



ROSACEA

DEFINITION

Acne Rosacea is an unsightly and non-contagious inflammation of the oil glands of the skin. It is usually seen on the central face and nose of adults. The exact cause is not exactly known. The severity of the condition may range from mild redness to actual enlargement of the oil glands, inflamed bumps, pitted scars, and extreme redness with many large blood vessels on the face. Some people have typical acne blemishes. Rosacea may involve the eyes, scalp, and trunk.

Rosacea has two main components—a vascular (red) component caused by large and unstable blood vessels, and an acne-like component composed of pimples and similar blemishes. The vascular component is worsened by “triggers” that may make you flush or blush. There are no medicines that can control the blushing. Avoiding the triggers that make you blush will slow the progression of the redness. The large vessels can be destroyed with electricity or laser light. The acne-like component can be effectively controlled with topical and systemic antibiotics.

There are some factors which often trigger redness. It often will appear worse after exposure to cold or heat, excessive sunlight, hot drinks, spicy foods, and emotional stress. The following is a list of dietary factors that may make rosacea worse in some patients:

- drinking coffee, tea, or hot beverages in general
- hot and spicy foods
- chocolate, nuts, and greasy foods
- alcohol, particularly red wine
- some caffeinated cola beverages

TREATMENT

Rosacea is a chronic condition that cannot be cured, but can be controlled with long-term therapy. Topical antibiotics (Metrogel, Metrocream, Sulfacet, Klaron) as well as oral antibiotics (Tetracycline, Minocycline, Doxycycline, Erythromycin) are the mainstays of therapy and their use will vary from patient to patient. Antibiotics combat and prevent any active inflammation and pimples. Continued daily treatment and periodic follow-up with your dermatologist will be necessary to keep the problem under good control. Remember to continue use of medicines even if you look clear since the medicines prevent new blemishes.

Active inflammatory pustules and cysts of rosacea can be cleared faster to reduce scarring and improve appearance with procedures done in our office. These lesions can be cleared with injections, by opening and draining them, or by freezing them with liquid nitrogen. Larger blood vessels may be improved by burning with an electric needle or with laser. It is appropriate to use an oil free cover up to hide redness and blood vessels. Green tinted moisturizers and makeup can lessen the appearance of redness. Gentle soaps like Dove, Basis, Purpose, and Neutrogena are appropriate for cleansing.

