

Rosacea is very sensitive to certain triggers and these will often vary from person to person. Understanding and avoiding triggers may help you control your rosacea. If you are at all concerned about your symptoms you should make an appointment to speak with your doctor.

Common triggers

Top tips



High and Low Temperatures

Hot (sun) or cold (wind chill) weather and extremes of temperature. Moving from a cold into a warm environment.

Protect your face from the sun all year round using SPF 30 sunscreens. Keep your face protected in the winter with a scarf. Avoid moving too quickly between hot and cold environments. Keep your face cool and avoid overheating (for example keep central heating low and avoid hot showers/baths).



Alcohol

Alcohol is known to increase blushing and flushing (but it does not cause rosacea).

Limit alcohol intake or avoid alcohol altogether to avoid worsening your rosacea symptoms.



Spicy foods/Hot Drinks

Are known to trigger rosacea symptoms. You may also notice other foods specific to you that may also be a trigger.

Try and work out which foods are your triggers by making a note of what you have eaten when you have had a flare up. In particular be mindful of spices which can cause a flare. Avoid drinking very hot drinks as this can also affect symptoms.



Cosmetics

Cosmetics can trigger rosacea, especially those containing alcohol (for example facial wipes) or astringents (which can cause the contraction of skin cells). Soap and detergent washes are also drying and may irritate.

Avoid washing with soap, astringent cleaners (products applied after cleansing) and wipes. Also avoid oil based facial products and cosmetics. Instead wash your face gently with emollient washes and use light non-greasy facial moisturisers to soothe stinging and burning. Find the cosmetics that suit you and stick with them – a smaller range of regular products is better than trying new ones.



Emotional stress

Many people feel their emotions and rosacea flare ups are connected. Rosacea can make people feel stressed and then trigger a flare – it can become a vicious circle.

Try and understand your connection with stress and your rosacea. If you know you are going to experience stress, treat your rosacea in advance of a flare-up to try and reduce symptoms. If you find facial redness embarrassing, it can be disguised with redness solution makeup (available in some shops and pharmacies). If you feel your symptoms are too severe to be disguised by these treatments there are various ranges of cosmetic camouflage which can be used. More about camouflage makeup in Week 18.



Exercise

We all know that exercise has many benefits however people living with rosacea can often struggle with flare ups during and after a workout.

There are several steps you can take to minimise rosacea symptoms during and after a workout. These include doing a low-moderate impact workout such as swimming. Considering shortening workouts to 15-minute segments can help minimise overheating. Exercising indoors in a well ventilated or cooled room when outdoor temperatures are hot. Try not to let yourself get dehydrated.

week3:



Since discovering I had rosacea about 10 years ago, I have started following a healthier diet. Leafy greens and whole grains, nuts and berries, lentils, asparagus and kale, fruits and vegetables such as sweet potato, broccoli and cauliflower, fatty fish, such as wild salmon and mackerel. It's really helped to improve my rosacea symptoms.



Nicola's Story: I've had rosacea for so long now. It started around puberty. I find alcohol, spicy foods, heat and exercise really make it flare up, although it's visible all the time. I've tried all sorts of over the counter creams, but nothing has worked so far. I don't like to bother the GP with it, because it's not life-threatening. But I do need help so I'll keep going back to my GP until I find something that works.

next week: *myrosacea diary*

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talkrosacea



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