

## Minimizing Flare-Ups

Lifestyle modifications go hand-in-hand with medical care in the successful treatment of rosacea. By making certain changes to your lifestyle, you can often avoid flare-ups that are due to increased blood flow to the cheeks.

Here are some lifestyle modifications that may help minimize your flare-ups:

- Steer clear of rubbing, scrubbing or massaging the face, which can irritate the skin. Gently apply all soaps, moisturizers, sunscreens and other products.
- Avoid hot drinks, spicy foods and alcoholic beverages.
- Protect your skin from the sun by using a broad-spectrum sunscreen with an SPF of 15 or higher and wear protective clothing: long-sleeve shirts, long pants and a wide-brimmed hat.
- Try not to become overheated. Avoid hot baths and showers. Try to exercise where it is cool.
- Be sure to protect your skin from extreme cold, which can irritate the skin and cause a flare-up.
- Do not use cosmetics, soaps, moisturizers and other facial products that might contain ingredients, such as alcohol and fragrances, which irritate the skin.
- Be careful not to get hair spray on your face.

Since what triggers rosacea in one patient may not trigger it in another, dermatologists recommend that rosacea sufferers keep a diary of flushing episodes and note associated foods, products, activities, medications or other triggering factors.