



Do you or somebody you know have Rosacea?

Below is a brief study of Rosacea for your review.

ROSACEA CAUSES, TRIGGERS AND TREATMENTS

Cause for Rosacea: Doctors do not know the exact cause of Rosacea but believe that a combination of genetic predisposition and several types of environmental factors are related to its development. Rosacea is not contagious. Rosacea sufferers have a tendency to flush.

While the cause of Rosacea is unknown and there is no cure, today medical help is available that can control the signs and symptoms of this potentially life-disruptive disorder. Any one of the following warning signs is a signal to see a dermatologist or other knowledgeable physician for diagnosis and appropriate treatment before the signs and symptoms of Rosacea become increasingly severe: Redness on the cheeks, nose, chin or forehead, small visible blood vessels on the face, bumps or pimples on the face, watery or irritated eyes may be sign of Rosacea. Rosacea concealer or Rosacea cover up can help you conceal the disturbing effects of Rosacea.

Some researchers believe that Rosacea is primarily a disorder of the blood vessels, or vascular system, in which something causes blood vessels to swell, resulting in flushing and redness. Also, some research suggests the immune system may contribute to the development of Rosacea. In recent surveys by the National Rosacea Society, nearly 70 percent of Rosacea patients said this condition had lowered their self-confidence and self-esteem, and 41 percent reported it had caused them to avoid public contact or cancel social engagements. Among Rosacea patients with severe symptoms, nearly 70 percent said the disorder had adversely affected their professional interactions, and nearly 30 percent said they had even missed work because of their condition.

Triggers for Rosacea:

There are several triggers that can make Rosacea worse but do not cause it. For example, drinking alcohol can increase flushing and redness. Other factors known to aggravate Rosacea include heat, strenuous exercise, sunlight, wind, cold, hot drinks, spicy foods, emotional stress, and coughing.

Beyond vascular factors, the presence of a microscopic mite called Demodex Folliculorum has been considered as a potential contributor to Rosacea.. This mite is a normal inhabitant of human skin. It consumes cast-off cells, but has been found to be substantially more prevalent in Rosacea patients. It is not known whether this is a cause or a result of Rosacea.

How Rosacea Is Treated:

Because the signs and symptoms of Rosacea vary from one patient to another, treatment must be tailored by a physician for each individual case. Ocular Rosacea may be treated with oral antibiotics and other therapy. Concealers and cover ups are a great way to camouflage the effects of Rosacea while being treated.

Skin Care For Rosacea Patients:

Check with your physician to ensure your skin-care routine is compatible with your type of Rosacea. A gentle skin-care routine can also help control Rosacea. [Contact the National Rosacea Society](#) for more information about Rosacea.