

## Striae Distansae Causes and Treatment

Kenneth Jones\*

Department of Dermatology, University of Malaga, Malaga, Spain

### EDITORIAL NOTE

Striae distansae (SD) or stretch marks are very common, asymptomatic, skin condition constantly seen among females between five to fifty years of ages. It frequently causes cosmetic morbidity and psychological distress, particularly in women and in certain professions wherever physical appearances have significant importance. Of late, with the increasing stress on cosmetic management and mindfulness, patients approach dermatologists for stretch marks treatment [1]. However, despite several advances, no completely effective treatment has surfaced. Unfortunately, there is deficit of the strong substantiation within the literature for the effective treatment of striae. A literature hunt using the terms striae distansae (SD or stretch marks) was carried out in the PubMed, Google Scholar and Medline databases.

Stretch marks (striae) are depressed stripes that appear on the tummy, breasts, hips, buttocks or other places on the body. They are common in pregnant women, especially during the last trimester. Stretch marks are not painful or dangerous, but some people do not like the way they make their skin look. Striae distansae are a common form of dermal scarring that appear on the skin as erythematous, violaceous, or hypopigmented linear striations. Synonyms include the terms striae, stretch marks, and striae atrophicans. Striae gravidarum are striae distansae occurring secondary to pregnancy [2]. Striae distansae are permanent dermal lesions that can cause significant psychosocial distress. A detailed understanding of the multitudinous treatment modalities available is essential to ensuring optimal patient outcomes.

### What causes striae distansae?

The cause of stretch marks is stretching of the skin. Their inflexibility is affected by several factors, including your genetics and the degree of stress on the skin. Your position of the hormone cortisol also might play a part. Cortisol-A hormone produced by the adrenal glands-weakens elastic filaments in the skin. Cushing's pattern, Marfan's pattern, Ehlers-Danlos pattern, and other adrenal gland diseases can cause stretch marks by

adding the quantum of cortisone in your body. Stretch marks are a result of skin stretching and an increase of cortisone in your system [3]. Cortisone is a hormone naturally produced by your adrenal glands. Still, having too much of this hormone can make your skin lose its elasticity.

Striae distansae have presented a substantial challenge in terms of both their analysis and treatment. There are variable responses to therapies, with the most points being reduction in symptoms and improvement in look. Numerous treatment modalities exist that aim to treat or facilitate SD similar as laser therapy light therapy, acid peel treatments, collagen injection, laser lipolysis, radiofrequency techniques and microdermabrasion. No single remedy has been supported to completely eradicate these lesions. The foremost common system for treating SD is that the use of topicals. Only a restricted variety of topical agents are estimated in formal studies for the treatment of SD (similar as tretinoin, Tretin-A, Alphastrin, cocoa flattery, olive canvas and siloxane gel), although, there are numerous topical products, available commercially on the market, that claim benefits for the prevention and/or treatment of SD, that haven't been formally calculable in any clinical study.

Treatment of SD needs to be acclimatized to the emotional requirements of the person, area of involvement and occupation. It should be made clear during counselling that as of now, none of the treatments can give complete clearance and multiple sessions are always demanded. The sweets should be to use topical curatives in combination with procedural modalities.

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**Correspondence to:** Kenneth Jones, Department of Dermatology, University of Malaga, Malaga, Spain, E-mail: kennethjones36@yahoo.com

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