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## ROSACEA

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Rosacea is a common skin disease that causes redness, pustules, papules, and swelling on the face. Often referred to as “adult acne,” rosacea frequently begins as a tendency to flush or blush easily. It may progress to persistent redness in the center of the face that may gradually involve the cheeks, forehead, chin, and nose. The eyes, ears, chest, and back may also be involved. With time, small blood vessels and tiny pimples begin to appear on and around the reddened area; however, unlike acne, there are no blackheads.

When rosacea first develops, the redness may come and go. Some people may flush or blush and never form pustules or papules. Small dilated vessels also may be present due to prolonged sun exposure. However, when the skin does not return to its normal color, and when other symptoms such as pimples and enlarged blood vessels become visible, it is best to seek advice from a dermatologist. The condition may last for years, rarely reverse itself, and can become worse without treatment.

Avoid triggers, including hot drinks, spicy foods, caffeine, and alcoholic beverages that make the face red or flushed. It is important to note that although alcohol may worsen rosacea, the condition may be just as severe in someone who does not drink at all; thus rosacea has been unfairly linked to alcoholism.

Practice good sun protection. Seek shade when possible and limit exposure to sunlight, wear hats and use broad-spectrum sunscreens with SPF of 30 or higher; reapply every 2 hours.

Avoid extreme hot and cold temperatures which may exacerbate the symptoms of rosacea. Exercise in a cool environment. Do not overheat.

Avoid rubbing, scrubbing or massaging the face.

Avoid cosmetics and facial products that contain alcohol. Use hair sprays properly, avoiding contact with facial skin.

Keep a diary of flushing episodes and note associated foods, products, activities, medications or other triggering factors.

Information obtain from American Academy of Dermatology.

*Disclaimer:*

*All information contained in this site is general in nature.  
For a specified diagnosis or treatment, please call our office, 724-837-5810.*