



Rosacea Fact Sheet 2016:

- Rosacea (row-zay-sha) is a common, long-term, inflammatory skin condition causing redness on the face.
- Rosacea affects more than **2 million Canadian adults**.
- Rosacea often begins as a **tendency to flush and blush** frequently. In time, persistent areas of redness appear on the cheeks and nose. The chin, forehead and neck can also be affected.
- Those at **higher risk for rosacea** are:
 - Adults 30 - 50 years old.
 - Those with fair skin, including people of Celtic or Northern European descent.
 - Women - more women than men get rosacea.
 - Those with a family history of the condition.
 - People with extremely sensitive skin.
- Since rosacea is visible on the face, there can be **significant emotional and social effects** for sufferers. Research shows people with rosacea have higher rates of embarrassment and social anxiety compared to others who don't have this condition.
- **75%** of rosacea patients report low self-esteem.
- Rosacea sufferers have a **5 times greater risk for depression**.
- **Self-care**, such as good skincare and avoiding everyday triggers that causes flushing, is an important way rosacea sufferers can keep this condition under control.
- There is no cure for rosacea. However, there are safe and effective **medical treatments** to reduce facial redness, red bumps and pimples, visible blood vessels, irritated eyes and other signs of rosacea.

For more information, please visit www.RosaceaHelp.ca