

Indirect skin sign of COVID-19 days: Striae rubrae

Dear Editor,

The diversity of skin findings observed in patients with COVID-19 has attracted the attention of dermatologists. The list contains diffuse maculopapular eruptions, chicken pox-like vesicles, finger and toe cyanosis, and livedoid pattern erythematous lesions.¹ The frequency of immune system-related diseases such as psoriasis, alopecia areata, and urticaria has increased based on direct viral action, drugs used or stress.² Pityriasis rosea, herpes zoster, some bacterial skin and mucosa diseases, and idiopathic generalized pruritus have been encountered more frequently during COVID outbreak.³ Our country has also been significantly affected by COVID pandemic and has taken various restrictive measures with the whole world.



Numerical and diagnostic changes were observed in patient applications in the hospitals.² In our clinic, the number of outpatient clinic applications has decreased significantly especially for diseases including androgenetic alopecia, telogen effluvium, melasma, and warts. However, a rapid increase in the frequency of striae rubrae was found one month after the first COVID case announcement of the country especially in the younger population under 20 years of age. Compared to the same period of 2019, during COVID-19 months, the proportion of patients admitted with stria rubrae increased four times (0.1% vs 0.4%). The increase in the frequency of striae rubrae in the young population may be due to the fact that this age group has started to receive online education, they are doomed to sedentary life at home, and a rapid increase in weight gain due to changes in nutrition and lifestyle. The COVID-19 outbreak can bring different outbreaks. Yeo et al⁴ reported an increase in obesity with the COVID-19 outbreak and warned for the obesity epidemic. Striae rubrae, caused by rapid weight gain, can create a serious public health problem, as it does not have a gold standard treatment method that will provide full success and can negatively affect the mental health of people. As a result, we say that the necessity of staying at home and its sedentary lifestyle during COVID-19 days can lead to an outbreak of stria rubrae.

KEYWORDS

COVID-19, obesity, striae rubrae

CONFLICT OF INTEREST

None.

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