



Rosacea

What is Rosacea?

Rosacea is a fairly common facial rash in adults consisting of redness, pimples, and small dilated blood vessels. It is especially noticeable on the nose, mid-forehead, and chin. Rosacea is a condition limited to the skin, and is not related to your general health. Eye irritation can occur. While in some individuals rosacea may cause mild itching or burning. Its unsightly appearance is the usual reason for treatment.

What causes Rosacea?

The cause of rosacea is unknown. Sometimes alcoholic beverages, spicy foods, hot coffee, or tea may temporarily worsen rosacea. However, these are only aggravating factors, and do not cause rosacea. Rosacea is stubborn and often lasts for years. Fortunately, the condition can be improved and controlled with the proper medications.

How is it treated?

The treatment prescribed by your dermatologist will be specialized for you based on your type of skin and severity of the condition. Typically a topical medication is applied, however oral antibiotics may be required in some cases. While rosacea is not an infection or contagious disease antibiotics are usually effective due to the fact that they have an anti-inflammatory effect – that is, they help prevent redness and bumps. In severe cases, it may be necessary to treat rosacea with a potent oral medication known as Isotretinoin.

The above medication, singly or in combination, are usually very successful in bringing rosacea under control. Your treatment may need to be continued for months to years, depending upon the severity of the condition.

General Instructions

Wash your face with a gentle cleanser such as Cetaphil, CeraVe, PCA Creamy Cleanser, Neutrogena, Purpose, or Oil of Olay. Use only your fingertips. Do not use buff puffs or other abrasive products.

Avoid the use of astringents and other products with an alcohol or acetone base.

Cosmetics with a green tint can often help hide the redness of rosacea.

Apply a daily moisturizer with an SPF of 30 or higher, containing zinc or titanium.

Wear hats and reapply sunscreens with significant sun exposure.



ROSACEA TRIPWIRES

Factors that may trigger rosacea flare-ups

Foods High in Histamine

Yogurt
Sour Cream
Cheese (except cottage cheese)
Chocolate
Vanilla
Eggplant
Avocados
Spinach
Liver
Broad leaf beans and pods (lima, navy or pea)
Citrus fruits (tomatoes, bananas, red plums, raisins, or figs)
Spicy and thermally hot foods

Beverages

Alcohol (especially red wine, beer, bourbon, gin, vodka, or champagne)
Hot drinks (hot cider, hot chocolate, coffee, or tea)

Emotional Influence

Stress
Anxiety

Physical Exertion

Exercise
"Lift and load" jobs

Temperature Related

Saunas
Hot baths
Simple overheating
Excessively warm environments

Weather

Sun
Strong winds
Cold
Humidity

Drugs

Vasodilators
Topical Steroids

Medical Conditions

Frequent flushing
Menopause
Chronic cough
Caffeine withdrawal syndrome

Skin Care Products

Some cosmetics and hair sprays (especially those containing alcohol, witch hazel, or fragrances)
Acetone substances
Any substance that causes redness or stinging when applied.