

KNOW THE DIFFERENCES BETWEEN **rosacea** and **acne**

Rosacea and **acne** are two common skin conditions that can leave you with irritating, visible, red bumps. Because of this, it may be hard to tell the difference—but here are some key signs and symptoms to help

rosacea¹

SIGNS AND SYMPTOMS

acne^{2,3}

Eye problems
Including bloodshot eyes, red and swollen eyelids, discomfort, and vision problems.

Pimple-like breakouts
But no blackheads.

Facial redness
Near the central part of your face—cheeks, forehead, nose, or chin. Redness may come and go or be permanent.

Visible blood vessels
Caused by broken capillaries in the cheeks.

Skin thickening
Usually causing enlargement of the nose.

Oily skin
Often on the forehead, nose, and chin (the “T-zone”).

Different types of breakouts
Including blackheads, whiteheads, pimples, or deep painful cysts.

Redness
Occurs around breakouts or after an active breakout.

Uneven skin texture and acne scars
Uneven skin texture due to blemishes and acne scars—which can be permanent.

Hyperpigmentation (dark spots)
Arising on and around breakouts, especially in patients with darker skin tones.

WHERE DO YOU SEE IT?

Cheeks, nose, chin, forehead, and eyes.⁴

Entire face, as well as on the **back**, **chest**, and **shoulders**.
Hormonal acne in women typically appears **along the jawline**.^{2,5}

WHO GETS IT?

Generally **adults age 30 and older**.⁴
Affects **all ethnicities**, but most common in people with **fair skin**.^{1,4}

Generally **teenagers**, but it can also **persist into adulthood**.^{2,6}
Affects **all ethnicities** and **skin types**.⁶

WHAT TRIGGERS IT?

Environmental factors, such as sun exposure, hot and cold weather.

Lifestyle factors, such as stress, drinking alcohol or hot beverages, and eating spicy food.⁴

Hormonal changes, and it may also be linked to some dietary factors.²

If you think you may have **rosacea** or **acne**, talk to your doctor about your signs and symptoms today!
Visit www.RosaceaHelp.ca and www.AcneAction.ca for more information.