**Disease Name –**

Rosacea (Acne Rosacea)

**Medical history related Rosacea (Acne Rosacea)–**

Family history of rosacea or other skin conditions. Previous episodes of facial flushing or persistent redness. History of sensitivity to skincare products or environmental triggers

**Symptoms to prevent Rosacea (Acne Rosacea)–**

Symptom 1 - Facial Flushing and Persistent Redness: Rosacea often manifests as episodes of facial flushing, where the skin becomes reddened and may feel warm or hot to the touch. This redness is persistent and typically affects the central areas of the face, including the cheeks, nose, forehead, and chin. It may worsen with triggers such as sunlight, heat, spicy foods, alcohol, or emotional stress.

Symptom 2 - Visible Blood Vessels (Telangiectasia) on the Face: Over time, chronic inflammation in rosacea can lead to the dilation of small blood vessels near the surface of the skin, resulting in the appearance of visible red or purple lines known as telangiectasia. These blood vessels may be particularly noticeable on the cheeks, nose, and chin, contributing to the overall redness and vascular appearance of the skin.

Symptom 3 - Papules and Pustules Resembling Acne: In more advanced stages of rosacea, small red bumps called papules and pus-filled lesions called pustules may develop on the affected areas of the face. These lesions can resemble acne but tend to be more widespread and persistent, often occurring alongside facial flushing and persistent redness. Unlike acne, these lesions are not typically associated with blackheads or whiteheads.

Symptom 4 - Thickened or Bumpy Skin Texture, particularly on the Nose (Rhinophyma): In some cases of rosacea, chronic inflammation can lead to the thickening and enlargement of the skin on the nose, a condition known as rhinophyma. This results in a bulbous or bumpy appearance of the nose, which may be accompanied by enlarged pores and irregular skin texture. Rhinophyma is more common in men and may cause significant cosmetic concerns.

Symptom 5 - Burning or Stinging Sensation on the Skin: Individuals with rosacea may experience sensations of burning, stinging, or tingling on the affected areas of the face, particularly during flare-ups or when exposed to triggers. This discomfort can vary in intensity and may be exacerbated by factors such as skincare products, temperature changes, or emotional stress.

Symptom 6 - Eye Symptoms, Including Dryness, Irritation, and Redness (Ocular Rosacea): Rosacea can also affect the eyes, a condition known as ocular rosacea. Symptoms may include dryness, grittiness, itching, burning, redness, light sensitivity, and blurred vision. Ocular rosacea can lead to complications such as conjunctivitis, blepharitis (inflammation of the eyelids), and corneal damage if left untreated. It is essential for individuals with rosacea to seek prompt evaluation and treatment for eye symptoms to prevent potential vision problems.

**Description of Rosacea (Acne Rosacea)–**

Rosacea is a chronic inflammatory skin condition primarily affecting the face. It is characterized by facial flushing, persistent redness, visible blood vessels, and in some cases, papules and pustules resembling acne. Rosacea typically progresses in stages, starting with episodes of facial flushing and redness, which may gradually become persistent. In later stages, papules, pustules, and thickened skin texture may develop. Ocular rosacea, affecting the eyes, is also common in many individuals with rosacea. While the exact cause of rosacea is unknown, factors such as genetics, abnormal immune response, vascular abnormalities, and environmental triggers are believed to play a role.

**Causes of Rosacea (Acne Rosacea)–**

Cause 1- Genetic predisposition: Family history is a significant risk factor for rosacea, suggesting a genetic component to the condition.

Cause 2- Abnormal immune response: Dysregulation of the immune system may contribute to inflammation and vascular changes seen in rosacea.

Cause 3- Vascular abnormalities: Blood vessel abnormalities, such as increased vasodilation and blood vessel density, may contribute to facial flushing and persistent redness.

Cause 4- Environmental triggers: Factors such as sunlight, heat, spicy foods, alcohol, hot beverages, stress, and certain skincare products can trigger or exacerbate rosacea flare-ups.

Cause 5- Demodex mites: Overgrowth of Demodex mites on the skin, particularly in the hair follicles, may play a role in rosacea development, although the exact relationship is still under investigation.

**Lifestyle changes to prevent Rosacea (Acne Rosacea)–**

To help manage rosacea and prevent flare-ups, individuals can take several precautionary lifestyle measures. These include avoiding known triggers such as sunlight, heat, spicy foods, alcohol, and hot beverages. Using gentle skincare products suitable for sensitive skin and avoiding harsh or abrasive ingredients can help minimize irritation. Additionally, practicing stress management techniques such as mindfulness, meditation, and relaxation exercises may help reduce stress-related flare-ups. Protecting the skin from excessive sun exposure with broad-spectrum sunscreen and wearing protective clothing and hats can also be beneficial in managing rosacea symptoms.

**Disease background of Rosacea (Acne Rosacea)–**

Rosacea most commonly affects adults between the ages of 30 and 60, with fair-skinned individuals being at higher risk. Women are more frequently diagnosed with rosacea, although men may experience more severe symptoms, such as rhinophyma. Individuals with a family history of rosacea or other skin conditions, as well as those with a history of facial flushing or sensitivity to environmental triggers, are more predisposed to developing rosacea. While rosacea is a chronic condition, proper management, including lifestyle modifications and medical treatment, can help control symptoms and improve quality of life.