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Rosacea and coffee, is it you?

Rosacea is a confusing topic for most people. It is typically a problem of the face in adults where they can experience bumps or redness and often both. Characteristic symptoms of rosacea are red bumps, pus bumps and dilated blood vessels on the face.

Many people who suffer from rosacea claim that drinking coffee causes aggravation of their rosacea symptoms. It has been thought that the caffeine in coffee was to blame for causing flare ups, but more recently, it has been discovered that it is the heat of coffee that causes the flushing or redness of the face. Phew! This means if you suffer from rosacea and are an avid coffee drinker, you're in luck! You don't have to give up your caffeine fix. Instead, avoid hot liquids. Rather than grabbing your steamed late in the morning, opt for an iced coffee and see if your symptoms improve. Choosing iced or cool drinks over hot drinks can make a big difference for some people. Other treatment options are available for rosacea as well. Topical creams and oral antibiotics can be effective in reducing rosacea flare ups. If you suspect rosacea, come in to have your skin evaluated by Dr. Moore. Rosacea is not something you have to live with, it is treatable.

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