

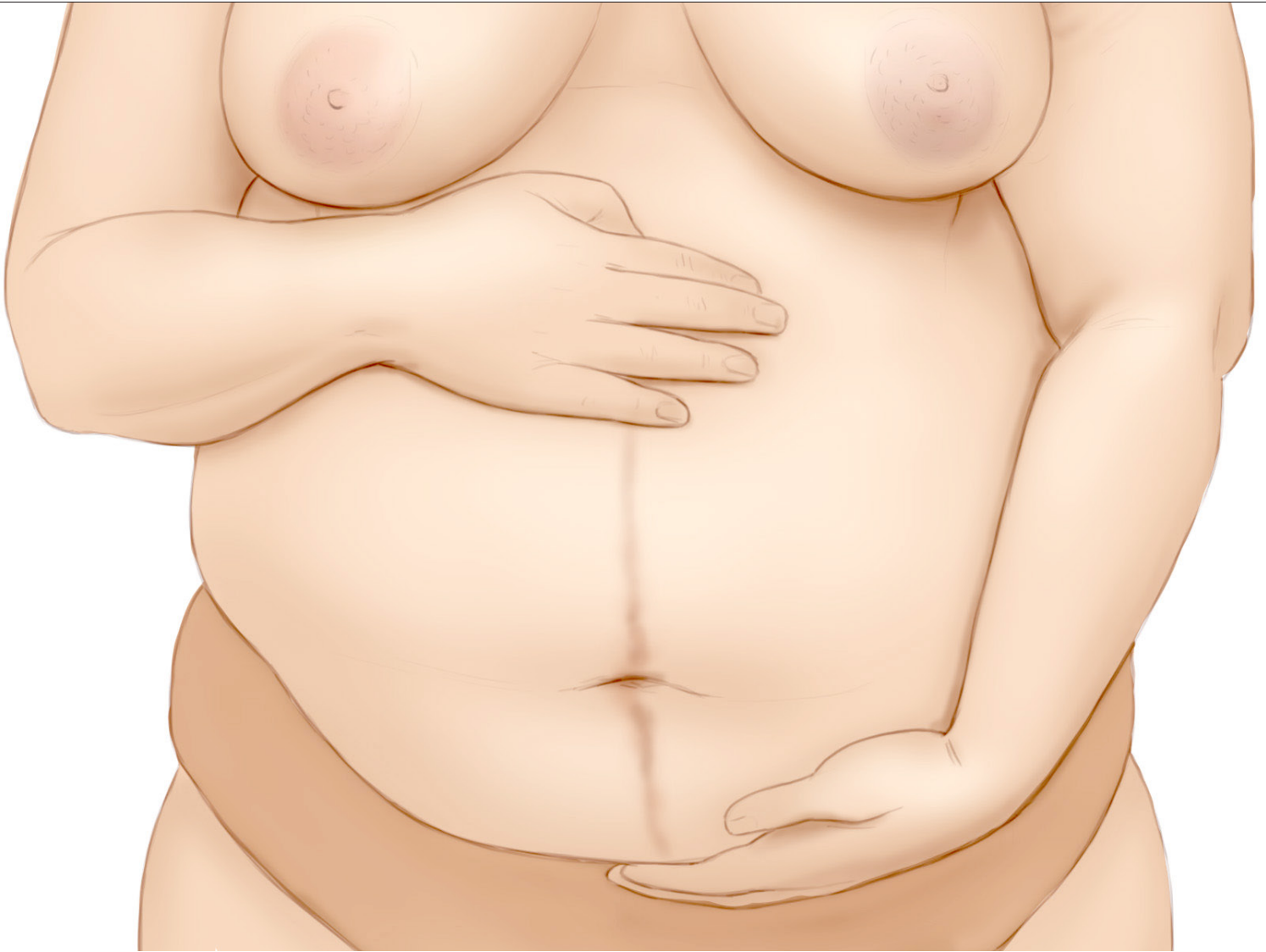
# LINEA NIGRA: PREGNANCY LINE

Linea Nigra, also known as “pregnancy line,” is the dark line that develops across your belly during pregnancy. It is usually about  $\frac{1}{4}$  to  $\frac{1}{2}$  inch wide and stretches vertically down from your belly button to your pubic area. In some instances, it can also extend upwards from the belly button.

