

ROSACEA

What is rosacea?

Rosacea is a fairly common annoying facial skin problem of adults. The rash of rosacea has red areas and pimples. It is especially noticeable on the nose, cheeks, and chin, but can involve all areas of the face. Rosacea pimples resemble the acne pimples of teen-agers, and years ago rosacea used to be called adult acne. Rosacea is only a skin condition and is not related to your general health. Sometimes eye irritation occurs in rosacea. While in some persons rosacea causes mild itching or burning, its unsightly appearance is the usual reason for treating it.

What causes it?

The cause of rosacea is unknown. Rosacea is stubborn and often lasts for years. Food or beverages that cause facial flushing, such as alcohol, spicy foods, and hot soups and drinks, may make rosacea *temporarily* more noticeable. Many people associate the rash of rosacea with drinking because of some famous rosacea patients such as W.C. Fields. Alcohol can make rosacea appear more noticeable but it does not cause rosacea. Some patients have asked me for treatment just so others would not accuse them of drinking.

Treatment

Antibiotics are effective in controlling rosacea. Why antibiotics work is not known, since rosacea is not *an infectious disease*. Treatment only controls rosacea. Most persons with this condition need to continue taking antibiotics for months to years depending on how well their condition is controlled.

Antibiotics can be applied to the skin or taken by mouth. This works very well for the pimple part of the rosacea condition. There are many different types of antibiotics used for rosacea. Some antibiotics are in a gel form and rubbed into the skin. Other antibiotics are in a pill form. Based on your skin condition, I will determine which antibiotic is best for you.

As noted above, rosacea has two parts, the red areas and pimples. Antibiotics work well against the pimples. At times topical creams/gels are applied for the red areas.

Other than mild soap no special skin care is required. Most rosacea patients notice their skin is easily irritated so be gentle. Women can apply their normal make-up as desired.