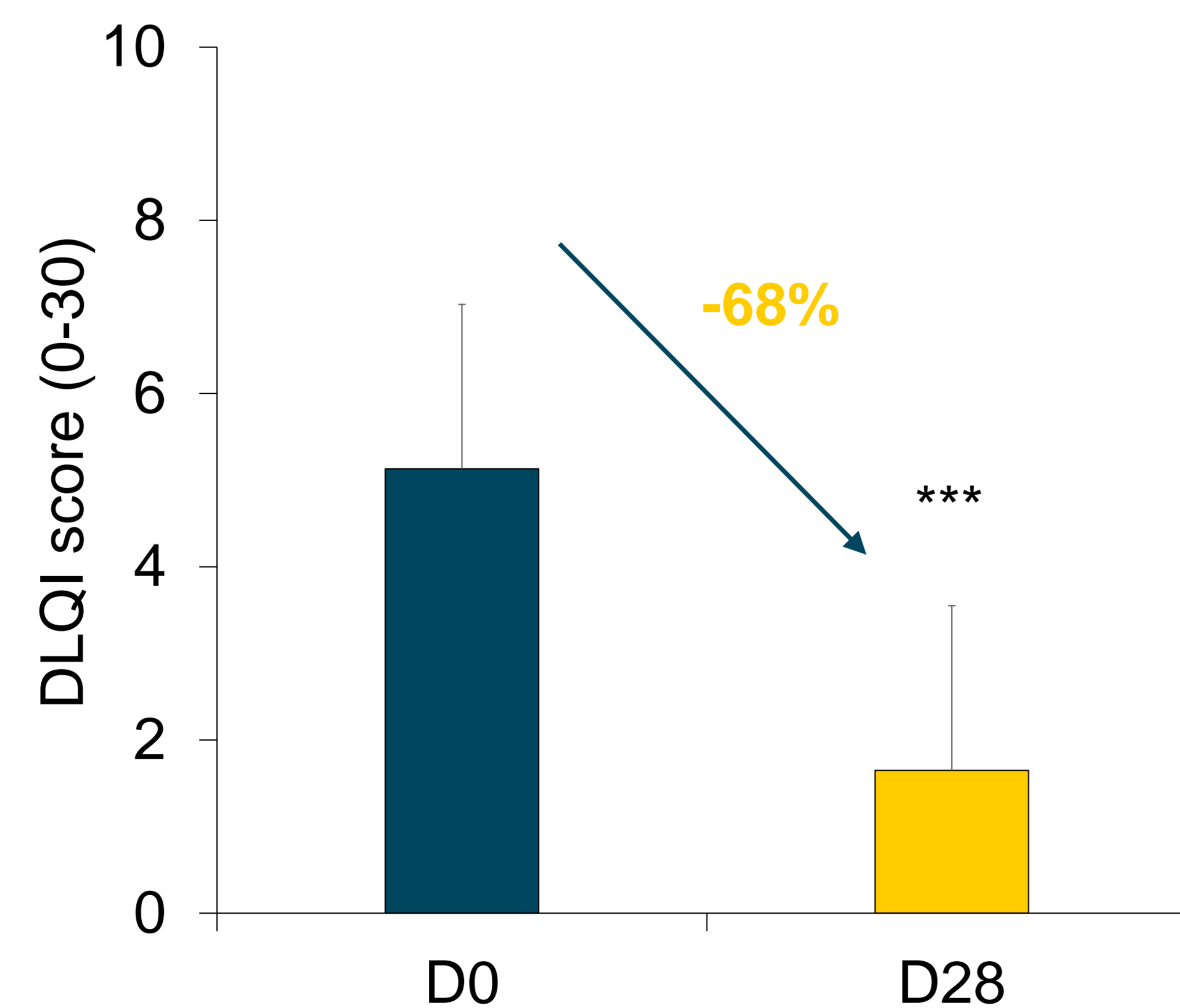
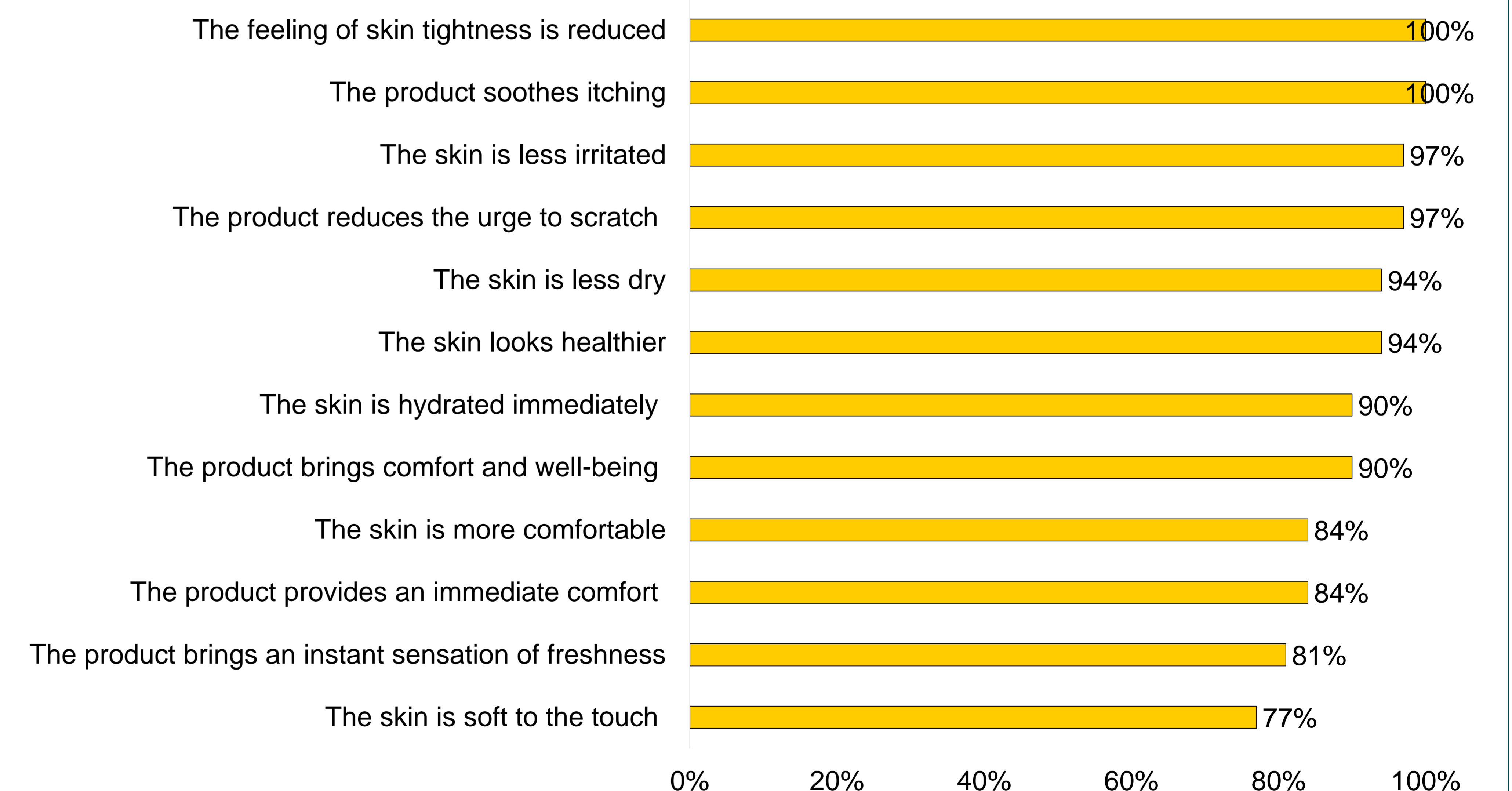


Figure 3: Subjective efficacy at D28



CONCLUSION

These results demonstrated that this dermo-cosmetic spray improves the skin's condition after 28 days of use in term of pruritus severity and dryness. It significantly improves the quality of life of pregnant women while being safe. In conclusion it is suitable for the management of pruritus *sine materia* in pregnancy.