

## Rosacea

Rosacea is a common disease that causes redness of the skin and the appearance of superficial vessels / capillaries in the central part of the face (nose and cheeks in particular), and sometimes some small red or festering pimples (these usually look like acne).



These symptoms may appear for a period of time that may be several weeks or months, then these symptoms disappear for a while and reappear. Anyone can develop rosacea, but it usually affects middle-aged women, and it affects women with fairer skin more.

Sometimes rosacea causes eye problems. As many as half of people with rosacea are exposed to dry eyes, infections, swollen eyes, and red eye lids, and some people may experience symptoms of the eyes before rosacea appears on the skin.

In rare cases, the disease causes the nose to enlarge (Rhinophyma), and this occurs more often in men than in women.

### **Diagnosis of rosacea**

Doctors often rely on clinical examination and symptoms to diagnose the disease.

There is no specific blood test to diagnose rosacea.

The doctor may order some tests, to exclude other diseases such as psoriasis, eczema, lupus and acne.

Sometimes a biopsy is taken from the affected area to get the correct diagnosis.

### **Chances of getting rosacea may increase if:**

- Female.
- Fair skin.
- Continuous exposure to sunlight.
- Smoking.
- After 30 years of age.
- A family history of rosacea.

### **Aggravating factors of rosacea**

Rosacea may occur as a result of a number of genetic and environmental factors, including:

- Hot drinks.
- Spicy foods.
- Alcohol.
- Intense heat.
- Sunlight or wind.
- Stress.
- Makeup.
- Medicines that expand the blood vessels, such as medicines used to treat blood pressure and creams that contain cortisone.

### **Treatment of rosacea**

Treatment for rosacea focuses on controlling symptoms, and this is done by caring for the skin, avoiding disease triggers (such as hot spices, alcohol, sun exposure, etc.) and using medications prescribed by the doctor.

The medications that the doctor will prescribe and the duration of the treatment depend on the symptoms you are exposed to.

### **Among the medications that the doctor prescribes to treat rosacea:**

- Facial cleansers and washes
- Medicines that reduce redness
- Oral antibiotics
- Isotretinoin is needed in some cases, and this drug should not be used during pregnancy, because it may cause fetus malformation.
- Laser treatment may help reduce redness caused by enlarged blood vessels, or to treat the resulting changes in enlarged nose and skin.