

## Things to Remember

- Rosacea is not curable.
  - Rosacea is treatable on a day-by-day basis and can be controlled.
  - Rosacea is varied and complex.
  - Rosacea treatment requires dedication and perseverance.
  - Rosacea trigger and lifestyle management play massive roles both in your longer-term outcome and in the nature of daily rosacea symptoms.
  - Rosacea patients must be compliant and flexible.
- Information compiled from the following sources:
- <http://www.rosacea.org>
  - <http://www.rosaceatreatment.org>
  - <http://rosacea.derm.net.au>

## Stages of rosacea

### Pre-stage 1: Flushers and blushers

May find conventional topical acne medications and skin care products to be irritating.

For example, a young woman in her early 20s might have a glass of wine, eat spicy food or get emotional.

Instead of a possible momentary flush, her face, neck and chest may turn red and the redness might persist for 10 minutes to half an hour.

### Stage 1: Persistent redness

While this redness (erythema) may be intermittent, it is usually present for hours or days at a time.

Capillaries dilate and form vascular spray like designs on the nose, nasolabial folds and cheeks.

The skin may become more sensitive and may react to certain cosmetics. In addition, the skin is more reactive to most physical and chemical stimuli.

### Stage 2: Acne-like papules and pustules

As stage two, rosacea progresses. The sebaceous follicles become larger and more prominent, further contributing to the formation of papules and pustules. The larger rosacea lesions contribute more to shallow scarring, further adding to the devastating effect that rosacea can have on the rosacea patient's self-image.

### Stage 3: Gradual deformation of facial features

As stage three rosacea progresses, facial features may become thicker, coarser and irregular.

The sebaceous glands continue toward extreme enlargement, contributing further to extensive large inflammatory nodules. The appearance of someone

with stage three rosacea can be similar to individuals presenting with the most severe cystic acne.

## Natural treatments

### Topical steroids

Topical steroids are not a suitable treatment for rosacea. Even when used for short periods of time, once the use of topical steroids is discontinued, rosacea symptoms typically worsen. The capillaries are left thinned, the barrier function of the epidermis is impaired and the skin is generally even more sensitive. Topical steroids deteriorate the skin texture of rosacea patients.

### Lifestyle and diet

Although antibiotics are usually the first line of defence prescribed by doctors, many people don't wish to take antibiotics. Probiotics may be beneficial in this instance.

Alcohol consumption (in particular white wine and spirits, but really any alcohol will tend to increase flushing and capillary damage).

Certain lifestyle factors will worsen rosacea and need to be addressed:

- Hot and spicy foods.
- Intense exercise.
- Moving from hot to cold environments.
- Caffeine intake (needs to be reduced or in some cases must be eliminated).
- Sun exposure (UVA rays in particular worsen rosacea and set off a great many symptoms). The cumulative effect of sun exposure is increasingly being regarded as a prime factor in the development of rosacea.

### Sunscreens

Daily sunscreen use is essential for all rosacea patients and is probably one of the most important aspects of both short and long-term care. Sunscreens

## You might like to try...



### Minerelle Centella Gel

\$88 for 50g  
[www.minerelle.com.au](http://www.minerelle.com.au)  
Minerelle's Centella Gel is plant based and has been designed for people with rosacea, facial redness and sensitive skin. Used in ancient Chinese and Indian medicine, the plant Centella Asiatica is recognised for helping with skin discomfort, burns, ulcers, facial redness, inflammation and wounds. Your skin will love this product.

### miesence Soothing Couperose Gel

\$24.50 for 30ml  
<http://www.mionegroup.com:80/en/product/11501>  
A strengthening treatment for sensitive skin with ultra-soothing organic plant extracts. Contains fortifying and toning horsechestnut, soothing st john's wort, calming chamomile and astringent and toning witch hazel to help reduce a red blotchy appearance.



### OmVeda Silver day cream

\$49.50 for 50ml  
[www.omveda.com](http://www.omveda.com)  
Nourishing Ayurvedic herbal day cream made with Indian lotus, almond and pure silver leaf which helps to calm the redness on the skin. Saffron also imparts smoothness to the skin, is anti-allergenic and has the ability to smooth sensitivities and rashes.



or sunblocks effective against the full spectrum of ultraviolet A and B radiation can be especially important for rosacea patients, whose facial skin may be particularly susceptible to sun damage and consequent rosacea flare-ups. An SPF of 15 or higher is recommended, and physical blocks utilising zinc oxide may be effective if chemical sunscreens cause irritation. **NH**