

ROSACEA

AT A GLANCE

ROSACEA (PRONOUNCED "ROH-ZAY-SHA")

is a chronic skin condition that primarily effects the facial skin.

It usually begins with flushing and is often characterized by flare-ups & remissions. Today medical help is available that can control the signs and symptoms of this skin condition.

Learn about

• SIGNS & SYMPTOMS •

- ▶ Flushing
- ▶ Visible Blood Vessels
- ▶ Eye Irritation
- ▶ Plaques
(Raised Red Patches)
- ▶ Skin Thickening
- ▶ Persistent Redness
(Cheeks, Nose, Chin, & Forehead)
- ▶ Bumps and Pimples
- ▶ Burning, stinging or itching
- ▶ Dry Appearance
- ▶ Swelling

• TRIGGERS & TREATMENTS •

Because the **signs and symptoms of rosacea vary** from one patient to another, **treatment must be tailored** by a physician for each individual case.



TOPICAL CREAMS & GELS

Applied directly to the skin will reduce facial redness



MEDICATIONS TAKEN ORALLY

Oral therapies can be prescribed to bring conditions under immediate control. Oral medications with less risk of microbial resistance have been developed specifically for rosacea & has been shown to be safe for long-term use.



LIGHT THERAPY

Treatments with lasers, intense pulsed light sources, or other medical & surgical devices may be used to remove visible blood vessels, reduce extensive redness, or correct disfigurement of the nose.

AVOIDING LIFESTYLE & ENVIRONMENTAL FACTORS

THAT TRIGGER FLAIR-UPS CAN BE THE FIRST STEP IN CONDITION MANAGEMENT.



Heat, Saunas,
& Warm Environments



Certain Medications:
Topical Steroids
& Vasodilators



Sun Exposure,
Harsh Winds,
Cold, & Humidity



Stress

← In some cases, Rosacea may occur on the neck, chest, scalp, or ears. →

• SUBTYPES OF ROSACEA •



SUBTYPE 1

(Erythematotelangiectatic Rosacea)

Characterized by flushing and persistent redness, may also include visible blood vessels.

SUBTYPE 2

(Papulopustular Rosacea)

Characterized by persistent redness with transient bumps and pimples.

SUBTYPE 3

(Phymatous Rosacea)

Characterized by skin thickening, often resulting in an enlargement of the nose from excess tissue.

SUBTYPE 4

(Ocular Rosacea)

Characterized by ocular manifestations such as dry eye, tearing and burning, swollen eyelids, recurrent styes and potential vision loss from corneal damage.

• Rosacea & Skin Care Routines •

◀ A daily facial care routine is recommended by many dermatologists ▶

- ▶ Start with a gentle cleansing of the face each morning.
- ▶ Spread a mild soap or cleanser that is not grainy or abrasive over affected areas with their fingertips. *A soft pad or washcloth can also be used, but avoid rough washcloths, loofahs, brushes or sponges.*
- ▶ Rinse the face with lukewarm water several times & blot it dry with a thick cotton towel.
Never pull, tug, scratch or treat the face harshly.
- ▶ Let your face air dry for several minutes before applying a topical medication.
- ▶ Let the medication soak in for an additional five or 10 minutes before using any makeup or other skin care products.

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