

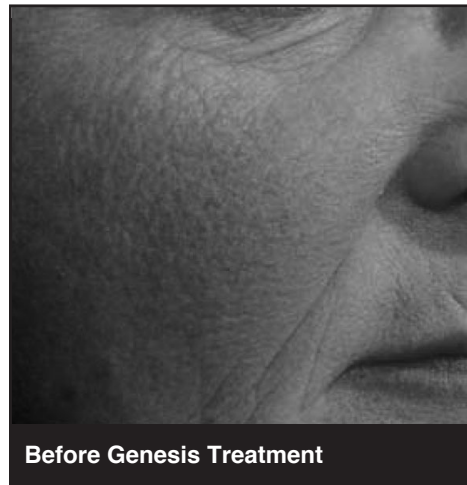
# My Face is Turning Red. What Should I Do?

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Although Rosacea is now recognized as a common skin disorder which develops gradually, initially patients may be unaware of their condition and thus not seek medical attention, thinking that the redness, flushing and occasional pimples are simply normal flushing, adult acne or just a sunburn. However, early recognition is important because untreated Rosacea can lead to disfigurement and potential visual impairment. Rosacea appears to occur most often in fair-skinned people of northern and eastern European descent. However, Rosacea can be found in all the races; I have seen in my office Hispanics and Asians suffering with this condition.

An estimated 14 million Americans have this disease. It often affects multiple members of the same family. Rosacea can start as rosy or red cheeks that get accentuated by warm weather, ingestion of spicy food or alcoholic beverages. The disease may ultimately foreshadow and become as severe as permanent facial redness, visible blood vessels or telangiectasias, bumps and pimples. In more severe cases, especially in men, the nose becomes enlarged (rhinophyma); this is a disfiguring complication that has to be treated by surgery. Ocular signs appear in advance disease in about 20% of the patients and manifest as dryness, swelling and redness. 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 people's emotional, professional and social lives.

The cause of Rosacea is still a mystery. Having said this, however, the good news is that although Rosacea cannot be cured, it can be controlled with prescription medications, laser treatments and lifestyle changes. Oral and topical antibiotics help to control the blushing and breakouts. Metronidazole has been the most extensively studied therapy for Rosacea. In many cases when patients look for professional help, there are irreversible changes that must be treated with laser. An initial evaluation may establish presence of telangiectasias which can be



Before Genesis Treatment



After Series of 5 Genesis Treatments

treated first with the Cutera 1064 Laser Hand piece. I do one or two facial vein removals spaced six to eight weeks apart. In between the vein removal treatments, Genesis can be started. Genesis is another form of laser that acts in the dermis, controlling proliferation of blood vessels, decreasing redness and generating new collagen. Genesis considerably decreases redness and improves skin tone and texture. Genesis is a very pleasant treatment and has no down time. I usually do a series of three to eight treatments depending on the severity of the disease, spaced two weeks apart. The final step of this comprehensive approach is Intense Pulse Light (IPL). I recommend two to three IPL treatments spaced three weeks apart. IPL will help to even the complexion. Maintenance is required every year; I usually tell patients to come and have one or two Genesis treatments in the beginning of the summer to prepare for the heat and to keep the disease under control. Patients should be kept on topical medication as a maintenance treatment. If ocular signs are present, a referral to the ophthalmologist is necessary. If breakouts and pimples are frequent, then oral antibiotics in low doses should be considered.

Life style changes are important: staying away from the sun, using sunscreen, staying cool and well hydrated, identifying and avoiding factors that make the disease worse like spicy food, alcoholic beverages, and hot and sunny weather. I evaluate patients every six months after finishing the treatments. Many times it is important to change topical medications since patients become resistant to just one type of medication.

From May to September every year, this is the most common condition that I treat in

my office. I have hundreds of patients with Rosacea - males, females, young and old individuals of different races - so you are not alone. When the beautiful sunny and warm weather is here but your face is getting red, you probably have Rosacea. We can help you. For more information visit the National Rosacea Society at [www.rosacea.org](http://www.rosacea.org).

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*Skin Diagnostics Laser and Rejuvenation offers Medical and Laser treatments to control Rosacea, call us for an appointment at 513 631 0059 or visit our website at [www.cincinnatiaskinlaser.com](http://www.cincinnatiaskinlaser.com).*

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