

Rosacea

Each person has specific toxic exposures along with dietary and genetic weaknesses that are causing their symptoms. Toxic exposures can be inorganic like heavy metals, DDT, VOC's, Radio-active waste and any other chemical like food additives or pesticides and fertilizers sprayed on the foods. They can also be organic or living organisms like parasites, bacteria, viruses, or fungi. All the different possible combinations make it difficult to accurately address issues unless you have experienced medical professionals mapping through all your different clinical symptoms.

Dr. Marilyn Tucker founded The Vibrant Health Community to do Symptom Mapping to be able to bring a completely personalized plan for each person. When you join the Vibrant Health Community you have your own medical team of doctor, pharmacist and health coach. This Team specializes in Integrative-Complementary Medicine. They will work with your personal physician to bring you to a place of as much natural healing as your body will allow. For those of you that have health issues that require prescription medications, your Team can help introduce natural measures that can reduce the imbalances and complications that inevitably come with prescription medication. This can reduce side effects and possible additional drugs having to be introduced.

Definition

Rosacea is a chronic skin condition involving inflammation of the cheeks, nose, chin, forehead, or eyelids. It may appear as redness, prominent spider-like blood vessels, swelling, or skin eruptions similar to acne.

Alternative Names

Acne rosacea

Causes, incidence, and risk factors

Although the cause of rosacea is unknown, you are more likely to develop this harmless skin condition if:

- You are fair skinned.
- You blush easily.
- You are a woman. However, men are usually more severely affected.
- You are between the ages of 30 and 50.

Rosacea involves enlargement of the blood vessels just under the skin and may be associated with other skin disorders (acne vulgaris, seborrhea) or eye disorders (blepharitis, keratitis).

Symptoms

- Redness of the face in discrete areas or covering the entire face
- A tendency to flush or blush easily
- Increased vascularity (spider-like blood vessels called telangiectasia) of the face
- A red, bulbous nose
- Acne-like skin eruptions (may ooze or crust)
- A burning or stinging sensation of the face
- Irritated, bloodshot, watery eyes

Signs and tests

Your physician can usually diagnose rosacea with a thorough medical history and physical exam.

Expectations (prognosis)

Rosacea is not medically dangerous. It is not curable, but can usually be controlled with treatment. It may be persistent and chronic.

Complications

- Permanent changes in appearance (for example, a bulbous nose)
- Psychological damage, loss of self esteem

References

Habif, TP. *Clinical Dermatology*. 4th ed. St. Louis, Mo: Mosby; 2004:198-200.

Noble J. *Textbook of Primary Care Medicine*. 3rd ed. St. Louis, Mo: Mosby; 2001:760-761.