

Fast Facts

Rosacea

- Skin condition with an unknown cause
 - Not the result of poor hygiene
 - Can impact anyone
- Most common in middle-aged women who have light skin
- Usually symptoms flare up for several weeks/few months and then go away for a little while
 - Certain things might trigger a flare up
- Some potential triggers: hot drinks, spicy food, alcoholic beverages (particularly red wine), sunlight, wind, temperature extremes (too hot or cold), emotions, certain cosmetic products and medications that can dilate blood vessels

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>On Face:</i></p> <ul style="list-style-type: none"> -Redness -Visible blood vessels -Small, red, pus-filled bumps -Skin feels hot and tender <p><i>Ocular Rosacea:</i></p> <ul style="list-style-type: none"> -Dry, irritated, swollen eyes -Red, swollen eyelids <p><i>Complication:</i></p> <ul style="list-style-type: none"> -Thickening of the skin on the nose as a result of the sebaceous (oil) glands in the area enlarging, which makes the nose appear bulbous -Slow developing -Occurs more often in men 	<ul style="list-style-type: none"> -No cure, so goal is to control symptoms -Recurrence common -Duration of treatment depends on the type and severity of symptoms <p><i>Medications:</i></p> <ul style="list-style-type: none"> -Topical creams/gels to reduce redness -Topical creams for mild pimples -Antibiotic pills for moderate to severe pimples -Acne pills for severe pimples not responsive to other treatment <p><i>Non-Medication Therapy:</i></p> <ul style="list-style-type: none"> -Laser therapy -Light-based therapy 	<ul style="list-style-type: none"> -Identify/avoid any triggers -Don't rub or touch your face too much -Use a non-soap cleanser (definitely nothing with alcohol in it) -Moisturize your face frequently -Do a gentle daily face massage using circular motions starting in the center of your face and work your way outward -Apply sunscreen every day (broad-spectrum and at least an SPF of 30) -Wear makeup to cover the redness (best ones are powders with a green tone and matte finish) -Talk to a counselor

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