Rosacea

- Treatment
  - avoidance of exacerbating factors + sunscreens
  - papulopustular rosacea
    - tetracyclines
    - Erythromycin
    - Topical metronidazole
    - stubborn rosacea
      - systemic
        - metronidazole
        - isotretinoin
  - Erythematotelangiectatic rosacea
    - vascular lasers
  - rhinophymas
    - cryotherapy
    - surgical excision
- Differential diagnosis
  - Acne
    - comedones
    - Involves face, back and shoulders
    - no erythema and telangiectases
  - Seborrhoeic eczema
  - perioral dermatitis
  - systemic lupus erythematosus
  - photodermatitis
  - flushing
    - Superior vena caval obstruction
    - menopausal symptoms
- Complications
  - Eye
    - blepharitis
    - conjunctivitis
    - keratitis
  - Rhinophyma
    - common in males
    - hyperplasia of the sebaceous glands and connective tissue on the nose
  - Lymphoedema
    - on the forehead
    - below the eyes
  - some patients treated with potent topical steroids
    - develop a rebound flare of pustules
- Important features
  - Erythema
  - Telangiectasia
  - Swelling
  - Papules
  - Pustules
- Intro
  - 2 Types
    - erythematotelangiectatic
    - papulopustular
  - affects the face of adults
    - usually women
- peak incidence is in the thirties
- Cause
  - Still Unknown
  - Demodex folliculorum
  - Helicobacter pylori
  - Seen in those who flush easily
    - alcohol
    - spicy food
    - Warmth
    - embarrassment
- Course
  - Sites
    - centre of forehead
    - cheeks
    - nose
    - chin
    - periorbital and perioral areas are spared
  - Intermittent flushing
  - followed by a fixed erythema and telangiectases.
  - Lesions
    - papules
    - papulopustules
    - plaques
    - nodules
  - has no comedones or seborrhoea
  - usually symmetrical
  - Prolonged course with exacerbations and remissions
  - Exacerbating factors
    - Heat
    - Sun exposure
    - spicy food
    - alcohol
    - embarrassment
  - erythematotelangiectatic rosacea
    - Vascular features predominate
  - papulopustular rosacea
    - Inflammatory features predominate