

talkhealth
PARTNERSHIP

myrosacea
support programme

topic4

Living with rosacea:
Julie's story

"My name is Julie B. Campbell – also known as JulieBC by my community of Rosy Friends who follow my rosacea-focused YouTube channel.

I'm thirty-something years old and am the author of children's books as well as a young adult fiction fantasy series called Perspective.

For the last 15+ years, I've also been a rosacea sufferer."



Discover more about Julie's rosacea journey by watching her video below. We hope it inspires you to share your story with us. Email us at rosacea.support@talkhealthpartnership.com to share your story.



topic4:



The best way to counteract the redness of your skin is to use a green-tinted base foundation. On clear, healthy skin this would not have a desirable effect, but on red skin affected by rosacea, it will work wonders. So simply apply the green-tinted base coat to the red areas only and you'll really notice a difference.



Cathy's Story: Daily I manage to cover up the fact I have rosacea by using tinted moisturiser. This helps me reduce the impact rosacea has on me on a day-to-day basis.

next topic: *Questions to ask your doctor or dermatologist*

All content provided in the *myrosacea* Support Programme has been written by both medical professionals and **talkhealth** is for information purposes only. It does not constitute a replacement for professional medical advice. If you are concerned about any aspects of your health or wish to discuss something you have read within the Support Programme, you should make an appointment to see your doctor. You should always seek medical advice before changing your treatment routine. **talkhealth** does not endorse any specific products, brands, or treatments.

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