

## WHAT IS ROSACEA?

Rosacea is a very common skin condition that usually begins in mid-life, but can begin, rarely, at any age. Early signs of rosacea are redness, blushing, and acne-like bumps around the nose and mouth. It can progress to include more extensive acne-like bumps with marked baseline redness and many broken blood vessels. This progression can be slowed by proper management of your condition.

There are a number of things you can do to prevent flares of your rosacea. Most importantly, you need to determine which of your lifestyle behaviors trigger outbreaks, then try your best to avoid these situations. The most common cause for flares of rosacea include sun exposure, showering in very hot water, steam baths, jacuzzis and alcohol. Of these, the most important and easiest to combat is sun exposure. It is of great importance that our Rosacea patients wear sunscreen every day as part of their morning routine to protect against casual sun exposure such as driving in your car. We recommend sunscreen with the active ingredients Zinc Oxide or Titanium Dioxide, as they provide this protection while not producing additional heat, which we know further aggravates Rosacea.

Your dermatologist can improve your rosacea by treating you with various topical and systemic medications, as well as using laser procedures; however this needs to be combined with the above lifestyle modifications to make any progress.

### Candela V-Beam Laser Treatments

The redness and broken blood vessels of Rosacea often do not resolve completely with medical therapies. This tends to be the most stubborn and frustrating aspect of most of our patient's Rosacea. However there is HOPE! Our office offers laser treatment with the V-Beam laser, a pulsed dye laser widely regarded throughout the medical community as the gold standard for removing broken blood vessels and diffuse redness associated with Rosacea. This procedure can often dramatically set back the clock back to a time when redness was not such a problem. While one treatment can be helpful, we usually recommend a series of 3 treatments. In the most severe cases, 5 treatments may be needed to achieve desired results. These treatment are often spaced about a month apart. Do note that over time, because of your underlying condition and age, redness and broken blood vessels will gradually recur, often with patients looking to repeat treatments every 3-5 years.