

UNIVERSITY OF HOUSTON HEALTH CENTER

-HEALTHBERRY-

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ROSACEA

Rosacea is a chronic inflammation of the skin of the face (usually cheeks and nose). It tends to arise between ages 30 to 50. It is more common in women, but more severe in men. Extensive nose involvement mostly in men is called rhinophyma (aka W.C.Fields nose). The specific cause is unknown but the condition is worsened by stress, warm drinks, hot or spicy foods, and heavy alcohol intake.

The signs and symptoms include unsightly red, thickened skin on the nose and cheeks. Small blood vessels are visible on the skin surface. Papules (small raised bumps) and pustules (small, white blisters with pus) on the affected skin are frequently present. Often persistent flushing of the nose, cheeks and forehead with facial tenderness is evident.

Antibiotics and isotretinoin may be prescribed. Cortisone preparations generally cause the condition to worsen. Don't use oil-based makeup. Use the thinner, water-based preparations. Attempt to reduce stress and avoid excess alcohol intake.

Additional information is available from the American Academy of Dermatology, 930 N. Meacham Rd., P.O. Box4014, Schaumber, IL 60168, (708)330-0230.

Please don't hesitate to visit us at the University of Houston Health Center for further advice and treatment of this condition.

We at the Health Center will be happy to help you.



Healthfully yours,

Dr. Healthberry

For questions or comments you can;

Write "Healthberry" at
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