

## Rosacea

SFMedica offers individualised treatments to rosacea sufferers depending on the severity of the condition and its subtype.

### About

**Rosacea** is a chronic inflammatory condition affecting both men and women with a female predominance (i.e. almost four times more common) whereas men tend to get the most severe form (i.e. phymatous form).

It typically affects pale skinned people such as those of Celtic origin. However any phototype and age can be affected by this mainly cosmetic skin condition.

The major feature of rosacea is facial flushing which may be associated with a severe burning and /or a stinging sensation. Other associated symptoms and signs include acne-like pimples, dilated superficial small blood vessels most commonly seen on the face around the nose, cheeks, and chin. In its more severe form eyes can also be affected. Rosacea can cause blindness, therefore it should be taken seriously and treated by experienced skin specialists and if eye symptoms are present an ocular surgeon should be involved too.

Rosacea should not be confused with *acne* or *seborrhoeic dermatitis*. If areas, other than face, are involved such as scalp or behind the ears then a different or co-existing diagnosis should be suspected. Please also note that comedones (i.e. blackheads) do not exist in pure rosacea - unless there is an associative acne - as rosacea has nothing to do with clogged hair follicles or *propionibacterium acnes* bacterium.

There is no known cause for rosacea. However there have been several studies implicating *Demodex Folliculorum*, a small mite that lives in the hair follicles on the face, as a possible trigger especially when present in large numbers.

Other factors which could potentially trigger or exacerbate rosacea include:

- Sun exposure
- Emotional stress
- Hot weather
- Wind
- Heavy exercise
- Spicy food
- Heated beverages
- Certain skin-care products

### Classification

According to the *National Rosacea Society Expert Committee* there are four identified rosacea subtypes:

- *Erythematotelangiectatic rosacea* (the vascular form) - most common subtype, associated with central facial flushing and redness secondary to dilated small blood vessels.

- *Papulopustular rosacea* (the inflammatory or papulopustular form) – associated with acne-like pimples and permanent redness.
- *Phymatous rosacea* – associated with thickening skin, irregular surface nodularities, and enlargement. Phymatous rosacea can affect the nose (rhinophyma), the chin (gnathophyma), forehead (metophyma), cheeks, eyelids (blepharophyma), and ears (otophyma).
- *Ocular rosacea* - minimal facial symptoms but severe eye problems such as permanently dry and irritated eyes and eyelids, conjunctivitis, red eyes, burning and itching.

## Indications

SFMedica offers individualised treatments to rosacea sufferers depending on the severity of the condition and its subtype. During your first consultation **Dr S. Foutsizoglou** will discuss all options available ranging from low dose antibiotics such as oral doxycycline or topical metronidazole cream to alpha and beta blockers, topical steroids and azelaic acid. He will also discuss with you whether you would be a good candidate for the **Rosaclear** by **Obagi** which is a complete prescription based system for the effective treatment of rosacea symptoms.

## Treatment Explained

**Rosaclear** by **Obagi** is a very effective way to treat **Rosacea**, a chronic skin condition characterized by facial redness, acne-like pimples, flushing of the cheeks, nose and forehead. The prescription-based **Rosaclear System** provides gentle skincare to calm the inflamed, irritated skin with specially formulated products. In just a few simple steps **Obagi Rosaclear System** soothes symptoms and can reduce the appearance of

blotchiness and redness, leaving skin's complexion clearer, calmer, and more balanced-looking (see table).

Contact us today to arrange a consultation with **Dr Sotirios Foutsizoglou** who will be happy to discuss the most effective treatment for your rosacea.

## Aftercare

**Rosaclear System** is an easy to use complete therapeutic protocol comprising prescription-based products which have been proven to be effective for the treatment of all types of rosacea. Aftercare consists of your adherence to the treatment regimen and appropriate use of the products as will be discussed with your doctor during your first consultation.

## Table

Obagi Rosaclear System			
Product	Purpose	Key ingredients	Benefits
Gentle Cleanser	Gently removes bacteria and other irritating residues	Aloe Barbadensis Leaf Juice	Gently cleanses sensitive skin
Metronidazole Topical Gel USP, 0.75%	Indicated for topical application in the treatment of inflammatory papules and pustules of rosacea	Metronidazole Topical Gel USP, 0.75%	Treats the inflammatory papules and pustules associated with rosacea
Hydrating Complexion Corrector	Protects the skin barrier, moisturizes the skin and reduces visible redness	Glycerin, Licorice, Aloe, Lavender, Sea Whip, Mica	Anti-inflammatory agents help reduce redness while soothing and calming the skin; light-reflective minerals lead to a more balanced-looking complexion
Skin Balancing Sun Protection SPF 30	Broad spectrum sun protection against harmful UVA/UVB rays while helping to reduce the appearance of redness and blotchiness	Zinc Oxide 15.5%, Titanium Dioxide 2.0%	Provides sun protection through a specially formulated, chemical-free, tinted UVA/UVB sunscreen which easily blends with the skin