Case Report

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Striae Gravidrum Scoring

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ABSTRACT

Being a mother is the most beautiful moment in a woman's life. Giving birth to her young one, Nurturing New Life within her during development of Fetus within her Womb. A mother goes through severe morphological and anatomical changes. The physiological changes in a mother's body are mamogenasis, amenorrhea, Urgency of urination, a large uterus, quickening, cholasma, lineanigra, gravidrum striatum, ballotment, lightening, contractions are all changes mother experiences during pregnancy. During pregnancy mother gains weight rapidly, 1kg in the 1st trimester, 5kg in the 2nd trimester, and again 5-6 kgs in the 3rd trimester. Total weight gain by mother is 11-16 kgs.

Because of the SNS activation, there is less peristalysis movement which causes constipation during pregnancy. There is also polyuria along with glucosuria due to which blood becomes stagnant and results in ankle edema.

Keywords: Pregnancy; Gravid; Striae Gravidrum; Weightgain; Linea Nigra; Ballotment; Lightening; Amenorrhea; Quickening.

INTRODUCTION

Striae Gravidrum are called stretch marks in ladymans terminology because they regenerate as a result of sudden changes in collagen and elastin fibers. Most women are affected by striaegravidrum, which function primarily as support for our skin.

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SG is not a medical emergency; however, it may cause emotional distress as well as psychological distress to a mother. SG occurs as a result of changes occurring in connective tissue during pregnancy. A fluctuating hormone level during pregnancy may lead to striaegravidrum. We can predict perineal tears during delivery using SG.

TYPES OF STRIAE GRAVIDRUM

Ther are different types of striae seen according to the colour and there locations an maternal Body

- Striae Gravidarum (During Pregnancy).
- Striae Distensae (Stretched skin).
- Striae Rubra (red striae).
- Striae Albae (White striae).
- Striae Nigra (Black striae).
- Striae Caerulea (Dark Blue).

- Striae Atrophicans (thinned skin).

Striae are Mostly seen on

- Abdominal Area
- Buttocks
- Thighs
- Breasts
- Back
- Axillae
- Groin

Etiology

- Due to rapid weight gain and weight loss.
- Associated of corticosteroids.
- Due to physical stretch.
- Stretching of Dermal collagen elastic tissues.
- Elevated hormone level in pregnancy.
- Deficiency of fibrillin.
- Due to decreased level of serum relaxin.

Epidemiology

Striae are most commonly seen in females as compare to males. Striae Distensae major occurs in pregnancy or during time of puberty or obesity. Striaeatrophicans seen in medical conditions majorly in Cushing syndrome. There are some medications which are also related to striae are chemotherapy prolonged antibiotics and contraceptives.

Risk for SG

Women those who are holding family history striae SG are more to develop SG. BMI before Pregnancy also effect SG.

Presence of striae distensae on Breasts will changes of SG development but, when presence of these lesions on thigh will decrease for SG to develop and ultimately it will lower the changes of perineal tear during the time of pregnancy.

STAGING AND SYMPTOMS

Stage 1: Striae will appear pinkish in colour and they will by itchy they will be appearing thin.

Stage 2: Now, there will be enlargement of stretch marks they appear reddish or purple in colour.

Stage 3: Matured stretch marks; after pregnancy in few months they will be becoming pale white and silver in colour and there shape will irregular.

Striae Gravdiraum Scoring

The striae gravidarum scoring ranges from 0-24. It is divided in to 3 parameters according to severity of stretch marks. SGS helps us in knowing or predicting perineal tear during the time of delivery. Less SGS means less perineal tear and more SGS means more perineal tear. Prediction help us in preventing perineal tear during the time of delivery.

Differntial Diagnosis

- Cutis lara
- Linear Focal Elastosis
- Anetoderma

MANAGEMENT

By applying silicone gels they are recommended for atrophic scars and used in striae distensae. Use of various chemical peels using acids which are mild and suitable for health used to treat striae. Massaging using various silicone gels helps to reduce scars massaging is a component of topical therapy.

PREVENTIVE METHOD

SG can be prevented by daily massaging on effected area many studies and research have confirmed about using centella asiatica extract and use of hyaluronic acid Topical Tretinoin preventing helps in imporvement of SG.

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