

## How To Control Rosacea

Rosacea can be controlled easily with a few life style changes. This article will include a brief introduction on what rosacea is, and the different method of treatment available to help in controlling rosacea.

Rosacea is a chronic skin disorder. Rosacea is a form of acne and affects nearly half of the world's population. Its symptoms are not only physical but also emotional, this can lead onto depression. Some of the main symptoms involved with the skin condition Rosacea are a redness and inflammation in the skin that causes itchiness and discomfort. It can sometimes affect the eyes, where they get highly infected.

Rosacea is slowly but surely being researched and some good prevention techniques are available. A few tips on treatments that can be easily incorporated into ones lifestyle is by avoiding natural aggregates of rosacea. Here are a few natural aggregates and advice on how they can be avoided:

1)Diet- Key foods are important in providing our skin with the essential nutrients its needs leaving it looking young and supple. Rosacea sufferers are to avoid certain foods for example spicy food and certain drinks.

2)UV rays- this is mainly from the Sun. The UV rays can damage the surface of your skin, making it more vulnerable to a flare up so it is recommended to apply a sunscreen that is suitable for the colour of your skin.

3)Heavy moisturisers- they can also be very greasy causing pores to clog easily thus aggravating Rosacea bumps to occur.

4)Fragranced and oil-based products – these can add extra chemicals to your skin that can damage and cause permanent scarring.

5)Stress- When your body is undergoing stress it releases a stress hormone called cortisol. Stress can affect the whole of your body, including the skin on your face, avoiding certain stress and dealing with it appropriately can help in improving Rosacea.

So with adapting this new, easy 'lifestyle', rosacea can be prevented, however not only are external factors important but diet can play a very important role. Some important foods to avoid are salt, artificial sweeteners, spicy food, alcoholic beverages and many more. However there are some key foods and supplement that are available for improving the state of rosacea, examples include zinc, omega 6 fatty acids, probiotics (yoghurts etc) and others.

Some other more serious treatments are the use of topical solutions or oral antibiotics. These can help reduce the appearance of spots and bumps and even the red flares that can occur with rosacea.

There are some cosmetic treatments available for reducing the appearance of redness, an example being foundation. Surgery may also be an option for sufferers of rhinophyma. This is where the nose is worst affected by rosacea, causing swelling and disfigurement.

There are some new tested methods known as laser treatment. This method of treatment is supposed to help in preventing the amount of blood vessels that swell; this ultimately reduces the redness that is caused from rosacea.

Not everyone understands or enjoys science so interpreting much medical research and scientific studies can be difficult, therefore many people miss out on the latest revolutions in scientific research, however there are many publications which have already done the hard work and provide very useful information, in an easy to follow, straight to the point manner.

## About the Author

To find out more on how to overcome rosacea using secret techniques and get clear, beautiful and vibrant skin Visit <http://expert-reviews.net/overcomerosacea.html>

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