

What is rosacea?

It is a chronic inflammatory skin condition that causes skin redness and irritation, usually on the nose and cheeks, and may also cause eye symptoms.

What does rosacea look like?

Rosacea is a long-term condition in which symptoms occur in attacks, which may include:

- **Facial redness:** accompanied by tingling, burning, or dryness. Areas of facial redness can develop into red or pus-filled pimples and acne-like papules.
- **Dilated blood vessels (telangiectasia):** usually appear as thin red lines on the cheeks and nose.
- **Thickening of the skin:** especially on the nose, which gives the nose an enlarged and swollen appearance. This is one of the most severe subtypes and often affects men.
- **Eye irritation:** pain, redness, and itching. In addition to foreign body sensation and eyelids swelling and redness.



What are the causes and triggers of rosacea?

While the exact cause remains unknown, research suggests a combination of genetic predisposition, immune system dysfunction, and vascular abnormalities.

Furthermore, a multitude of environmental triggers can exacerbate symptoms, leading to decreased quality of life. Factors such as exposure to ultraviolet radiation from the sun, extreme temperatures, spicy foods, alcohol intake, stress, and certain skincare products have been identified as common triggers for rosacea.

Understanding the triggers is essential for individuals living with rosacea to manage their symptoms and reduce the frequency and severity of flare-ups. By adopting lifestyle modifications, such as sun protection, stress control and dietary adjustments.

Roses for Rosacea

How can rosacea be diagnosed and treated?

How to diagnose:

By getting assessed by a dermatologist, in which your symptoms and clinical exam may guide to the diagnosis.

Management of rosacea:

Management can help in controlling symptoms and preventing flare-ups.

Topical creams or gels may be prescribed to control the symptoms. If there was no response, or the symptoms were severe, oral antibiotics, retinoids, and vascular lasers may be used.

One of the most important aspects of management is lifestyle modification through:

1. Avoidance of triggers such as spicy foods or hot food and beverages, direct sun exposure, stress, nicotine, alcohol, extreme of temperatures, and strenuous exercise.
2. The use of gentle skin care products that don't contain abrasive or peeling agents such as, alcohol, acetone, and perfumes.
3. Cleaning the skin when you wake up and before going to bed helps remove oils and build ups that can irritate the skin.
4. Moisturize the skin on a daily basis.
5. Avoid exposure to the sun by wearing wide-brimmed hats, and use protective hats instead with application of broad spectrum sunscreens with a sun protection factor of 30 or more.
6. Take good care of your eyes when there are symptoms. The doctor may recommend gently cleaning your eyelids with an eyelid cleanser and applying warm compressors several times a day. Assessment by an ophthalmologist is recommended in the presence of eye symptoms.

