

# THE STRETCH MARK: INESTHETICITY OF THE XXI CENTURY

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Over the last few years, dermatology and aesthetic medicine have begun to pay more attention to the stretch marks problem. This is due to the growing incidence of this aesthetic pathology; If in the past the marking was the result of the first pregnancy, today we notice how this problem systematically hit young girls at the time of the menarche.

At the same time, it is also highlighted on male teenagers who are now affected by stretch marks at a young age with increasing propagation at European level.

The exponential increase of this problem in Western countries is presumably to be sought in the different diet of the last few decades, which can interfere with hormonal equilibrium for increased tissue pollution and metabolic alterations that cause oxygenation and connective damage.

Already in 1932 Cushing had highlighted the close correlation between hormonal alterations and the onset of striations.

Some researchers have estimated that there are about 200 million people affected by this inestheticism only in the European Union, reiterating that it is one of the most common aesthetic problems in the world, to the point of increasing social disruption, especially in women, normally affected by the breast, abdomen and buttocks, which are the great symbols of their femininity.

The most obvious unsightly appearance is due to the lack of chromatic effects of ultraviolet exposure, especially when it is white and dated.

Since 2006, many research energies have been devoted to this aesthetic pathology, starting with a careful analysis of the stretch fabric physiology and the structural deficits that characterize it.

Only knowledge of these aspects can help to identify a therapeutic strategy that interacts with the skin tissue, trying to restore its best balance and regenerate existing stretch marks, effectively reducing its evidence.