



Rosacea Awareness Program

Rosacea Quality of Life Study

January 2009



How The Survey Was Conducted

- An online survey was conducted between December 9th, 2008 and January 12th, 2009
- Respondents were rosacea sufferers and were either (a) e-mailed the link to the survey, or (b) completed it online through *www.rosaceainfo.com*
- A total of 1271 respondents were interviewed
- With a sample size of 1271, responses can be considered accurate to within $\pm 2.7\%$

Key Findings

- The top seven triggers for a rosacea flare-up are: stress, the sun, temperature changes, alcohol, wind, spicy foods, and hot beverages
 - Triggers more likely to be mentioned by respondents under the age of 40 as well as women
- Many individuals (40%) stated rosacea flare-ups affected their social and work life (ie: missing a social event or a business presentation)
 - More than 30% of the respondents say that rosacea affects their social life
 - Almost 20% have actually turned down an invitation because of their condition
- To minimize recurrence of flare-ups, respondents:
 - More than 40% indicated they changed their lifestyle to avoid rosacea triggers
 - 81% of respondents use a topical medication
 - Apply special skin cleansers and moisturizers; the more popular products used contain an SPF
- Respondents stated the following about managing their condition:
 - 55% believe that their doctor provides them with appropriate treatment for their rosacea
 - More than 85% stated that their symptoms, such as blushing and dilated blood vessels motivated them to see their doctor
 - 65% say they were advised by their doctor to wear sunscreen and 70% followed that advice
- Interestingly, rosacea seems to be very well understood. Those completing the survey understand that rosacea is a common medical condition that can be medically treated but that left untreated can progress, causing permanent damage and possible disfigurement