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## ROSACEA

### What is it?

Rosacea, or adult acne, is a chronic inflammatory condition of the skin on the face and the neck, usually most prominent on the central face. The cause is unknown and there is no cure. Rosacea is more commonly found in people with a fair complexion, but can be a problem in people of all ethnic backgrounds. There are certain things, called trigger factors, that can flare or worsen rosacea. These trigger factors include alcohol, stress, extreme temperatures, spicy or warm foods, hot drinks, wind, sunlight, and exercise. Rosacea affects every patient differently. Not all trigger factors are a problem for every rosacea patient, and it is not always possible to avoid these trigger factors. Patients must make an effort to use their medication daily and avoid trigger factors as much as possible.

### Signs and symptoms

Patients may have only one or many of these signs and symptoms:

- \* Increased sensitivity of the skin to cosmetic products and lotions
- \* Progressive change in texture, pore size, color of the skin
- \* Small blister like breakouts around the mouth and/or nose (perioral dermatitis)
- \* Enlarged oil glands on the face (Sebaceous Hyperplasia)
- \* Flushing of cheeks, nose and forehead that is persistent.
- \* Change in the level of skin oil produced, can either become more oily or more dry
- \* Red, thickened skin on nose and cheeks.
- \* Small, visible blood vessels on skin surface.
- \* Small raised pimple-like bumps (papules).
- \* Small white blisters with pus (pustules).
- \* Facial tenderness.

### Treatment

- \* Avoid triggers such as alcohol, especially red wine, hot liquids, hot or spicy foods, stress, sunlight and extreme temperatures.
- \* Women should avoid oil-based makeup; use water-based makeup or mineral powders.
- \* Use a skin care routine designed to help avoid flares. Our staff can recommend one for you
- \* The earlier the treatment can be initiated, the better. It is easier to try to prevent the gradual changes in the skin than it is to try to reverse damage that is already done.
- \* There are several different types of topical medications that are typically prescribed for long term control
- \* Oral antibiotics may be needed in more stubborn cases or for severe flares.
- \* Cortisone medications may help with severe irritation, but used long term may make the condition worse. Avoid overuse of corticosteroid creams.
- \* IPL or LASER treatment may be necessary to improve the redness, flushing, and enlarged veins in the skin. Medications do not usually improve this component of the rosacea. We will be happy to give you more information on these treatments if you are interested.

Symptoms can usually be controlled with prompt treatment, but be aware that this is a disease that is chronic and even with treatment will intermittently flare and subside.