

# Stratamark®

for the prevention and treatment  
of stretch marks



Enjoy your pregnancy -  
stretch mark free skin  
is our specialty

 **Stratapharma**  
Switzerland

# Stretch marks can be more than just a cosmetic concern



Stretch marks are a well recognized and common skin condition that can be a cause of great **concern** and **insecurity** during and after pregnancy.

Stretch marks are often the result of the **stretching of the skin** associated with rapid growth or rapid weight changes.

Stretch marks may also be **influenced by hormonal changes** associated with puberty, pregnancy, body-building, hormone replacement therapy etc.<sup>1</sup>

- Stretch marks can cause physical symptoms such as itchiness, tenderness and pain.
- They can significantly affect your self-esteem and image.<sup>2</sup>

## About stretch marks

**Striae Distensae** is the generic term for stretch marks, but there are several different classifications:

- **Striae Gravidarum** are stretch marks that occur during pregnancy.
- **Striae Rubrae** are new red stretch marks.
- **Striae Albae** are mature, whiter and depressed stretch marks.



Stretch marks are a type of thin, flattened scar. Although the cause for developing stretch marks is not fully understood, it is thought to be due to an **abnormal change in the underlying tissue of the skin.**

In the early stages, stretch marks appear slightly raised with a pink to red color. Over time they develop a slight purple tinge, and eventually become white and depressed with finely wrinkled lines.

- Stretch marks are two and a half times more frequent in women than in men.<sup>4</sup>
- Consensus studies show that stretch marks affect 50-90% of pregnant women.<sup>2</sup>

# For the prevention and treatment of all types of stretch marks

**Stratamark gel is a unique formulation that requires substantially less product per application than typical moisturizing creams or cosmetic preparations**

- Should be applied once per day, or after each wash.
- Dries rapidly.

**Stratamark reduces redness and discoloration of stretch marks**

- Easy to apply to all areas of the skin, including exposed and sensitive areas.
- Can be covered with underwear, sunscreen or cosmetics.

Stratamark dries to form a protective layer that is gas permeable and waterproof. It hydrates and protects stretch marks, allowing the skin to normalize the collagen synthesis cycle.

## Stratamark®

for the prevention and treatment of stretch marks

**Stratamark is suitable for pregnant women, breastfeeding mothers, children and people with sensitive skin**

- Does not contain alcohol, fragrances or parabens.
- Does not penetrate below the level of the stratum corneum (the top layer of the skin).

**Stratamark relieves itching and discomfort of stretch marks.**

- Protects the stretch marks from local irritants including friction from clothing.
- Hydrates the skin.



[www.stratamark.net](http://www.stratamark.net)



# Stratamark is clinically proven to prevent and treat stretch marks

- Over 500 pregnant women have participated in clinical studies with Stratamark.<sup>3,5</sup>
- Stratamark is suitable for pregnant women, breastfeeding mothers, children and people with sensitive skin.<sup>3,5</sup>

## Prevention

Stratamark group

18.2%



Control group

60-70%



## Treatment



66%

of patients in the treatment group reduced the severity of their existing stretch marks only using Stratamark (=monotherapy)<sup>5</sup>



87%

of patients rated the feeling on the skin to be very good - excellent<sup>5</sup>



91%

of patients rated the ease of use of Stratamark very good - excellent<sup>5</sup>



90%

of patients rated the efficacy of Stratamark very good - excellent<sup>5</sup>

## How to use Stratamark

- Ensure that the skin is clean and dry.
- Apply a **very thin layer** of Statamark to the relevant areas with your fingertips and distribute evenly, allow the gel to dry.
- Apply **once per day**, or after each wash.
- For best results, Stratamark should be in continuous contact with the skin (24 hours a day/7 days a week).
- When applied correctly, Stratamark **should be dry in 5–6 minutes**. If it takes longer to dry you have probably applied too much. A little amount of gel goes a long way. Gently remove any excess gel with a tissue or paper towel and allow the drying process to continue.
- Once dry, Stratamark can be covered with underwear, sunscreen or cosmetics.

## How much Stratamark do I need?

**Stratamark is a unique formulation that requires substantially less product per application than typical moisturizing creams or cosmetic preparations.**

- One 20g tube contains enough gel for approximately one month of treatment for women in the late stages of pregnancy.
- One 50g tube contains enough gel for approximately two months of treatment for women in the late stages of pregnancy.
- In the beginning of pregnancy or after delivery one tube will last longer due to the smaller application area.

## Recommended duration of treatment

### Prevention of stretch marks during pregnancy

Stratamark is recommended for use from the beginning of the second trimester (13 weeks) or at the first sign of stretch marks. The treatment should be continued following birth for a minimum of 60 to 90 days.

### Prevention of stretch marks during growth spurts

Stratamark should be used for the duration of the growth spurt or until the skin is no longer tightly stretched. Treatment should then be continued for 60 to 90 days.

### Treatment for existing stretch marks

Stratamark should be used for at least 60 to 90 days (24 hours a day/7 days a week). Continued use is recommended until no further improvement is seen. Severe and/or older stretch marks may need longer treatment. Stratamark may also be used in combination with other stretch mark treatments (including laser therapy) with the advice of your physician.

## Removal of Stratamark

Stratamark can easily be removed from your hands after application. Wash your hands with warm water and soap. Repeat if necessary.

Also available from  
Stratpharma Switzerland:



[www.stratamed.com](http://www.stratamed.com)

## During wound healing

- Promotes faster wound healing by creating a moist wound healing environment
- Suitable for breastfeeding mothers



[www.strataderm.com](http://www.strataderm.com)

## After wound healing (suture removal)

- For effective prevention and treatment of abnormal and excessive scar formation
- Suitable for breastfeeding mothers

**Stratamed and Strataderm help mothers to get the best possible scar outcome after a caesarean section.**

**References:** 1. Bernstein E. What Causes Stretch Marks? December 2008. The Patient's Guide to Stretch Marks. 10 Feb 2009 2. Osman H, Usta IM, Rubeiz N, Abu-Rustum R, Charara I, Nassar AH. Cocoa butter lotion for prevention of Striae Gravidarum: a double-blind, randomised and placebo-controlled trial. BJOG 2008; 115: 1138-1142. 3. Malkova S. The Effect of Innovative Gel in the Prevention and Treatment of Striae (Stratamark Gel). NEUMM. 2014;1-4/4: 1-7. 4. Elsaie ML, Baumann LS, Elsaiee LT. Striae distensae (Stretch Marks) and different modalities of therapy: an update. Dermatologic Surgery. 2009; 35: 563-573. 5. CD Hughes, A Hedges, The use of an innovative film-forming gel in preventing Striae Gravidarum and treating Striae Distensae, Australasian Journal of Dermatology, 2018.

**Caution:** For external use only. Always read the label. Use only as directed. Keep out of reach of children. For further instructions please refer to the Patient Information Leaflet (PIL).

**CE**  
Class I Medical Device,  
FDA Listed

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