

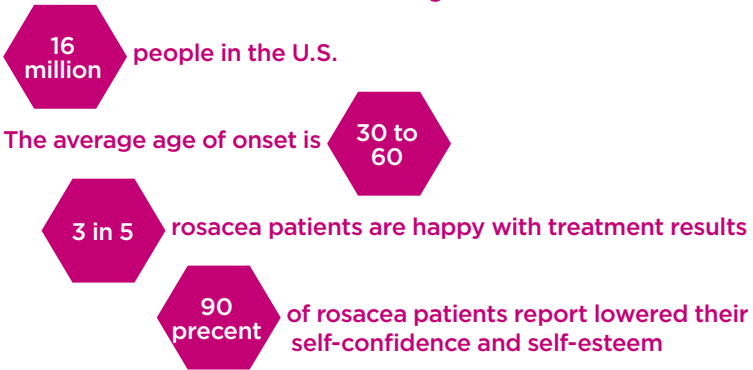


An Everyday Guide to Rosacea



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Who is affected by rosacea?



Source: rosacea.org

What is rosacea?

Rosacea is a common, chronic, treatable skin condition that causes redness on the nose, cheeks, forehead and chin. Most often diagnosed in those with fair skin, blonde hair and blue eyes over the age of 30, this skin condition can come and go, as most patients experience an ongoing cycle of flare-ups and periods of remission. Over time, redness can become more persistent and cause small blood vessels to become more visible. When left untreated, rosacea can progress from flushing and blushing to inflamed bumps and pimple-like lesions (especially in men). Up to 50% of rosacea sufferers experience watery, bloodshot eyes as well.

What causes rosacea?

Although the exact cause of rosacea remains unknown, it is believed this chronic skin condition is the result of a combination of internal and external factors. Potential internal factors include immune and nervous system dysfunction, microbes and mites, as well as genetics. External triggers that are known to cause rosacea flare-ups include sun exposure, certain foods, alcohol, environmental conditions, stress, physical activity, skincare products and more.

How to treat rosacea?

Skincare products: Regardless of the root cause, research has shown that rosacea impairs the skin barrier, which is responsible for retaining moisture and acts as a shield against external irritants. An over-the-counter skincare regimen that includes ingredients such as ceramides and essential fatty acids to reinforce the skin's barrier can help prevent flare-ups and minimize visible symptoms. A simple skincare regimen with barrier-reinforcing ingredients that includes a gentle cleanser, effective moisturizer and mineral-based sunscreen with a high SPF is ideal for rosacea-prone skin. It's also important to look for soothing products that help maintain a balanced pH and skin microbiome while avoiding harsh cleansers, exfoliation and potentially irritating ingredients like fragrances, alcohols and hydroxy acids.

Find the right medications: Your dermatologist will likely recommend at least one prescription-based medication to help keep rosacea symptoms under control. Options that help reduce redness by constricting blood vessels and control pimple-like lesions include topical lotions, foams and gels, as well as oral antibiotics. Office-based laser- or light-based treatments can also be helpful for minimizing the appearance of redness.

Identify and avoid triggers: Most patients find that avoiding their unique triggers can help keep rosacea under control. To identify these triggers, keep a journal of the foods you eat, beverages you drink and activities you partake in—and see which factors cause a flare-up. Although everyone's triggers can be different, sun exposure is especially common so it's best to use a mineral-based sunscreen with a high SPF daily, avoid mid-day sun and wear a hat (and scarf in cold weather) when outdoors.



Common rosacea symptoms

- Redness on the nose, cheeks, forehead and/or chin
- Visible blood vessels
- Red, swollen bumps that resemble acne
- Swollen and/or irritated eyes
- Thickening of the skin on the nose (more common in men)

Most common triggers

- Hot drinks
- Spicy foods
- Alcoholic beverages
- Hot or cold weather
- Sun exposure
- Stress
- Exercise
- Certain medications
- Skincare products



Rosacea skincare instructions

Step One: Gentle cleanser

Wet skin with lukewarm water and wash with a mild cleanser such as:

CeraVe Hydrating Facial Cleanser

CeraVe Hydrating Cream-to-Foam Cleanser

La Roche-Posay Toleriane Hydrating Gentle Facial Cleanser

La Roche-Posay Lipikar Wash AP+

Step Two: Prescription treatment

Apply the treatment recommended by your doctor as directed:

Prescription Treatment (_____)

Step Three: Sunscreen (Morning)

