



What is Acne Rosacea?

Acne rosacea is a chronic but treatable condition that primarily affects the central face, and is often characterized by flare-ups and remissions. It typically begins any time after age 30 as a flushing or redness on the cheeks, nose, chin or forehead that may come and go. Over time, the redness tends to become ruddier and more persistent, and visible blood vessels may appear. Left untreated, bumps and pimples often develop, and in severe cases - particularly in men - the nose may grow swollen and bumpy from excess tissue. In many people the eyes are also affected, feeling irritated and appearing watery or bloodshot.

Although rosacea can affect all segments of the population, individuals with fair skin who tend to flush or blush easily are believed to be at greatest risk. The disorder is more frequently diagnosed in women, but tends to be more severe in men. There is also evidence that rosacea may tend to run in families, and may be especially prevalent in people of Northern or Eastern European descent. The hereditary backgrounds of people predisposed to rosacea tend to be countries where a national product is alcohol. This does not mean that people afflicted with rosacea always drink alcohol – it is a skin sensitivity that developed over many generations.

No one knows what causes rosacea, but there are some interesting theories:

1. If a person is treated with medications that eradicate *Helicobacter Pylori*, the bacteria that is responsible for stomach ulcers, there have been some positive results. It seems that *H. Pylori*, is the bacteria that is seen on the skin with those persons with rosacea rather than *P. acnes* bacteria that is responsible acne breakouts.
2. In some cases of rosacea, there is a proliferation of demodex mites. They implant themselves into the wall of the hair follicle and make the skin swollen and red.

There are definitely triggers for rosacea which include (in order of relevance):

1. The sun
2. Stress
3. Hot weather
4. Wind
5. Exercise
6. Alcohol
7. Hot baths
8. Cold weather
9. Spicy foods
10. Humidity
11. Indoor heat
12. Irritating skin care products
13. Heated beverages

We have a system that has been successful in getting some forms of rosacea under control in 8 - 12 weeks. It is a home care regimen that you do twice a day and in-clinic treatments every two weeks until your rosacea is under control.