

REAL TALK ON ROSACEA

What Is Rosacea?

Rosacea is a chronic inflammatory skin condition characterized by redness, facial flushing and visible blood vessels on the surface of the skin. Rosacea often begins with the tendency to blush or flush easily, and while it primarily occurs on the face, redness may also affect the chest, neck, head and ears. Additionally, it may be accompanied by patches of dry skin, enlarged pores, acne-like facial bumps and a thickening texture of the skin.

With colder weather approaching, rosacea flare-ups are likely to occur. According to the National Rosacea Society, between 46%–57% of patients diagnosed with rosacea report that their condition gets worse during cold and windy weather, with more redness, dryness and stinging sensations. Although flare-ups have several potential triggers, the root cause of rosacea is still unknown. Rosacea is a chronic condition without a cure, but with proper treatment, it can be managed.

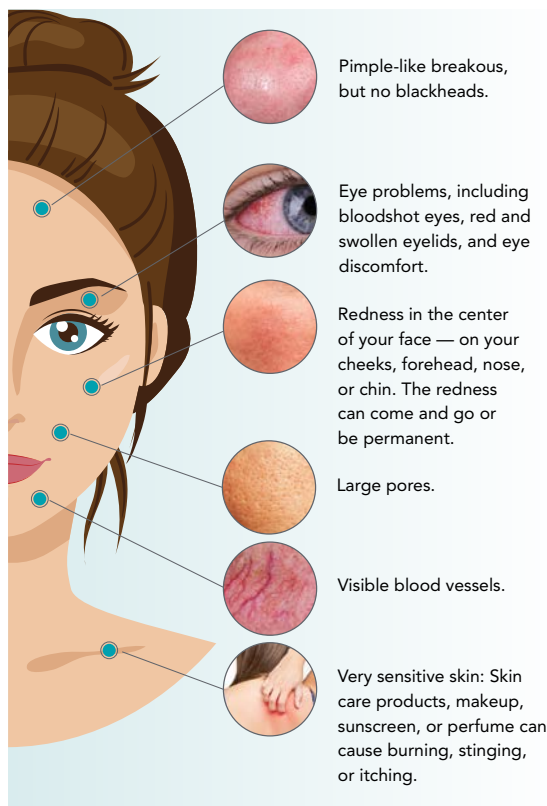
Who Gets Rosacea?

According to the American Academy of Dermatology, more than 16 million people are living with rosacea. Although rosacea does not discriminate based on age, color, sex or race, trends are observed:

- ▶ **Sex:** Rosacea is more common in women, but more severe in men.
- ▶ **Age:** Onset generally occurs after age 30, but because rosacea is a chronic condition, the incidence is cumulative and therefore more prevalent in older individuals.

ROSACEA'S SIGNS AND SYMPTOMS

Photo source: American Academy of Dermatology



- ▶ **Skin color:** Individuals with fair skin or of Scandinavian ancestry are most likely to develop rosacea. Rosacea is likely under-recognized in darker-skinned individuals.

What Causes Rosacea?

Research regarding the causes of rosacea is ongoing, but several of its primary contributing factors have been identified.

- ▶ **Genetics:** Many people with rosacea have family members who also have rosacea, so it may be genetically linked.
- ▶ **H. pylori:** Intestinal infections caused by this bacterium, which is generally passed from person to person through saliva, are common in people who have rosacea.
- ▶ **Demodex mites:** These microscopic mites, which live in

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Physicians Preference Pharmacy standards are more stringent than those of the United States Pharmacopeia (USP). In addition to onsite weight testing, we send multiple samples per week to an outside laboratory for potency testing. Physicians Preference Pharmacy ranks first in Houston for the number of samples sent for potency testing and in the top 8% of pharmacies nationwide.

Physicians Preference Pharmacy is a Houston-based, PCAB-accredited compounding pharmacy serving physicians and patients since 2001. We are licensed to work with doctors and ship to patients in all 50 states.

the follicles of everyone's skin, are abundant on the nose and cheeks, where rosacea frequently appears. Studies have found that people with rosacea, particularly when it affects the eyes, have increased concentrations of *Demodex* on their skin.

