



ACNE ROSACEA



BASIC INFORMATION

DESCRIPTION

Chronic inflammation of skin of the nose, cheeks, forehead, and chin. Rarely, the neck, chest, ears, or scalp may be affected. Extensive nose involvement, mostly in men, is called rhinophyma. Acne rosacea tends to start between ages 30 and 50. It is more common in women, but more severe in men.

FREQUENT SIGNS AND SYMPTOMS

- Symptoms vary from person to person and sometimes in the same person. They may be mild or more severe.
- Flushing or blushing.
- Persistent redness.
- Unsightly red, thickened skin on the nose and cheeks. Small blood vessels are visible on the skin surface.
- Papules (small raised bumps) and pustules (small, white blisters with pus) on the affected skin.
- Burning, stinging, itching, swelling, dryness, or tightness of affected skin.
- Eyes may be red, burning, watery or irritated.

CAUSES

Unknown.

RISK INCREASES WITH

- Fair-skinned individuals.
- Family history of acne rosacea.

PREVENTIVE MEASURES

Cannot be prevented. Flare-ups may be triggered by hot liquids, spicy foods, alcohol, emotional stress, some skin care products, sun exposure, hot and cold weather, heavy exercise, and hot baths.

EXPECTED OUTCOMES

There is no cure. Symptoms can be controlled with treatment and self-care. Acne rosacea is a disease of remissions and frequent flare-ups.

POSSIBLE COMPLICATIONS

- Emotional problems (such as lack of self-confidence and low self-esteem).
- Eye complications.
- Scarring may occur, but it is rare.



DIAGNOSIS & TREATMENT

GENERAL MEASURES

- Your health care provider can diagnose the condition by an exam of the affected skin area. Medical tests are usually not needed.
- Treatment will depend on each individual's needs and severity of the symptoms. Treatment may include drugs and skin treatments.
- Learn what factors cause flare-ups for you and avoid them. Keep a day-to-day diary of your activities and flare-ups to identify your trigger factors.
- Wash your face with a mild soap once or twice a day and after exercising. Clean skin gently; don't scrub. An antibacterial soap may help. Rinse soap off completely.
- Don't squeeze, scratch, pick, or rub the skin.
- Reduce stress in your life if possible. Counseling may help if the condition is adding to your stress.
- Surgery (such as laser therapy) may be recommended for visible blood vessels, to reduce redness, or to remove excess tissue from the nose.
- To learn more: National Rosacea Society, 800 S. Northwest Hwy., Suite 200, Barrington, IL 60010; (888)no-blush; website: www.rosacea.org.

MEDICATIONS

- Antibiotics (for the skin or taken by mouth) may be prescribed.
- Topical or oral retinoids (a form of vitamin A) or other drugs may be prescribed, depending on the symptoms. Caution: If you are pregnant or planning a pregnancy, tell your health care provider before using acne drugs.
- Don't use nonprescription cortisone creams or lotions without medical advice. They may cause the condition to worsen.

ACTIVITY

Limit time spent in sunny, windy, or very hot or cold weather. Use a sunscreen (SPF 15 or higher).

DIET

Avoid food or drink triggers. Drink plenty of water.



NOTIFY OUR OFFICE IF

You or a family member has symptoms of acne rosacea.