

Rosacea Information

Living with rosacea

Rosacea can feel a lot worse than it looks. Like other chronic diseases, it is difficult psychologically to deal with a condition that persists for many years. Because of the physical symptoms, many patients with rosacea feel self-conscious and embarrassed about the redness and bumps that occur primarily on their face, making it more difficult to hide than clothed areas.



Nearly three quarters of rosacea patients have reported low self-esteem. An equal proportion of patients have felt that rosacea adversely affects their career opportunities. Because of the social and psychological impact of rosacea, it is imperative to receive a diagnosis and treatment for this chronic skin condition. Successfully controlling symptoms through treatment has been shown to improve the mental and emotional well-being of rosacea patients.

GOOD SKIN CARE TIPS FOR ROSACEA

The key to caring for skin affected by rosacea is to treat it gently.



- Choose products that are non-drying, free of alcohol or astringents.
- Use a mild cleanser and do not rub or scrub skin.
- Make a habit of using sunscreen (SPF 30 or higher) every day.
- Moisturize your skin, especially during the colder months when the air is dry.

What can trigger rosacea to flare-up?

A number of lifestyles factors can cause rosacea to flare up. Some common triggers thought to affect rosacea include hot and cold weather extremes, sun exposure, mental stress, and hot or spicy food and drinks. These triggers vary from person to person, so it is both important and helpful to find out which ones make your rosacea symptoms flare up. Knowing this can help you to better manage your condition because you will be able to avoid things that can potentially aggravate your skin.

Different forms of rosacea

There are **four forms** of rosacea, which are defined by the following range of symptoms:

Mild (Erythematotelangiectatic) The main symptoms are facial flushing and redness, which may be present only sometimes. In addition, there may be some swelling, burning and stinging, roughness, and visible red blood vessels.

Moderate (Papulopustular) This is a more advanced form of rosacea that is marked by persistent redness and pimplelike bumps (often mistaken for acne), as well as burning and stinging.

Severe (Phymatous) In some individuals, rosacea may affect the nose, causing the skin tissue to thicken (giving an enlarged appearance) and become bumpy. This advanced form of rosacea is called *rhinophyma*.

Ocular rosacea In addition to skin symptoms, rosacea may also affect the eyes and eyelids. It may cause redness to the surrounding skin tissue but also burning or stinging, dryness, light sensitivity, blurred vision, and watery, bloodshot eyes.

Five harmful myths about rosacea

#1: It's a form of acne. Do not try acne creams because these will dry out and irritate your skin even more.

#2: It's because of a drinking problem. Excess alcohol consumption does not cause rosacea. Alcohol is a known trigger so it can worsen symptoms in individuals with rosacea.

#3: It's due to high blood pressure. It is a common misconception that high blood pressure produces facial flushing. Medications used to manage high blood pressure, however, can increase redness in rosacea sufferers.

#4: It's due to poor hygiene. Rosacea does not result from not washing enough. In fact, because rosacea skin tends to be dry and sensitive, over cleansing it can actually make symptoms worse.

#5: It's actually a bad sunburn. Because of the redness that characterizes rosacea, people may assume that you have sunburned skin.

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