The Linea Nigra is a natural part of pregnancy. Most pregnant women will develop one, but it's a little less common or noticeable in women with fair skin. The specific cause of the Linea Nigra is unknown, but it is believed to be

related to the changing hormones as a result of your developing baby. As hormone levels rise, a noticeable Linea Nigra develops. Although it can show earlier, this pregnancy line typically shows up around the 5th month of pregnancy.

There is nothing you can do to prevent the pregnancy line. It is a natural part of pregnancy. The line usually lessens and fades away weeks or months after the birth of your baby.



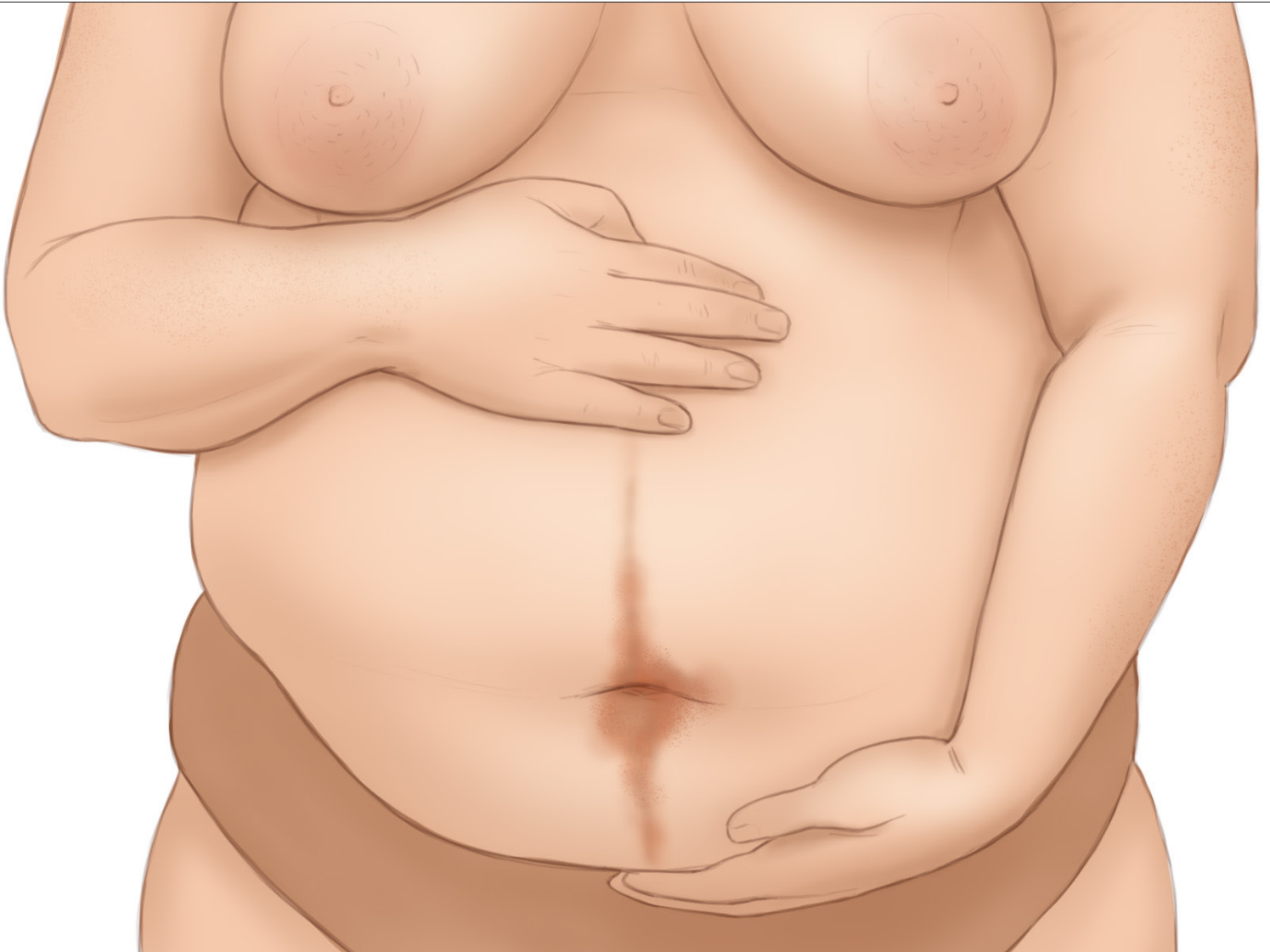
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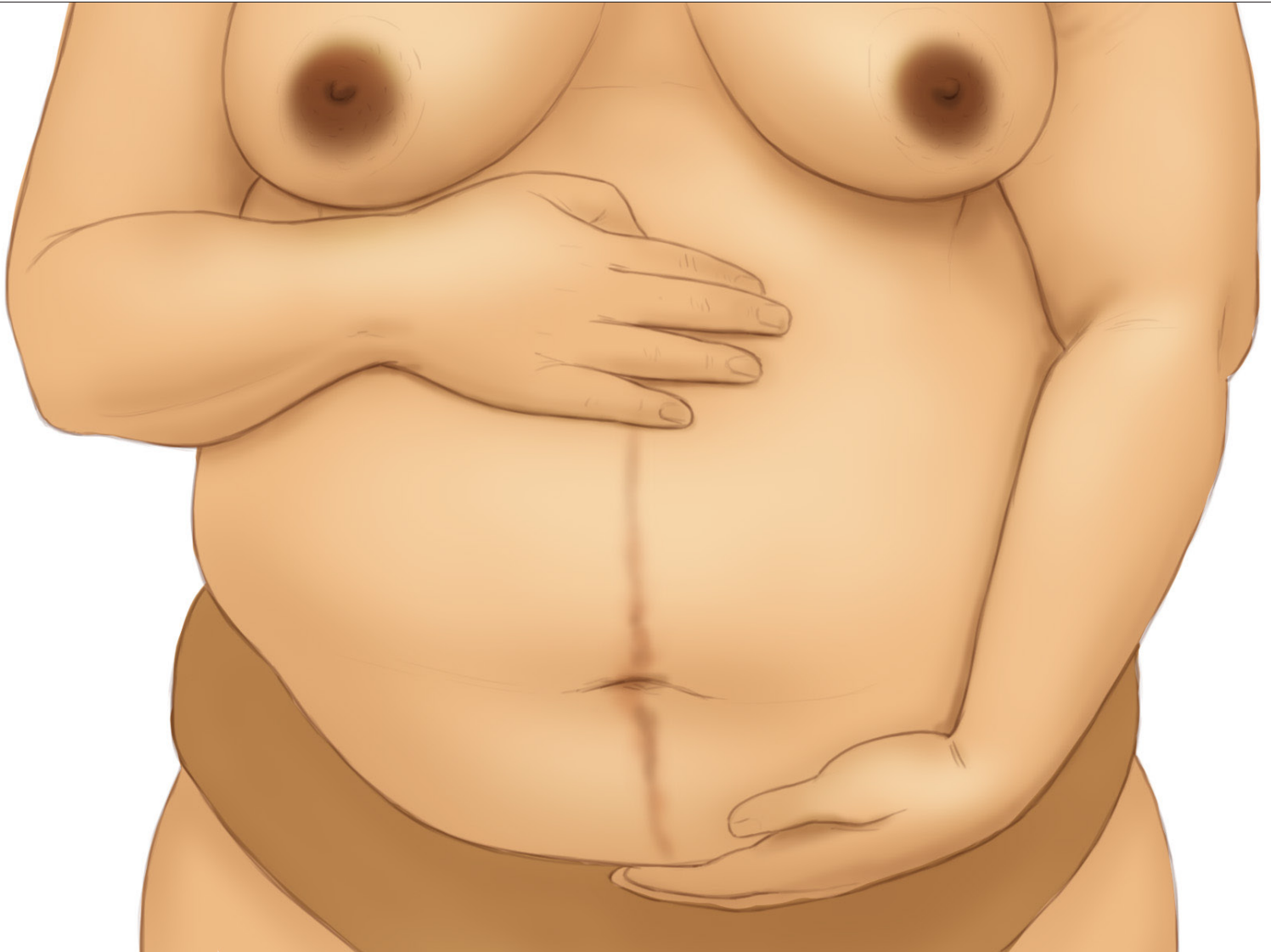
