Health Letter VID

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Learn about ROSACEA

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1. What is Rosacea, how common is it, and how does it manifest?

Rosacea is a chronic inflammatory skin condition that mainly affects the face. It occurs in 5.5% of people and affects both women and men.

It presents as persistent redness in the central area of the face (cheeks, nose, forehead, and chin). Facial redness can be constant or appear due to triggers such as heat, stress, alcohol, or certain foods.

Episodes may be sudden, with intense facial redness.

It involves small dilated blood vessels (telangiectasias) that appear on the skin, resembling spider veins.

Red bumps that look like acne (pimples) may also appear, but without blackheads. It may also manifest as swelling in certain areas of the face, and the eyes may appear dry, irritated, and red.

2. Who can get Rosacea?

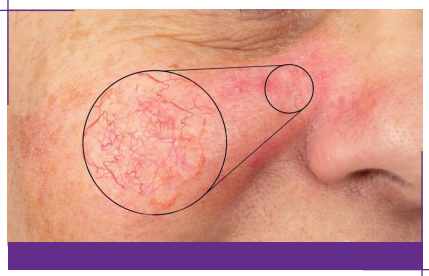
It is more common in adults over 30, especially between ages 45 and 50.

It can occur in both light and dark-skinned individuals, although it is harder to diagnose in people with darker skin tones.

3. When should you see a doctor?

It is recommended to seek medical advice if you experience any of the following symptoms:

- Redness on the face that lasts more than 3 months.
- Visible small veins on the face that do not go away over time.
- Bumps similar to acne, but without blackheads.
- Sudden facial redness that lasts a long time, especially after consuming alcohol, spicy foods, sun exposure, or stress.
- Facial swelling or burning sensation.
- Dry, irritated eyes or a gritty feeling in the eyes.
- Thickening of the skin, especially on the nose.



4. How is Rosacea diagnosed?

The diagnosis is based on clinical manifestations (see question 1). No laboratory tests or special procedures are needed. A doctor (usually a dermatologist) evaluates the skin's symptoms and signs.

5. How is Rosacea treated?

While there is no cure for rosacea, treatment can help reduce symptoms (see question 1).

The most important step is identifying and avoiding triggers (see question 3).

The doctor may also prescribe topical treatments (to be applied on the skin) to help control the symptoms, including sunscreen.

6. Can Rosacea be prevented?

Once the causes or triggers of symptoms are identified (see question 3), they should be avoided as much as possible.

Facial skin should be cared for following these recommendations:

- Wash the face with lukewarm water and a neutral pH soap (pH 7).
- Use sunscreen at least 4 times a day.
- Apply moisturizing creams.
- Avoid alcohol consumption.

Web Pages Consulted

National Rosacea Society.
What is Rosacea?
Available at:
https://www.rosacea.org/patients/all-about-rosacea

American Academy of Dermatology (AAD).
Rosacea: Diagnosis and Treatment.
Available at:
https://www.aad.org/public/diseases/rosacea

Mayo Clinic.
Rosacea – Symptoms and Causes.
Available at:
https://www.mayoclinic.org/es-es/diseases-conditions/rosacea/symptoms-causes/syc-20353815

Images taken from Freepik