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Causes of lipodystrophy

mgr Katarzyna Korabiusz¹, mgr Agata Wawryków¹

¹Pomeranian Medical University in Szczecin, Doctoral Studies of the Faculty of Health Sciences, Żołnierska 54 st., 71-210 Szczecin

Dane autora korespondencyjnego:

Katarzyna Korabiusz

email: korabiuszk@gmail.com

Abstract

Lipodystrophy is one of the most common and the most undesirable female dermatological conditions. Both slim and overweight people can struggle with it. It is possible to fight cellulite with various physiotherapeutic techniques and methods.

Research goal: Goal of this dissertation is a review of literature about causes of lipodystrophy.

Conclusion: Lipodystrophy is a condition with a multifactorial etiology. One should be aware that only multidirectional treatment can bring satisfactory results.

Key words: lipodystrophy, causes

Introduction

The female type of lipodystrophy is characterized by unsightly bumps, depressions and bulges, which appear most often around the thighs, hips, buttocks, arms and abdomen. The skin in area of lipodystrophy is dry, often also rough because of trophic disorders. Lipodystrophy is often associated with the occurrence of stretch marks.

It used to be thought that cellulite must be associated with overweight, poor nutrition or lack of physical activity, but today it is known that it can occur at any age and in people with normal BMI - very often occurs in young athletic women.

We can distinguish two types of lipodystrophy depending on the form in which they occur. In soft cellulite (fat) bulges and bumps occupy a large area of the body, they are loosely located, are located between the skin and the muscles, in appearance resembles a quilted quilt. This form is found in people genetically to this predisposition due to flaccid skin. It is more common in physically inactive women as well as in people who rapidly change body weight. In contrast, cellulite (hard) is treated with athletic people whose skin has not lost its elasticity - it resembles well-developed muscle tissue in touch.

The following degrees of lipodystrophy can be distinguished:

- Grade 0 - slight irregularities appear after the skin has been folded into the fold. Uncleaned skin looks completely normal. Capillaries lose proper permeability, resulting in swelling of adipose tissue and insufficient lymph flow.
- Grade 1 - the appearance of bumps and depressions after the inclusion into the fold of subcutaneous tissue, the appearance of the characteristic symptom of "orange peel". Fluids collect in the intercellular spaces, the skin is swollen more tightly than in the "0" stage. There is a beginning of disorders in the adipose tissue - the accumulation of fat cells and the growth of collagen fibers, the skin is "pasty"
- Grade 2 - disorders in adipose tissue in the form of lumps and small nodules about 1 mm. Within the lipodystrophy of adipose tissue, the cavities occur when the muscles are stretched, eg in a standing position, which is referred to as the spontaneous manifestation of the "orange peel" (dermatopanniculosis deformans).
- Grade 3 - fatty tissue recesses form nodules and lumps of larger size (2-20 mm). Lumps and papules are separated by fibrous tissue. They appear during rest and compressed by pain.

Causes of lipodystrophy

Lipodystrophy is a condition with a multifactorial etiology. It is a disorder of the topography of the skin leading to changes in the appearance of its surface referred to as the "orange peel". Over the past few decades, three basic mechanisms of cellulite formation have been pointed out:

- excessive accumulation of water in the intercellular matrix with subsequent subcutaneous edema;
- adverse changes in the tissue microcirculation;
- different anatomical structure of tissues depending on the sex.

Predispositions to the development of lipodystrophy are conditioned by both genetic and innate factors. The main hereditary causes include:

- gender (cellulite in the classical form almost exclusively occurs in women),
- race (cellulite is more common in Caucasian women than yellow or black),
- biological type (in Latin American women the changes are located mainly on the hips, and in women of the Nordic or Anglo-Saxon type on the stomach),
- distribution of body fat,

- number, state of readiness and sensitivity of hormone receptors on affective cells, - predisposition to the development of peripheral angiopathy (or a propensity for circulatory failure),
- inclination to circulatory failure and vascular diseases, • hormonal balance and balance between estrogen and progesterone levels,
- the formation of cellulite is caused by disorders of the lipolysis process, which is partially regulated by the nervous system.

Important factors include lifestyle - the predisposition to the formation of cellulite has people who are physically inactive, leading a sedentary lifestyle, staying for a long time in one position. It is unfavorable to wear tight clothes, wear high heels, long hot baths, too long exposure to the sun (also excessive use of the tanning bed). Nutrition mistakes include an unbalanced diet (with excessive consumption of fats and carbohydrates), too much salt consumption, alcohol consumption, smoking, too low dietary fiber intake. Studies also show that psychological factors - long-term stress, depression, feelings of anxiety and anger - have an impact on the formation of lipodystrophy.

Lipodystrophy is a condition with a multifactorial etiology. One should be aware that only multidirectional treatment can bring satisfactory results.

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