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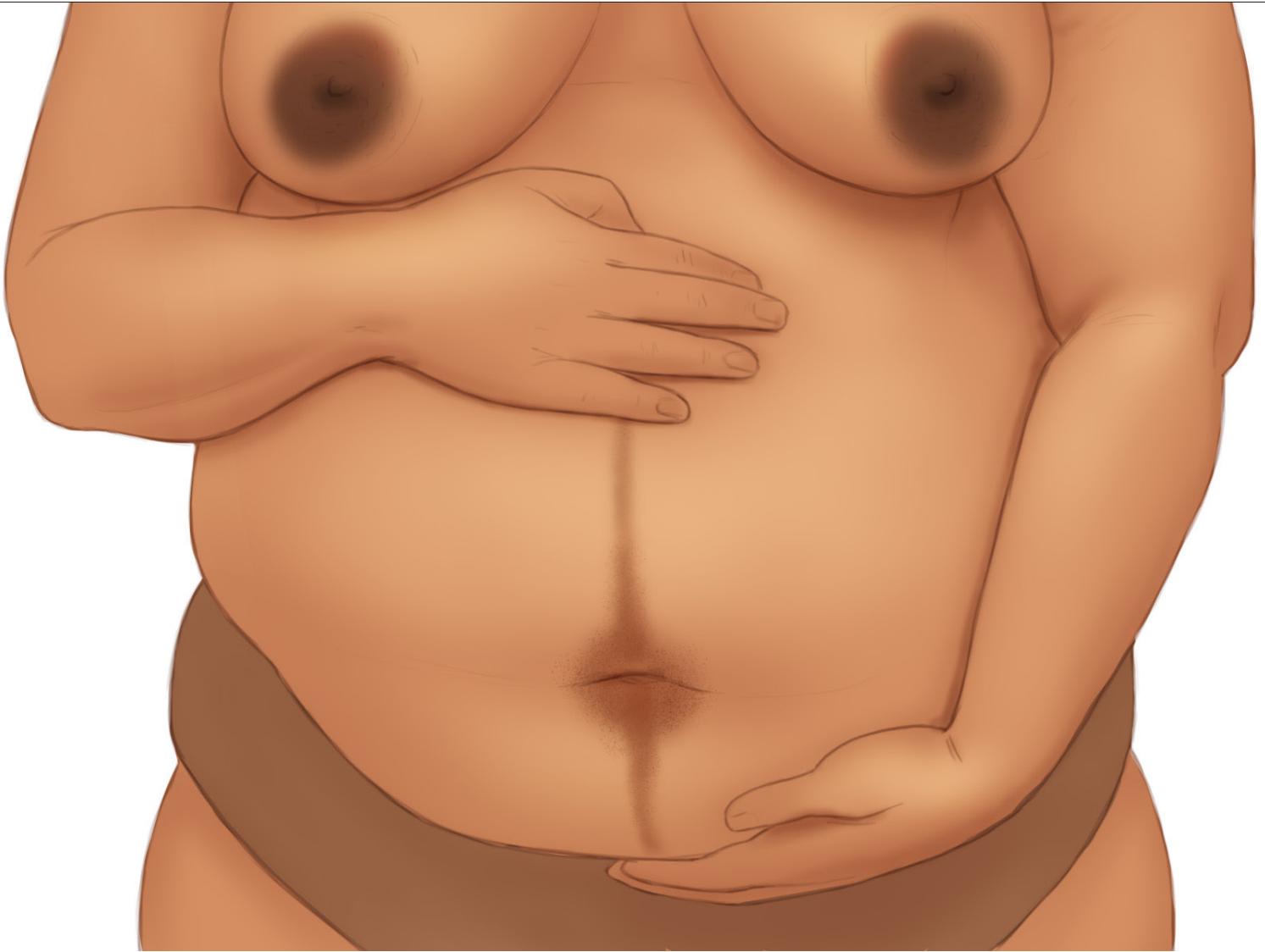
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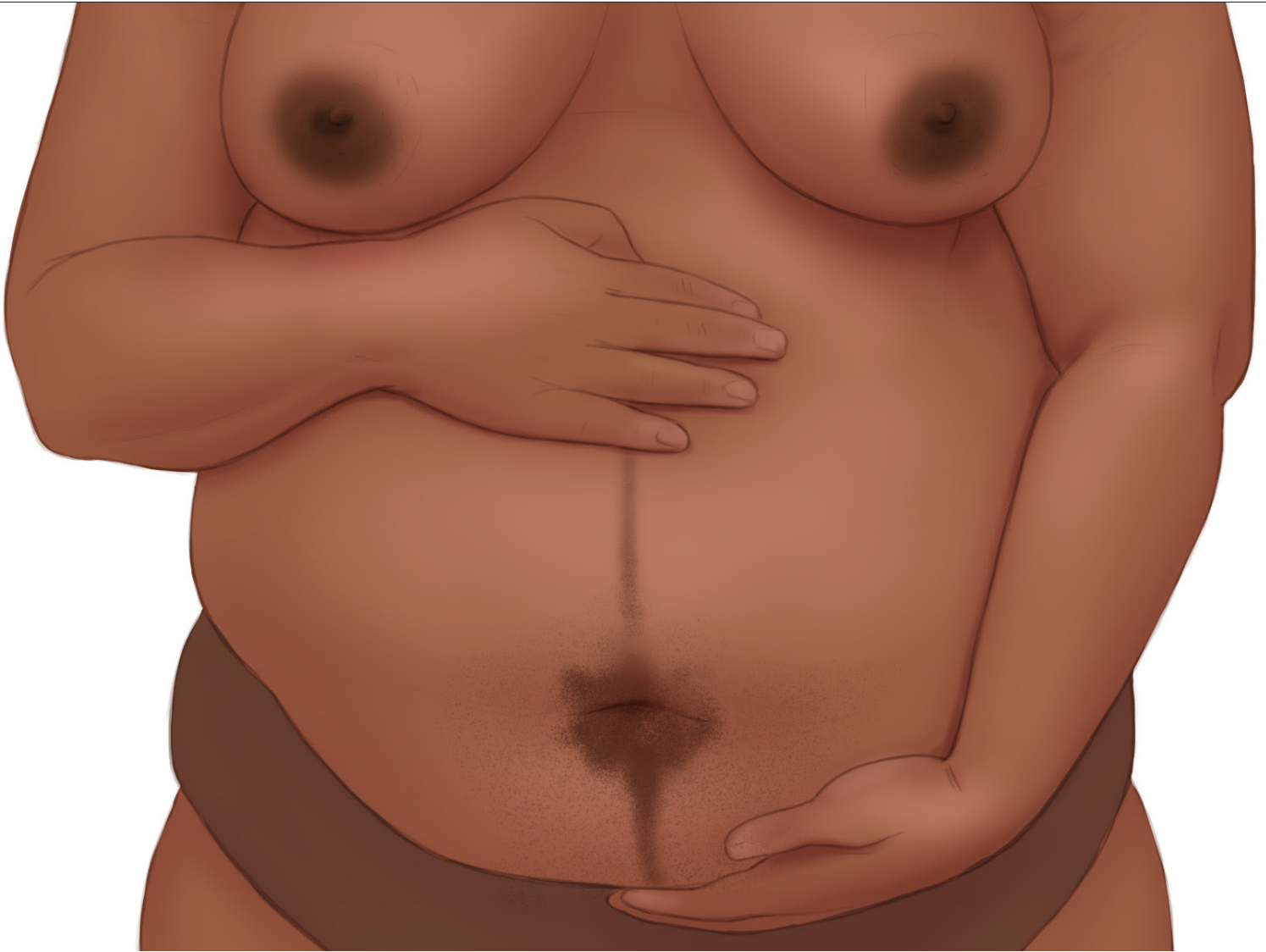
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