



## Daily Care Tips

- Be gentle with skincare or makeup on the areas affected
- Use sunscreen daily and be strict with sun protection
- Avoid personal triggers such as spicy foods, hot drinks, or stress that you find increases flushing



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## When should I seek help?

You should seek medical advice if:

- Rosacea is painful or bothering you
- Over-the-counter products aren't helping
- Rosacea is affecting your confidence or mood

## Rosacea, Clarified



# What causes Rosacea?

***Some of the most common causes we see***

- Genetics
- Excessive sun exposure
- Other skin inflammation
- Extreme temperature changes
- Skincare products or some medications
- Consuming spicy foods or alcohol

## Myths to know

Rosacea bumps are not acne

Rosacea does not only affect women

Rosacea is not caused by poor hygiene



## What is rosacea?

**A chronic inflammatory condition**

- Rosacea causes facial redness
- Flushing in affected areas
- Acne-like bumps.

**Rosacea is most commonly concentrated in the face-area, particularly:**

- Chin
- Nose
- Cheeks
- Forehead

## The mental connection:

***Rosacea doesn't just affect your skin***

Rosacea's visibility can affect self-esteem and cause body-image issues.

On the other hand, stress and anxiety can increase flushing and make the rosacea more prominent.

Ask us how rosacea may be weighing on the rest of your health

Social discomfort, or social anxiety, is a fear of social situations in which embarrassment may occur or where someone may be seen negatively by others. This can be heightened when someone perceives flaws in themselves, which can often be the case with various skin diagnoses.

Anxiety is characterized by a feeling of apprehension and increased physical tension when a person anticipates a perceived danger or misfortune. Muscles tense, breathing becomes faster, and the body's recovery and immune systems can be affected.