Oedematous striae- Another sign of overload

Praveen K Malik*; Shridhar Dwivedi

1Department of Medicine, ESIC Medical College and Hospital, Faridabad-122001
2Hamdard Institute of Medical Sciences & Research Jamia Hamdard, Delhi

*Corresponding Author(s): Praveen K Malik
Department of Medicine, ESIC Medical College and Hospital, Faridabad-122001, India
Tel: +91-9811-827-454;
Email: drpraveenmalik@gmail.com

Received: Aug 01, 2019
Accepted: Sep 11, 2019
Published Online: Sep 16, 2019
Journal: Journal of Clinical Images
Publisher: MedDocs Publishers LLC
Online edition: http://meddocsonline.org/
Copyright: © Malik PK (2019). This Article is distributed under the terms of Creative Commons Attribution 4.0 International License

Clinical Image

Description

A 48- year- female with type 2 diabetes mellitus since 12 years presented in Medicine OPD of Hamdard Institute of Medical Sciences and Research and Associated HAH Centenary Hospital, Jamia Hamdard, New Delhi with signs of congestive heart failure. She had multiple abdominal striae which were slightly pale in colour as compared to nearby normal skin. Few of these striae were raised and mulberry like, boggy and cystic on touch (Figure 1). X- Ray chest showed marked cardiomegaly with cardiothoracic ratio as 0.65 (Figure 2) and echo revealed global hypokinesia with left ventricular ejection fraction of 20%. She was put on loop diuretics and aldactone along with insulin. Edema of striae reduced during her hospital stay of around 10 days and on follow up raised and peculiar appearance has disappeared.

It seems that patient developed stretch marks over anterior abdominal wall during five gestations she had gone through. Now as she had developed features of congestion and that has led to these peculiar changes to already present striae.

It is proposed that oedematous abdominal striae in multiparous females can be inferred as an additional marker of fluid overload state. This can also be used as a guide for optimal and judicious diuretic therapy.

Cite this article: Malik PK, Dwivedi S. Oedematous striae- Another sign of overload. J Clin Images. 2019; 2(1): 1012
Figure 1: Multiple raised, edematous, mulberry like abdominal striae seen in post menopausal, multiparous female due to congestion.

Figure 2: X-Ray Chest PA view showing cardiomegaly with features of heart failure.