

## Skincare

### Cleansers



- Choose mild cleansers that are suitable for sensitive skin. These should be ethyl alcohol and fragrance-free and not contain small particles or chips. Avoid soaps, toners and astringents.
- Gently wash the face once or twice a day with warm (not hot) water. Do not use scrubbing tools such as sponges, brushes or wash cloths. Pat skin dry with a soft towel.
- Apply moisturizer after washing and a moisturizer with sunscreen in the morning.

### Sunscreens

Look for sunscreens that are:



- SPF 30 or higher with broad-spectrum (UVA and UVB) protection.
- Non-oily, fragrance-free, alcohol-free and labelled for sensitive skin.

Non-chemical, physical sunscreens containing micronized zinc or titanium oxide are less irritating to the skin. These sunscreens work by reflecting sunlight and are not absorbed into the skin.

### Do you need more help?

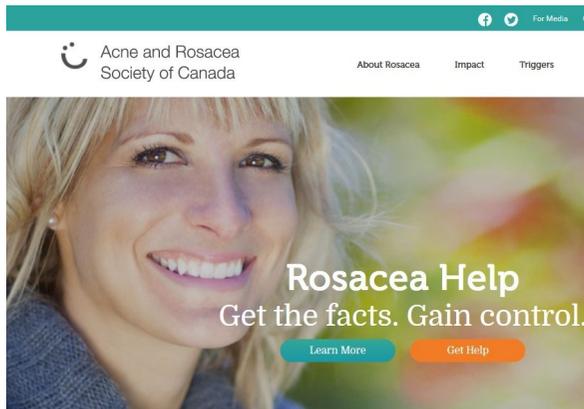
Rosacea is an active area of research in dermatology with many new treatment options recently released and more on the way.

See your doctor for help. Your family physician or a doctor at a drop-in clinic can refer you to a dermatologist if necessary.

## About Us

The Acne and Rosacea Society of Canada, a national, not for profit organization led by Canadian dermatologists, offers hope and help to sufferers by providing independent, reputable and current information on rosacea and raising awareness.

**For more info. visit [RosaceaHelp.ca](http://RosaceaHelp.ca)**



For tips and news, Like Rosacea Help on Facebook and follow @RosaceaHelp on Twitter.



Acne and Rosacea Society of Canada

Email: [info@RosaceaHelp.ca](mailto:info@RosaceaHelp.ca)

Phone 604-984-0777

\*Please note we do not answer personal health questions.

Acne and Rosacea Society of Canada,  
PO Box 63645, North Vancouver,  
British Columbia, V7P 3P1, Canada.



Acne and Rosacea Society of Canada

## Rosacea



## Lifestyle and Skincare Tips

[www.RosaceaHelp.ca](http://www.RosaceaHelp.ca)

## Rosacea—What you can do

Small changes to your everyday lifestyle, avoiding your rosacea triggers and good skincare offer ways you can:

- Minimize the effects of rosacea
- Keep this condition at bay
- Get the most out of treatment



### What is rosacea?

Rosacea (row-zay-sha) is a common, chronic, inflammatory skin condition causing redness on the face.

It often begins as a tendency to flush and blush frequently. In time, persistent areas of redness appear on the cheeks and nose. The chin, forehead and neck can also be affected.

There are 4 different sub-types of rosacea.

Learn more about rosacea at  
[www.RosaceaHelp.ca](http://www.RosaceaHelp.ca)



## Triggers



A trigger is anything that causes the flushing, blushing and skin changes of rosacea. Often a change in body temperature, usually getting hotter, is involved.

### Top 3 reasons to find out your triggers ... and avoid them

1. Over time, repeated exposure to triggers and subsequent flushing can make rosacea worse.
2. If you are being treated for rosacea, regular flushing episodes will slow or halt progress of treatment.
3. You can undo the benefits of past treatment through repeated exposure to triggers.

### Environmental Triggers

Be prepared for different environments.



**Sun** - Sun protection, especially for the face, is a must for rosacea sufferers. Wear an SPF 30 or higher, broad-spectrum sunscreen when out in the sun. Limit sun exposure, wear protective clothing, large sunglasses and hats and avoid peak hours for ultraviolet radiation.

**Cold weather** - Dry, cold air is harsh on the skin and triggers flare-ups and flushing. When outdoors in winter, protect the face from the cold and wind with scarves and pull up jacket collars.



**Hot indoor environments**—Warm, crowded places can easily trigger a rosacea breakout. If at a social function, sip a cold non-alcoholic drink and chew on small ice chips.

## Lifestyle Triggers



**Alcohol** - Avoid or minimize alcohol as this is a common trigger. Red wine is a frequently reported culprit.

**Spicy food** - Curries and foods, dressings or sauces made with chillies and hot or peppery spices or flavourings should be avoided or minimized.



**Stress** - Stress is a major cause of rosacea flare-ups. Create ways to reduce stress in your life such as relaxation techniques and problem solving.

**Exercise** - Heavy exercise can easily trigger rosacea symptoms. Sipping ice water helps. Get cool water on the face immediately after exercise.



**Hot baths** - Hot baths, showers, saunas or hot tubs can easily bring on flushing. Keep bath and shower water at a moderate temperature.

**Hot drinks** - Very hot drinks are a sure way to feel hot and set off flushing. Reducing the temperature of hot drinks will help.



**Medications** - Long term use of highly potent topical steroids on affected areas may cause rosacea flare-ups. Some drugs such as niacin, a cholesterol treatment, can cause flushing. Consult your doctor regarding your medications.