

Rosacea

Cutaneous Medicine Education Foundation (CMEF) - Patient Education Brochure

What Is It?

Rosacea is a **chronic skin condition** that causes **facial redness** and **visible blood vessels**, primarily on the **cheeks, nose, and forehead**.

It is more common in **fair-skinned individuals** and may include **pimple-like bumps**. In severe cases, rosacea can lead to **thickened skin**, particularly on the nose (rhinophyma).

Common Symptoms:

- Persistent facial **redness**
 - **Visible blood vessels** (telangiectasia)
 - Pimples or pustules
 - Thickened skin in advanced cases
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Treatments

Management of rosacea focuses on **avoiding triggers**, **topical therapy**, and **systemic treatments** for more severe cases.

Lifestyle & Trigger Avoidance:

- Identify and avoid triggers such as:
 - Spicy foods
 - Heat exposure

- Emotional stress
- Alcohol or hot beverages

Topical Therapies:

- Metronidazole
- Azelaic acid
- Sodium sulfacetamide with 5% sulfur
- Erythromycin
- Clindamycin
- Ivermectin
- Minocycline
- Encapsulated benzoyl peroxide
- Oxymetazoline (for redness reduction)

Systemic Therapies:

- Doxycycline
- Minocycline

When to Seek Medical Care

Seek medical attention if:

- Symptoms or appearance negatively affect **daily life**
- Pimples, redness, or thickened skin worsen or spread

- You are considering **long-term treatment options**
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Helpful Resources

National Rosacea Society:

www.rosacea.org

Citations

- Powell FC, Raghallaigh SN. *Rosacea and related disorders*. In: Bologna JL, Schaffer JV, Cerroni L, eds. *Dermatology*, 4th ed. Philadelphia, PA: Elsevier; 2017
 - Powell FC. *Clinical practice. Rosacea*. N Engl J Med. 2005 Feb 24;352(8):793–803. PubMed ID: 15728812
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