

## Acne Rosacea - Causes And Treatment

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**July 1, 2010 - [PRLog](#)** -- Adult acne rosacea is a skin disorder that shows up on the middle part of the face. The areas of the face around the nose, forehead and chin become reddened and can be full of pimples. Rosacea is frequently mistaken for acne because it can result in pimples. However, these spots are dome shaped rather than pointed and there are no whiteheads, blackheads, lumps or deep cysts. Unlike acne, rosacea is not primarily a plague of teenagers. It occurs most often in adults (ages 30 to 50), especially those with fair skin, and affects both sexes but tends to be more common in women but worse in men.

Rosacea usually appears as an inflammation of the skin on the face around the forehead, nose, and cheeks. Over time, the skin no longer returns to its original condition, unless treated. It can be combined with the nodules associated with acne.

The causes of this condition are unknown. It is possible that stress can cause flare ups of rosacea. People who commonly blush have more flare ups of rosacea. Exposure to the sun can cause flare ups as well.

Untreated rosacea can develop into a disfiguring nose condition called rhinophyma. This condition usually affects men and is characterized by a bulbous, enlarged red nose. Thick bumps may also form on the lower half of the nose and cheeks. In its most severe form, it may require surgery.

Another complication of advanced rosacea affects the eyes. About half of all people with rosacea feel burning and grittiness of the eyes (conjunctivitis). If this is not treated, the complications of what is called rosacea keratitis may impair vision.

Sadly, there is no fail safe method or cure for treating rosacea, but there are several treatment options available, including oral and topical medicines.

Rubbing the face tends to irritate the reddened skin. Some cosmetics and hair sprays may aggravate redness and swelling. Facial products such as soap, moisturizers and sunscreens should be free of alcohol or other irritating ingredients. Moisturizers should be applied very gently after any topical medication has dried.

Oral medications are usually antibiotics. Doctors usually start patients off with a high dosage to shock the body, and then taper off the treatment as the rosacea begins to respond. Topical medications vary, and can include antibiotic creams that reduce the swelling and rosy color of rosacea.

Avoiding smoking and food and drink (such as spicy food, hot beverages and alcoholic drinks) that cause flushing helps minimize the blood vessel enlargement. Limiting exposure to sunlight and to extreme hot and cold temperatures also helps relieve rosacea. This is one of the best natural acne treatment.

Author is an online medical researcher on acne treatment and skin care. Click read more on natural acne treatment, acne rosacea cure.

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