



rosacea

Rosacea, sometimes called 'adult acne', is a skin disorder characterised by varying degrees of facial redness. That redness is due to enlargement and dilation of the blood vessels beneath the surface of the skin. The condition is more common in women than in men, but in men the symptoms are usually more severe. It's also more common in fair-skinned people who flush or blush easily, but the exact reason for this is not known.

Symptoms of rosacea include the above-mentioned redness, as well as pimples and small, spidery blood vessels on the face. Often, though, only one or two symptoms manifest. Generally, chronic inflammation and facial redness affect a person's forehead, cheeks, chin and nose. The first sign of rosacea is usually a redness that looks like a blush or sunburn. However, unlike a blush or sunburn, the redness doesn't disappear. Instead, it gradually becomes more noticeable. Small, red, solid or pus-filled pimples can also occur, as can small, dilated blood vessels on the nose and cheeks.

A serious complication of rosacea is Rhinophyma - a swollen, bright red nose caused by enlarged oil glands that lead to a build-up of excess tissue.

About half of those with rosacea also have eye complications. These can include redness, burning, tearing and irritation of the eyes, as well as swollen, infected eyelids. However, while some people do experience blurred vision, serious visual impairment is rare.

Rosacea is treatable but not curable. Often, it remains undiagnosed or is mistaken for acne or sunburn. This is unfortunate, as rosacea may become progressively worse without intervention.

Although we don't yet know what causes the condition, doctors do recommend avoiding things that can trigger the disorder, including certain types of food, hot beverages, alcohol, stress, anger, strenuous exercise, sun exposure or extreme changes in temperature. These factors



increase blood flow, causing the small blood vessels in the face to expand.

With rosacea, irritating cosmetics and facial skin-care products such as alpha-hydroxy (glycolic acid) lotions and scrubs should also be avoided. Instead, gentle, natural skin-care products are recommended. Even then, you need to consider the ingredients carefully. Successful treatment of, and skin care for those with, rosacea must be tailored to the individual. The use of sunscreen is essential and green-tinted makeup is recommended, as it tones down the redness.

Because rosacea is a life-long condition, with no cure presently in sight, appropriate skin care is very, very important. If you have this skin disorder, understanding what exacerbates it will help you deal with it better and improve your quality of life. Treatment should be maintained even when it's in remission. If you know that certain regimes or skin-care products work for you, don't try something new - stick with what you know. Manage known triggers and choose gentle, natural cleansers and other non-drying skin-care products.

For those with rosacea, we recommend Benefit clean, Sea Buckthorn Serum and Serious Protection sunscreen for day and Benefit clean and Phytoharmony for night-time. All are available at faceforward.