

Rosacea

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Introduction

Rosacea is a common skin ailment that causes redness and burning in the face's core areas.

Rosacea signs and symptoms

Red rash

The most common symptom of rosacea is a propensity to flush, which causes the skin to turn red for a short period of time. Flushing primarily affects the face, although it can also affect the neck and chest. Flushing is frequently triggered by specific triggers such as sunshine, hot or cold temperatures, hard exercise, and hot beverages.

A persistent red rash throughout the main portions of the face, such as the cheeks, nose, and forehead, commonly follows the initial flushing sensation. Erythema is a persistent redness that resembles a sunburned patch or the blotchy spots that might form over the face after consuming alcohol.

Rosacea sufferers are typically embarrassed by their rash since they believe it is caused by excessive alcohol consumption. The rash is most noticeable on the cheeks and chin, although it can also spread to the neck and chest. A warm, burning, or stinging feeling may also occur.

Blood vessels visible

The blood vessels beneath the skin's surface may become permanently dilated and apparent over time. Telangiectasia is the name for this rosacea symptom.

Papules and pustules

In rosacea patients, raised red pimples called papules and pus-filled blisters called pustules may appear. Despite the fact that these spots resemble pimples, rosacea and acne are two very different skin disorders.

Thickened skin

The skin may thicken and swell in severe cases of rosacea, generating red, meaty protrusions across the nose. Rhinophyma is the name for this ailment, which is more common in men than in women.

Involvement of the eyes

People who have rosacea may notice that their eyes get watery, itchy, bloodshot, dry, and sore as a result of the condition. The ocular symptoms of rosacea are often referred to as ocular rosacea.

Trigger factors

Rosacea is a condition that comes and goes, with periods of less severe symptoms followed by a "flare-up" of the ailment. The following are some instances of factors that have been documented to cause a flare-up:

- Stress
- Sunlight
- Hot or cold temperatures
- Alcohol and spicy food
- Strenuous exercise
- Ingredients in cosmetics

Treatment

Although there is no treatment for rosacea, it is possible to control the condition and reduce the chances of a flare-up. One of the most important methods to accomplish this is to avoid variables that trigger or intensify symptoms of the illness.

The most prevalent cause of rosacea symptoms is exposure to sunlight. Rosacea sufferers should use sunscreen every day, even if the weather is cloudy or overcast. It is suggested that you use a sunscreen with a sun protection factor (SPF) of at least 30 that protects against both UVA and UVB rays.

To minimise skin irritation, cover any exposed skin with clothing or a hat. During the summer, rosacea patients should strive to limit their time in the sun, especially during the midday hours when the sun is at its fiercest.

Another common trigger element is stress. To that end, rosacea sufferers should learn relaxation techniques such as deep breathing or yoga to help them cope with their stress.

Exercise can help to relieve stress, but it's best to choose a low-intensity activity like swimming or walking, as excessive exercise has been shown to increase symptoms in some people.

Alcohol and spicy foods are two other prominent triggers of rosacea symptoms. Rosacea patients may need to cut these foods out of their diet.

However, dietary triggers for rosacea differ greatly from person to person, and patients are frequently encouraged to keep a food diary to track their exposure to any suspected food triggers. This can assist patients in determining which foods they should avoid in the future. In the journal, keep track of how much the diet seems to alter rosacea symptoms.

Rosacea sufferers can reduce their exposure to the cold by wearing a scarf or balaclava over any exposed regions of the face.