CeraVe Hydrating Mineral Sunscreen SPF 30 Sheer Tint

CeraVe AM Facial Moisturizing Lotion with Sunscreen SPF 30

CeraVe Ultra-Light Moisturizing Lotion SPF 30

La Roche-Posay Toleriane Double Repair Face Moisturizer with SPF

La Roche-Posay Anthelios Tinted Mineral SPF 50 Fluid

La Roche-Posay Anthelios Mineral SPF 50 Fluid

Step Four: Moisturizer (Evening)

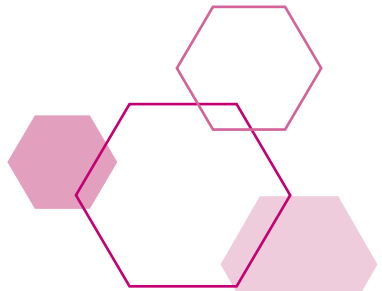
CeraVe Moisturizing Cream/Lotion

CeraVe PM Facial Moisturizing Lotion

La Roche-Posay Toleriane Ultra Moisturizing Cream

La Roche-Posay Toleriane Double Repair Face Moisturizer

For optimal redness reduction, apply La Roche-Posay Rosaliac AR Intense Serum before moisturizer



Top 5 Q&A

1 How is rosacea diagnosed?

There are no specific tests that diagnose rosacea. However, your physician may perform tests to rule out other skin conditions. Rosacea diagnosis is generally based on visible symptoms, skin examination and family history.

2 Is rosacea contagious?

No. Rosacea is the result of a combination of genetic and environmental factors. This chronic skin condition cannot be prevented, but it can be controlled with medication and by avoiding the triggers that cause facial flushing.

3 How can I conceal rosacea?

Makeup such as foundation and concealer can help minimize the visible redness associated with rosacea. Applying a green-tinted color-correcting primer before foundation can offer more complete coverage.

4 How long does it take to treat rosacea?

Rosacea is a chronic skin condition, which means there is no “cure.” Treatment focuses on controlling the visible symptoms and it can take weeks to several months for medications to keep flare-ups at bay. Once in remission, it’s important to avoid rosacea triggers for long-term improvement.

5 Can I have rosacea even if I have dark skin?

Rosacea may be more common in those with light or fair skin, but this chronic condition can affect all skin tones. Although rosacea may be more difficult to discern on darker skin, it still causes the dilation of surface blood vessels

Sources

The National Rosacea Society

The American Academy of Dermatology, “Skin Conditions by the Numbers”

The Mayo Clinic, “Diseases & Conditions: Rosacea”

Baldwin H, Alexis AF, Andriessen A, Berson DS, Farris P, Harper J, Lain E, Marchbein S, Stein Gold L, Tan J. Evidence of Barrier Deficiency in Rosacea and the Importance of Integrating OTC Skincare Products into Treatment Regimens. *J Drugs Dermatol*. 2021 Apr 1;20(4):384-392.

Solutions for Rosacea



Toleriane Hydrating Gentle Facial Cleanser

Size: 13.5 oz
SRP: \$14.99

Lipikar Wash AP+

Size: 13.5 oz
SRP: \$14.99

Toleriane Ultra Moisturizing Cream

Size: 1.35 oz
SRP: \$29.99

Toleriane Double Repair Moisturizer

Size: 2.5 oz
SRP: \$19.99



Toleriane Double Repair Moisturizer with SPF

Size: 2.5 oz
SRP: \$19.99

Anthelios Tinted Mineral SPF 50

Size: 1.7 oz
SRP: \$33.50

Anthelios Mineral SPF 50

Size: 1.7 oz
SRP: \$33.50

Learn more at:
www.laroche-posay.us

Solutions for Rosacea



Hydrating Cream-to-Foam Cleanser

12.0 FL.OZ - **SRP \$14.99**

Hydrating Facial Cleanser

12.0 FL.OZ - **SRP \$14.99**

Moisturizing Cream/Lotion

16.0 FL.OZ - **SRP \$14.49**



Hydrating Mineral Sunscreen SPF 30 Sheer Tint

1.7 FL.OZ - **SRP \$17.49**

Ultra-Light Moisturizing Lotion SPF 30

1.7 FL.OZ - **SRP \$14.99**

Facial Moisturizing Lotion: PM

3.0 FL.OZ - **SRP \$14.99**

Facial Moisturizing Lotion: AM

3.0 FL.OZ - **SRP \$15.99**

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