ACNE ROSACEA

DEFINITION

Rosacea is an inflammatory skin disorder of unknown aetiology, usually beginning at middle age or later. It begins as flushing and redness on the central face and across the cheeks, nose, or forehead but can also less commonly affect the neck, chest, scalp or ears. The disorder can be confused and co-exist with acne vulgaris and/or seborrheic dermatitis. The precise pathogenesis of rosacea still remains unknown, but it is thought that rosacea is a disorder where the blood vessels become damaged when repeatedly dilated by stimuli, causing the vessels to readily dilate and remain dilated for longer periods of time or permanently, resulting in flushing and redness. Papulopustular rosacea occurs as immune cells and inflammatory mediators leak from the microvascular bed causing inflammatory pustules and papules. Helicobacter pylori infection is implicated as a causative factor.

Aetiology / Risk Factors

Major causative factors and risk factors that can contribute to the incidence of rosacea include the following:

- High fat diet
- High sugar diet
- Bowel toxicity
- Low fibre diet
- Food sensitivities
- Impaired glucose tolerance
- Hypothyroidism
- Long term antibiotic therapy
- Female hormone therapy
- People that are fair-skinned

Rosacea affects both men and women of all ages, but middle-aged women are more susceptible

Persisting redness due to exercise, changes in temperature and/or cleansing

Certain medications and topical irritants can quickly progress rosacea – e.g., corticosteroids, microdermabrasion, chemical peels, high doses of isotretinoin, benzoyl peroxide and tretinoin.

It has also been suggested that rosacea might be due to hypersensitisation of sensory neurons following activation of the plasma kallikrein-kinin system by exposure to dysbiotic intestinal bacteria in the digestive tract.

Symptoms & Signs

Common signs and symptoms of rosacea include:

- Flushing and easy blushing
- Permanent redness
- Red pustules
- Red gritty eyes
- Burning and stinging sensations on the skin
- Small blood vessels visible near the surface of the skin
- Bulbous nose, with thickening of the skin and nodules (Rhinophyma, in phymatous rosacea)
- Increased Demodex mite count

Exposure to temperature extremes can cause the face to become flushed as well as strenuous exercise, heat from sunlight, severe sunburn, stress, cold wind, moving to a warm or hot environment from a cold one such as heated shops and offices during the winter. There are also some foods and drinks that can trigger flushing, these include alcohol, foods high in histamine and spicy food.

Depression stemming from cosmetic disfigurement, painful burning sensations, etc
Pathology Tests
Diagnosis of rosacea is made based on the presence of one or more of these features:
Flushing (transient erythema)
Persistent redness of the face (non transient erythema)
Pimples (papules & pustules)
Visible blood vessels (telangiectasia)