

# Rosacea

It is thought that up to **10% of the population experiences rosacea** to some degree, **affecting women more than men**, and people with fair skin of Celtic or European ancestry more than those with Asian or African origins.

Rosacea usually appears on the face, characteristically around the **nose, cheeks and across the forehead**. Sufferers may experience a **burning or stinging sensation**, **flushing of the skin**, **pimples**, **visible capillaries**, **facial swelling**, **erythema**, a **butterfly-shaped rash across the nose and cheeks**, a feeling of having **grit in the eyes**, **blepharitis**, **ocular rosacea** and a thickening of the skin. In extreme cases the nose can become bulbous – called **rhinophyma**.

The condition is usually diagnosed between the ages of **30 and 50**, and more regularly in women around the time of the menopause when hot flashes can trigger symptoms. Rosacea often varies in severity over time, with periods where symptoms improve and even disappear, and times when they are much worse. There is no known cure for rosacea, but the symptoms can be controlled.



# Triggers

It is **no known what causes rosacea**, but there are some commonly acknowledged triggers that exacerbate symptoms, such as:

- Sunlight
- Anxiety & stress
- Alcohol
- Caffeine
- Spicy foods
- Heat and cold
- Exercise

Recent evidence suggests that rosacea may be caused by a **microscopic skin mite** called *Demodex folliculorum*, which live on the skin of many humans and mammals. When these tiny mites die, they release bacteria which aggravates the skin of rosacea sufferers and can trigger the most serious form of the condition - **papulopustular rosacea**.



# Rosacea Treatments

As with any condition that affects the sufferer's appearance, rosacea can have a significant impact on self-confidence. Traditional treatments for rosacea include topical creams and lotions, oral antibiotics and laser and intense pulsed light (IPL), which involves using beams of light to reduce the size of blood vessels and make them less visible.

Occasionally rosacea sufferers are prescribed low doses of Isotretinoin / Roaccutane which is used to treat acne. Some sufferers can be prescribed beta-blockers or clonidine which can help relax blood vessels, and some may be prescribed anxiety medication to help reduce blushing.

Although not always easy, the most natural solution to rosacea is to try and reduce the triggers that will cause aggravation. Maintain a good, gentle skincare routine, moisturise and stay hydrated.



Contact Customer Services for skincare and product advice

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