- ▶ **Immune response:** It has been observed that most people who have rosacea with acne-like breakouts react to a bacterium called *B. oleronius*, which lives on the *Demodex* mite itself. This bacterium has been shown to stimulate an overactive immune response in individuals with rosacea.

What Triggers Rosacea?

While there are many potential rosacea triggers, a survey of 1,066 rosacea patients reported by the National Rosacea Society found that some of the most common triggers are sun exposure, cold weather, emotional stress, alcohol consumption, heavy exercise, spicy foods, humidity, certain cosmetics and dairy products.

Although it is impossible to avoid all potential rosacea triggers, it is helpful to identify your own personal triggers and minimize exposure whenever possible. The National Rosacea Society has developed a useful tool to help you easily determine and avoid triggers that cause flare-ups: [Rosacea Diary](#)

Treatment and Management Choices

In addition to avoiding triggers that provoke flare-ups, the following are helpful in the management of rosacea:

- ▶ **Lifestyle:** Avoid heavy exercise and excessive physical activity. Incorporate meditation or relaxation techniques to ease the impact of stress aggravation.
- ▶ **Dietary:** Limit spicy foods, alcohol and other foods suspected to cause flare-ups. Consider consuming healthy caffeine daily (up to 400 mg), such as black coffee or green tea, to help reduce vasodilation in the skin.
- ▶ **Aesthetic:** Avoid fragrances, cosmetics and hair sprays that aggravate the skin.
- ▶ **Skincare:** Choose mild and nontoxic treatments (*Phys Pref Rosacea Cream*), moisturizers, cleansers and sun-blocking products (*Phys Pref Sun Protector*) to help decrease inflammation and maintain the integrity of the skin barrier.

Do You Have Symptoms of Rosacea?

Rosacea is a stubborn and troublesome condition, but it can be treated. If you are dealing with any symptoms suggestive of rosacea, work with your doctor to identify and address

PHYS PREF ROSACEA CREAM

Physicians Preference Pharmacy specially formulates *Phys Pref Rosacea Cream*, a proprietary cream that address symptoms associated with rosacea.

Purpose: Used daily, this cream contains anti-inflammatory, anti-bacterial and moisturizing ingredients to calm flare-ups and flushing associated with rosacea.

Active Ingredients: Niacinamide, Vitamin K, Azelaic Acid, Squalane, Hyaluronic Acid, Rose Hip Oil, GHK-Cu and Ivermectin

Benefits:

- Reduces redness associated with broken blood vessels and flushing
- Calms inflamed skin linked with flare-ups
- Protects, nourishes and repairs the skin
- Improves skin tone and elasticity
- Provides moisture to the dry, scaly skin that accompanies rosacea
- Helps decrease the appearance of bumps and pustules and prevents infection

Directions: Apply a thin layer to the face and neck twice daily. May be used under makeup and other skin care products.

underlying causes and triggers. Rosacea can take both an emotional and physical toll, so it is important to get started on an effective treatment program to minimize any medical and psychological impact.

Talk to your doctor today about lifestyle management and treatment options, including our soothing, nontoxic topical products like *Phys Pref Rosacea Cream*. For more information about *Phys Pref Rosacea Cream* or to inquire about any of our other natural compounded skincare products, please contact us at **281.828.9088** or visit [physicianspreferencerx.com/natural-skin-care/](https://www.physicianspreferencerx.com/natural-skin-care/).

COMMON CONTRIBUTORS TO ROSACEA FLARE-UPS:

Foods

- Yogurt
- Sour cream
- Cheese (except cottage cheese)
- Soy sauce
- Vinegar
- Avocados
- Spinach
- Citrus fruits, tomatoes, bananas and raisins
- Spicy and thermally hot foods

Beverages

- Alcohol, especially red wine, beer, bourbon, gin, vodka and champagne

Skin care products

- Some cosmetics and hair sprays, especially those with alcohol, witch hazel or fragrances

Weather

- Sun
- Strong winds
- Cold
- Humidity

Drugs

- Vasodilators (i.e., amiodarone)
- Topical steroids