

Is Your Face Red? An Innocent Blush or Rosacea

An estimated 14 millions Americans have Rosacea, a fairly common skin condition present in Caucasians. Rosacea can start as an innocent blush that is accentuated by ingestion of spicy food and alcoholic beverages. The disease may ultimately foreshadow and become as severe as permanent facial redness, visible blood vessels or telengectasias, bumps and pimples. In more severe cases, especially in men, the nose becomes enlarged (rinophyma); this is a disfiguring complication that has to be treated by surgery.

Rosacea gets worse in the summer due to the elevated temperatures and intense sunlight. Unfortunately without treatment Rosacea tends to become progressively worse and can have a substantial impact on a person's emotional, professional and social life.

The cause of Rosacea is still a mystery. The good news is that, although Rosacea cannot be cured, it can be controlled with prescription medications, laser treatments and lifestyle changes. Medications like oral antibiotics, topical metrogel 1% and azaleic acid help to controlled the blushing and breakouts. Laser treatments can help to diminish the visible blood vessels (telangectasias) and redness. A new laser treatment modality used today is called *Genesis*. This form of laser is used to treat rosacea by acting in the dermis, controlling proliferation of blood vessels, decreasing redness and generating new collagen. Life style changes are very important: staying away from the sun, using sunscreen, staying cool and well hydrated, and identifying and avoiding factors that make the disease worse, such as spicy food, alcoholic beverages, and hot, sunny weather.

J.W., a young patient, came to my office six months ago. He had experienced moderate Rosacea for many years. His cheeks and nose were very red and itchy, and he wanted to look better for his high school graduation. He was started on topical metrogel and Laser Genesis treatments. After a series of Laser Genesis treatments, the blushing is almost gone. Although he is not cured, he looks better and feels better about himself. He graduated last June.

Is your face red? If it isn't just an innocent blush, you may have Rosacea.



Skin Diagnostics Laser and Rejuvenation offers Medical and Laser treatments to improve Rosacea, call us for an appointment at 513-631-0059.

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