



Rosacea

One out of 22 individuals living in the United States is affected by rosacea. Rosacea most commonly affects adults between the ages of 30 and 50 years. However, patients less than 30 years of age can be affected and children often have ocular involvement. Rosacea is a chronic, progressive, and inflammatory skin condition. Most patients progress from transient, prolonged flushing/blushing to facial redness that lasts for days and likely the development of small blood vessels (telangiectasias). Some patients stabilize, while others develop eruptions of inflammatory lesions termed papules and pustules that are similar in many ways to acne. Sunlight, emotional stress, warm weather, and certain beverages act as triggers for rosacea patients. The flushing that a patient experiences is related mainly to a decreased ability to regulate the skin's blood vessels. There is also inflammation that contributes to the development of papules, pustules, and changes in the skin's collagen. There is debate over whether an infectious component to the disease exists. Primary therapies are aimed at decreasing inflammation and include Metronidazole gel, topical azelaic acid, topical sulfacetamide/sulfur and oral tetracyclines. Ocular symptoms of itching and dryness improve with oral antibiotics and moisture. Cover-up makeups with a green tint make redness less noticeable. The avoidance of triggers is the mainstay of all therapies. Factors that Trigger Rosacea: -Sunlight -Emotional Stress (anxiety, anger, embarrassment) -Hot weather, wind, high humidity, cold -Physical exertion -Foods (hot and spicy food, dairy products, eggplant, avocados, spinach, dried beans, citrus fruits, chocolate, vanilla, soy sauce products, vinegar) -Beverages (alcohol and hot beverages) -Certain topical skin care products, cosmetics, hair sprays that contain alcohol, witch hazel, acetone, fragrances -Medications (topical fluorinated corticosteroids, vasodilators, angiotensin-converting enzymes inhibitors, calcium channel blockers, statins) -Medical conditions (menopause, caffeine withdrawal syndrome, chronic cough)