

# *Widespread Facial Disorder Soars with the Temperature*

(NAPSA)—While warmer weather makes more than a few people's faces turn red, not all of them are getting a sunburn. According to a new survey, heat and sun exposure top the list of factors that often trigger rosacea, an embarrassing but treatable facial disorder now estimated to affect more than 14 million Americans.

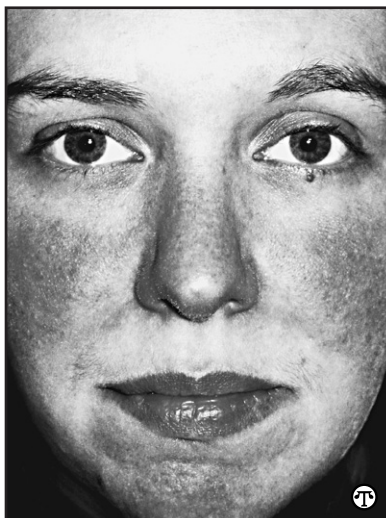
Rosacea is growing especially common as the baby boom generation enters the most susceptible years. The condition typically strikes at any time after age 30 as a temporary redness on the cheeks, nose, chin or forehead that might be mistaken for a sunburn.

Over time the redness becomes more persistent and severe, and tiny blood vessels may become visible. Left untreated, bumps and pimples often develop and, in severe cases, the nose may become bumpy and enlarged from excess tissue. In some cases, the eyes are also affected, feeling gritty and appearing watery or bloodshot.

Fortunately, this widespread disorder can be effectively controlled with medical therapy and lifestyle changes to avoid the factors that may aggravate the condition.

In a survey of 1,066 rosacea patients by the National Rosacea Society, sun exposure was the number one trigger, cited by 81 percent of the respondents. The other leading triggers were hot weather, reported by 75 percent and emotional stress, which affected 79 percent.

"A tremendous array of everyday activities can aggravate rosacea in various individuals," said Dr. Joel Bamford, a dermatologist and associate professor of family practice at the University of Minnesota-Duluth. "Identifying and avoiding the things that affect each person is crucial to managing this conspicuous and potentially life-disruptive disorder."



**Early rosacea is sometimes mistaken for a sunburn.**

Other trigger factors were also found. Wind caused flare-ups for 57 percent, while heavy exercise was mentioned by 56 percent, and alcohol by 52 percent. Hot baths affected 51 percent and cold weather was noted by 46 percent. Spicy foods were listed by 45 percent, and humidity affected 44 percent. Indoor heat and skin-care products both were cited by 41 percent, and heated beverages caused flare-ups for 36 percent.

The good news is that 90 percent of the respondents said their condition improved once they began avoiding their specific trigger factors.

People who suspect they may have this condition are urged to see a dermatologist or other qualified physician for diagnosis and appropriate medical treatment.

For more information on rosacea or how to avoid rosacea triggers, write the National Rosacea Society, 800 S. Northwest Highway, Suite 200, Barrington, Illinois 60010, call 1-888-NO-BLUSH, visit [www.rosacea.org](http://www.rosacea.org) or e-mail [rosaceas@aol.com](mailto:rosaceas@aol.com).