

## Rosacea

Rosacea (roh-ZAY-sha) is a chronic, progressive skin disorder that affects 14 million Americans. The problem usually starts with occasional and then persistent mild redness on the nose, cheeks, forehead or chin. Pimples pop up, tiny blood vessels may become visible, and the skin can turn extremely dry. Although rosacea is not life-threatening, it is very often psychologically and socially devastating.

While the origins of rosacea have yet to be determined, its cofactors are well known: In South Florida, the sun is an important trigger, followed by stress, heat, alcohol, spicy foods, exercise, hot baths, cold weather, hot drinks, and skin-care products. In addition to fiery seasonings, specific food triggers **may** include chocolate, yogurt, tomatoes, marinated meats, soy sauce and vinegar.

### Rosacea Web Resources:

- [www.rosacea.org](http://www.rosacea.org) (National Rosacea Society Website)
- [www.aad.org](http://www.aad.org) (American Academy of Dermatology Website)

### HOW CAN I TREAT THE “PIMPLES” OF ROSACEA?

The red bumps and “pimples” (pustules) of rosacea respond predictably to prescription medications. **It’s a treatment not a cure.** Some people stay on these medications for years, while others can cycle them on and off depending on the breakouts. However, medications do not clear the broken capillaries and redness of rosacea, for this we need laser therapy.

### HOW CAN I TREAT THE PERSISTENT REDNESS AND BROKEN BLOOD VESSELS?

Rosacea is a disease of the blood vessels in the face, and laser therapy is the only treatment that addresses these blood vessels. The laser will make your face “less red” and can erase the broken capillaries. Most important though, **laser therapy changes the course of the disease:** frequency of outbreaks will decrease, and you will depend less on creams and pills. The laser is painless and there is no “down-time” (you can be treated during your lunch hour and return immediately to work). Almost every rosacea patient could benefit from laser, but insurance companies will not pay for it.



## **10 Face Savers:**

To control rosacea outbreaks or reduce their severity, try the following suggestions:

1. Clean your face gently no more than twice a day with Cetaphil cleanser **or** the medicated cleanser prescribed by Dr. Minars
2. Avoid hot showers, baths or saunas.
3. Stay cool on hot or humid days (air conditioning and sip ice water).
4. Avoid the sun.
5. Switch from blades to an electric razor.
6. Find substitutes for hot spices such as pepper, cayenne and paprika. Instead of chili powder, try a 2-to-1 blend of cumin and oregano.
7. Try taking an antihistamine (e.g. Benadryl or Claritin) two hours before eating cheese, vinegar, processed beef or pork, or canned fish. It may also help to take an aspirin before meals high in niacin (meat, eggs, dairy)
8. Minimize stress with proper sleep, deep breathing exercises, visualization, stretching, or yoga.
9. Use transparent makeup with a **green tint** to help hide redness.
10. Ask Dr. Minars' esthetician about skin care products that will not aggravate your condition.