Stretch Marks

POWERED BY 23ANDME RESEARCH

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First+94fee343, based on your genetics and other factors, you have **about equal chances** of having or not having stretch marks.

What are stretch marks?

Stretch marks are a type of scarring that look like stripes on the skin and are commonly found on the hips, thighs, and abdomen. They often develop when the skin stretches during a quick period of growth, like during adolescence, pregnancy, or rapid weight gain.

Many factors can influence your chances of having stretch marks.

Scientists at 23andMe identified 544 genetic markers that are associated with stretch marks. In addition to genetics, other factors like age, sex, and ancestry can also influence your chances of having stretch marks. For example, among 23andMe research participants, people who are older are more likely to report that they have stretch marks.

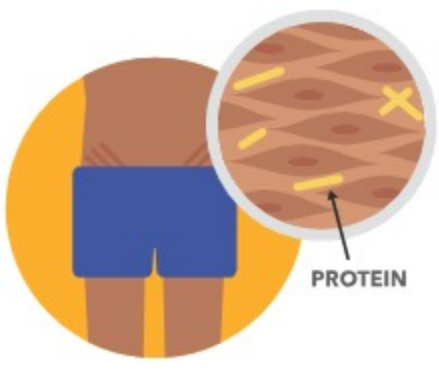
Of people with genetics and other factors like yours, we predict:

50% do not have stretch marks.

50% have stretch marks.

Why do some people develop stretch marks?

Scientists don't know exactly why some people are more susceptible to stretch marks than others. One reason may be that when skin is stretched from rapid growth, the resulting damage doesn't heal as well in some people, leading to stretch marks. This idea is supported by studies on skin cells from people with stretch marks, which showed that their cells make lower amounts of certain proteins that are important for skin elasticity and repair.



Reduced protein level

How we got your result

For this analysis, more than 670,000 23andMe research participants of European descent contributed their genetic data and survey responses on stretch marks. From these data, we identified 544 genetic markers associated with stretch marks. We created two statistical models, one for males and one for females, that take into account genetic variation and age to predict the chances of having stretch marks. The model was further recalibrated to be more accurate when applied to females of African American or Hispanic or Latino descent using data from more than 90,000 23andMe research participants. For people of European descent, the full statistical model has an AUC value of 0.73 in males and 0.67 in females.

We used the statistical model to predict each person's chances of having stretch marks. The possible results predicted by the model fall between 6% and 60% for males, and between 29% and 86% for females. The sex and ancestry we used for your result are based on the information you provided in your account settings. For people of mixed ancestry or ancestries for which we do not yet have enough research participants, we determined this result based on data from people of European descent since that is the group for which we have the largest sample size. 24% of male 23andMe research participants used in the development of this model reported that they have stretch marks, compared to 51% of females.

Read more:

Farahnik B et al. (2017). "Striae gravidarum: Risk factors, prevention, and management." Int J Womens Dermatol. 3(2):77-85.

Furlotte NA et al. (2015). "23andMe White Paper 23-12: Estimating complex phenotype prevalence using predictive models." 23andMe White Paper 23-12.

Gilmore SJ et al. (2012). "A mechanochemical model of striae distensae." Math Biosci. 240(2):141-7.

Lee KS et al. (1994). "Decreased expression of collagen and fibronectin genes in striae distensae tissue." Clin Exp Dermatol. 19(4):285-8

Mitts TF et al. (2005). "Skin biopsy analysis reveals predisposition to stretch mark formation." Aesthet Surg J. 25(6):593-600.

Change log:

- *April 2019.* Stretch Marks report created.

Keep in mind that these results, powered by 23andMe research, are preliminary and meant for informational purposes only.