Aggravating Factors of Rosacea

If you suffer from mild to severe rosacea there are certain lifestyle changes that can be implemented to help decrease flare ups and keep symptoms to a minimum. These aggravating factors may or may not affect your flare ups, but if you find that they do, it may be a good idea to avoid or reduce these activities in the future.

1. **Sun exposure**
   It is important to protect your skin from the sun using daily sunscreen and wearing a hat to shield your skin. Even a small amount of sun exposure can cause rosacea to flare.

2. **Hot liquids**
   Many people with rosacea report having flare ups when they ingest hot liquids such as coffee or teas. Try your coffee or tea iced for a period of time and see if your symptoms improve or subside.

3. **Spicy Foods**
   Avoiding spicy foods may also improve symptoms of rosacea. Often times, the spike in body temperature induced by spicy foods is thought to cause flare ups.

4. **Emotional Upset**
   Feelings of stress, anger or embarrassment are thought to make rosacea symptoms worse.

5. **Seasonal Changes**
   Changes in the weather can also affect flare ups. According to a new National Rosacea Society (NRS) patient survey, nearly 90% of 852 survey respondents said their rosacea is affected by the change in seasons.

6. **Alcohol**
   Having a glass of wine at the end of a stressful day sounds relaxing, but if you suffer from rosacea it may cause flushing to become worse. The reason for this is unknown, however, alcohol does not cause rosacea despite pervious popular belief.

7. **Temperature Extremes**
Extreme hot and cold can cause flare ups of rosacea to be more frequent. If you must be exposed to extreme temperatures, try to stay covered up or stay cool to keep your body temperature as regular as possible.

8. **Strenuous exercise**-

Exercise has been reported to increase flare ups and cause flushing. Taking it easy can be beneficial to thwart symptoms.

9. **Hot baths or saunas**-

Once again, avoiding extremes in temperatures such as hot showers or baths can help reduce flushing. Maintaining a regular body temperature can help reduce flare ups.

10. **Drugs that dilate blood vessels, including some blood pressure medications**-

Rosacea affects the blood vessels of the face and any drug that dilates blood vessels can increase irritation and flushing. Making simple lifestyle changes like avoiding certain aggravating factors, such as the ones listed above, can help to reduce your symptoms and flare ups. However, going in to see your dermatologist can be the best choice. Your dermatologist can evaluate your skin and can determine the best course of action for treatment. Many prescription topicals can provide significant improvement.

Source: