

ROSACEA

Rosacea is a chronic condition of unknown origin that primarily affects the central area of the face, especially the cheeks, nose, chin, or forehead. It may cause flushing and redness, as well as bumps and pimples. Rosacea is often marked by flare-ups and remissions.

Symptoms may flare up for weeks or months and then lessen for a while before flaring up again. Rosacea may or may not evolve from one subtype to another, but each individual symptom may progress from mild to moderate to severe – making early diagnosis and treatment important. Current treatment strategies involve gentle skin care, sun protection, and using gels and creams to treat the redness, bumps, and pimples, with or without oral treatment.

DIET AND ADVICE FOR ROSACEA AND FLUSHING OF THE FACE.....

AVOID.....

Alcohol, witch hazel, menthol, peppermint, eucalyptus oil, or clove oil

Histamine (found in strawberries, shellfish and red wines).

Hot foods or beverages

Spicy foods

Monosodium Glutamate (found in Chinese foods, also in a lot of frozen and fast foods).

Ultraviolet light (a sunscreen and hat should help).

Stress

Overheating

Wind

YOUR ROUTINE

Cleanse – Wash your face with lukewarm water and a mild soap or a soap free cleansing lotion (like Cetaphil or CeraVe liquid cleanser) that is appropriate for your skin type. Rinse and gently blot your face dry.

Apply your topical medication

Moisturize – Apply a moisturizer to help restore your skin’s ability to retain moisture. Make sure the moisturizer has a SPF 15 or higher and a UVA block (look for words "broad spectrum" on the bottle).