



The Rosacea Awareness Program (RAP) is a national public education program established in 1995 to provide non-commercial information on rosacea to patients, families and healthcare professionals. Funded as a public service through an educational grant by Galderma Canada, a leading pharmaceutical company specializing in dermatology, RAP offers a range of resources to promote early diagnosis, treatment and overall management of the condition.

The materials, developed in consultation with leading Canadian dermatologists, include a brochure on particular aspects of rosacea and an interactive website with an online symptom trigger journal and the Rosacea Review eNewsletter. The program has provided information on rosacea to tens of thousands of rosacea sufferers in all parts of the country in both of Canada's official languages.

An important part of the program is the ongoing media relations that help to create awareness and direct patients and healthcare professionals to the website where important information can be obtained. Rosacea Awareness Month, which takes place in March, provides another opportunity to focus attention on rosacea and to promote public information. Individuals who suspect they may have rosacea are encouraged to see their doctor. For more information, they can visit the official RAP website at www.rosaceainfo.com.



ROSACEA FACT SHEET

- Approximately 2 million Canadians¹, one in twenty adults², are affected. Symptoms usually appear after the age of thirty.
- Rosacea most commonly affects the face. Early symptoms include redness appearing on the nose, cheeks and forehead.
- As the condition progresses, rosacea signs and symptoms may also develop beyond the face, most commonly on the neck, chest, scalp or ears.³ In many people with rosacea, the eyes may be irritated and appear watery or bloodshot, a condition known as ocular rosacea that also involves the eyelids, and area around the eyes. The nose may also become bumpy, red and swollen.³
- Left untreated in men, it can lead to rhinophyma, the condition that gave the late comedian W.C. Fields his bulbous, red nose.
- Rosacea affects women and men equally but it seems to be more common in women, yet more severe in men.
- Rosacea triggers include a variety of elements including stress, hot beverages, red wine, spicy foods and severe temperatures, such as heat, cold, wind and humidity.
- 7 out of 10 people³ suffering from rosacea are never diagnosed.
- Rosacea is not the same as adult acne. Over-the-counter acne preparations may exacerbate the sensitive skin of rosacea.
- Rosacea cannot be cured, but prescription therapy, proper skincare and lifestyle changes can help manage the condition.
- Individuals with rosacea are in good company: Renée Zellweger, Mariah Carey, Clint Eastwood, Bill Clinton and Ricky Gervais have all been reported to have rosacea.⁴

^{1,2} www.skinpatientalliance.ca

³ www.rosaceainfo.com

⁴ <http://en.wikipedia.org/wiki/Rosacea>



Signs of rosacea

Rosacea is a non-contagious facial skin disorder that usually begins as a redness, like a blush, appearing on the face – most notably on the cheeks, nose, chin, or forehead. There are four different subtypes of rosacea, each with its own characteristics involving:

- ❑ Persistent redness;
- ❑ Spidery visible blood vessels may appear;
- ❑ Bumps and pimples may develop;
- ❑ Stinging and/or burning;
- ❑ The nose may become swollen and bumpy (rhinophyma);
- ❑ Rosacea can also affect the eyes (ocular rosacea), making them appear red, watery or blood-shot.

Differences between rosacea and acne

- ❑ Unlike acne vulgaris, rosacea seems to be linked to the vascular network of the facial skin, and is usually triggered by factors that cause flushing and blushing.
- ❑ Rosacea does not cause oiliness or blackheads and rarely occurs beyond the face.
- ❑ Acne medications can exacerbate rosacea.

Typical rosacea profile

- ❑ Although rosacea can affect all segments of the population, those believed to be most at risk are individuals with fair skin who tend to flush or blush easily.
- ❑ In the majority of cases, rosacea first appears after the age of 30.
- ❑ While rosacea affects men and women equally the condition is more frequently diagnosed in women, but tends to be more severe in men, who are more likely to avoid or delay diagnosis and treatment.
- ❑ There is evidence that rosacea tends to run in families, especially those of Irish, English, Scottish and Eastern or Northern European heritage.
- ❑ Nearly 40 percent of rosacea patients surveyed by the National Rosacea Society said they could name a relative who had similar symptoms.¹

¹ www.rosacea-treatment-clinic.com, www.rosacea.org

Common rosacea triggers?

Certain things are known to aggravate or cause flare-ups of rosacea in some individuals. These include:

- ❑ A change in core body temperature;
- ❑ Exposure to the heat of the sun;
- ❑ Exposure to extreme heat, cold or wind;
- ❑ Consumption of hot liquids, spicy foods or alcohol (especially red wine);
- ❑ Stress can make rosacea worse, as well as anything that elevates blood pressure or causes flushing or blushing.

Medical Treatment

There is currently no known cure for rosacea, however it can be treated. Treatments may stop the progression of the disease and, in some cases, reverse its effects. Without early detection and effective treatment, rosacea can potentially cause permanent damage and facial disfigurement, which, in some cases, may require surgery.

- ❑ In most cases physicians prescribe oral or topical antibiotics, which can be taken in pill or capsule form, or applied to the affected skin to improve rosacea flare-ups / symptoms.
- ❑ Occasionally physicians will use topical steroids on a short-term basis to help control the redness. Long-term use of topical steroids is generally not recommended, as steroids may make rosacea worse.
- ❑ In addition to medical treatment, rosacea sufferers can manage their symptoms by identifying and avoiding lifestyle and environmental factors that trigger rosacea flare-ups.

Skin Care

Because rosacea is a sensitive skin condition, careful cleansing and moisturizing form an important part of the overall management of rosacea. Individuals with rosacea are advised to consult with their physician or pharmacist before selecting skin care products. Many cleansers and hydrating products are specifically formulated for severely compromised skin.

- ❑ Soaps/cleansers – Only very mild products should be used on the face. Products that contain drying alcohols or other irritants should be avoided.
- ❑ Moisturizers – Moisturizer should be applied generously, as needed. When used with a topical medication, the moisturizer should be applied after the medication has dried.
- ❑ Sunscreens – Year round sun protection is recommended. An SPF 30 or higher should be used for outdoor exposure to the sun.