



## Rosacea



### Overview

This is a skin disease. It affects your face, and sometimes your eyes. It causes red, thickened skin and other problems, which begin as flare ups but over time become more permanent. This can be troubling and embarrassing.

### Causes

We don't know what causes rosacea. It usually affects middle aged and older people, and it's more common in women. It tends to run in families, and it's more likely in people who have fair skin.

Rosacea flare ups can be triggered by spicy foods, alcohol, sunlight and stress. Hot foods and drinks, hot baths, and exercise can trigger it, too.

### Symptoms

Rosacea usually begins with redness on your forehead, nose, cheeks or chin. It may look like pimples. Over time, it gets worse. Your skin becomes swollen and tender. It may become red, thick and bumpy. You may have visible blood vessels beneath your skin. Your nose may become enlarged. Your eyelids may swell. Your eyes may become dry and itchy. They may burn, and they may be sensitive to light.

### Treatment

There is no cure for rosacea, but your symptoms can be managed. Avoiding triggers helps prevent flare ups. You may benefit from medications that you take by mouth or apply to your skin. If you have eye problems, medicated eyedrops may help. And, laser surgery can help treat red and thickened skin. Your healthcare provider can create a plan that's right for you.