

## Rosacea Facts

Rosacea (commonly misspelled as rosazea, rosacia, roseacea, rosecea, roscea, rosasea) is a chronic condition generally characterized by facial redness. Pimples are sometimes included as part of the definition. Rosacea affects both sexes, but is almost three times more common in women. It has a peak age of onset between 30 and 60. Rosacea typically begins as redness on the central face across the cheeks, nose, or forehead, but can also less commonly affect the neck, chest, ears, and scalp. In some cases, additional symptoms, such as semi-permanent redness, red domed papules and pustules, red gritty eyes, burning and stinging sensations, and in some advanced cases, a red lobulated nose, may develop. People with Subtype 1 Rosacea — which is characterized by redness, swelling, and visible blood vessels — often have extremely sensitive skin and seem most susceptible to irritation.

### What triggers Rosacea?

There are some food groups that can cause Rosacea such as spicy food or certain hot foods. Alcoholic drinks and hot drinks like coffee can sometimes trigger Rosacea. Hot baths, saunas and strenuous exercise or heavy exertion can cause a flare up. Weather conditions can be a factor as well, whether it is hot or cold, windy, rainy or too much humidity. Stress or anxiety can also cause Rosacea or a sudden change in emotions. Medical conditions that can cause Rosacea could be a chronic cough, menopause or caffeine withdrawal. Sometimes, certain types of skin products will cause Rosacea to appear, such as topical steroids, some blood pressure drugs and some opiate painkillers. Keep in mind that not all of these things trigger Rosacea. Each person is different. The important thing is to learn what caused it.

### What Are the Symptoms of Rosacea?

- Flushing and facial redness that may be intermittent and then become more persistent;
- Bumps or pimples on the skin, either small and solid (papules) or pus-filled (pustules);
- Red lines (telangiectasia) in the face caused by enlarged blood vessels;
- Stinging or burning sensations -- similar to mild sunburn -- that may be more noticeable when smiling, frowning, or squinting. Application of cleansers, cosmetics, or moisturizers may increase the irritation;
- Thickening of the skin of the nose (rhinophyma).

### Common Treatment/Cures for Rosacea:

Rosacea is currently not considered a curable condition. While it cannot be cured, it can usually be controlled with proper, regular treatments. There are some forms of Rosacea that may be significantly cleared using anti-bacterial washes, topical ointments and/or lotions, antibiotic medicines, laser treatment, intense pulse light treatment, photodynamic therapy or isotretinoin a/k/a Accutane. Although still not considered a "cure," some patients experience long-lasting results and may have remissions, depending on the severity of symptoms and can remain symptom-free for months to years.

With Monarch Rosacea Care dryness and redness are often eased along with disappearance of papules and pustules. To combat dry, flaky skin, use Rosacea Care after cleansing and applying medication. Apply liberally using a gentle circular motion twice a day or more frequent as needed. Once the Rosacea area is maintaining moisture and redness is not longer visible discontinue using the Rosacea Care and apply Facial Cream morning and night. . We do not claim our products to be curative. Occasional flare ups may occur and should be treated accordingly. You may be interested in the [Supreme Rosacea Kit](#) which also contains olive nourishing facial crème, eye cream and nourishing skin shower gel along with a free bath puff and free nourishing lip balm.