



## ***What is Acne Rosacea?***

It is a chronic but treatable condition that primarily affects the central face, and is often characterized by flare-ups and remissions. It typically begins any time after age 30 as a flushing or redness on the cheeks, nose, chin or forehead that may come and go. Over time, the redness tends to become ruddier and more persistent, and visible blood vessels may appear. Left untreated, bumps and pimples often develop, and in severe cases - particularly in men - the nose may grow swollen and bumpy from excess tissue. In many people the eyes are also affected, feeling irritated and appearing watery or bloodshot.

Although rosacea can affect all segments of the population, individuals with fair skin who tend to flush or blush easily are believed to be at greatest risk. The disorder is more frequently diagnosed in women, but tends to be more severe in men. There is also evidence that rosacea may tend to run in families, and may be especially prevalent in people of Northern or Eastern European descent.

No one knows what causes rosacea, but there are some interesting theories:

1. Helicobacter Pylori, the bacteria that is responsible for stomach ulcers, is seen on the skin with those persons with rosacea rather than P. acnes bacteria, which is responsible for acne breakouts. Although, acne like pustules may be present with rosacea.
2. In some cases of rosacea, there is a proliferation of dermodex mites. They implant themselves into the wall of the hair follicle and make the skin swollen and red.

There are definitely triggers for rosacea which include (in order of relevance):

- |                |                 |                 |                                   |
|----------------|-----------------|-----------------|-----------------------------------|
| 1. The sun     | 5. Exercise     | 9. Spicy foods  | 12. Irritating skin care products |
| 2. Stress      | 6. Alcohol      | 10. Humidity    | 13. Heated beverages              |
| 3. Hot weather | 7. Hot baths    | 11. Indoor heat |                                   |
| 4. Wind        | 8. Cold weather |                 |                                   |

So, it's pretty obvious that you can't avoid all of the triggers and still have a life. We have been having a lot of success getting rosacea under control, often times with only two, \$75 treatments within 4 weeks. You'll have to spend five minutes each morning and night, applying a few reasonably priced skincare products to your face. This is a small price to pay when you consider the alternatives. If you have been troubled by rosacea, you should call us for an appointment.

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