

IS IT ACNE OR ROSACEA?

ACNE

ROSACEA

SYMPTOMS

- Pimples
- Whiteheads
- Blackheads
- Inflammation

- Redness in center of face
- Pimples
- Itching

CAUSE

- Plugged pores
- Hormone changes that increase oil in the pores
- Stress

Largely unknown but may be from:

- Temperature change in skin
- Reaction to germs and other content of the pores

VULNERABLE INDIVIDUALS

- Most commonly teens
- Adult women, often on chins and jaws
- Adult men, on backs

Anyone but especially:

- Adults over 30
- Women slightly more than men
- Fair-skinned people

SELF CARE

- Over-the-counter (OTC) cleansers that fight acne germs
- Creams, lotions or gels that help open pores

- Avoid triggers
- Wash skin with mild soap and tepid or cool water
- Use moisturizers
- Drink cool water
- Use a cool towel on the face after a workout

WHEN TO SEE A DERMATOLOGIST

- If OTC medications don't work
- Acne is bad and getting worse
- Scars are forming
- The disease is causing stress

- If OTC medications don't work
- If redness and outbreaks of bumps and blemishes causes stress

