

Rosacea is the fifth most common diagnosis made by dermatologists and is estimated to affect 5% of the population. It is a chronic and progressive cutaneous vascular disorder and is often misdiagnosed as adult acne.

A high percentage of patients with cutaneous rosacea have some signs or symptoms of ocular involvement (mild conjunctivitis, grittiness, complaint of "dry eyes")

The underlying cause or causes of rosacea are not understood, but certain factors are known to aggravate the condition, including the consumption of alcohol, hot liquids, and/ or spicy foods; exposure to sunlight; extremes of temperature; and the use of makeup and skin products containing alcohol; stress, vitamin deficiencies, inflammation and infection can be contributing factors. The things that aggravate one person's rosacea may have no effect on another person.

Rosacea is most common in white women between the ages of thirty and fifty. When it does occur in men it tends to be more severe. In rare cases, rosacea may affect the skin in other parts of the body as well as the face. It is not a dangerous condition, but it is chronic and can be distressing for cosmetic reasons. Without proper care, it can develop into a disfiguring condition. Consult with a dermatologist.

Suggested protocol

Protect from the sun with use of proper clothing and use an effective sunscreen [SPF 30]

Chronic use of sunscreen may produce vitamin D3 deficiency. Use **Vitamin D3 cream** daily. Avoid trigger factors [see above]

Take **Tin-n-Zinc SR** [slow release]: One capsule three times daily and decrease to one daily after improvement. [30 to 60 days]

Take Two **FISHOL E.C.** [anti-inflammatory] three times daily and reduce to one three times daily after 30 to 60 days.

Take **R(+)** **alpha lipoic acid capsules 100 mg** each twice daily

Take 2 Horse Chestnut capsules twice daily

Pantothenic acid [vitamin B5] powder. Take ½ teaspoon 4 times daily and gradually reduce with improvement.

Use **pantothenic acid and biotin cream** freely

Take one **biotin** capsule 1000 mcg up to three times daily

Apply **Copper Peptide Serum, Green Tea Serum.**

Use **Kripps Rosacea Mask.**

Reduce intake of sugar and refined carbohydrates. No hydrogenated fats - use only extra virgin olive oil

Avoid the use of topical corticosteroids; they can precipitate or worsen Rosacea, avoid the use of astringents or alcohol based cosmetics. For females green-tinted foundation works well at camouflaging the erythema of Rosacea.