

ROSACEA IN CANADA

It is estimated that almost **2 million Canadians** have rosacea, making it one of the most common skin disorders.



WHAT IS ROSACEA?

Rosacea is a common inflammatory skin disorder which often begins as a redness, like a blush, appearing on the face - usually on the cheeks, nose, chin, or forehead.

The redness may gradually appear on the ears, chest, back, and eyes. At first, the redness may come and go, but over time, it can become more persistent, and visible blood vessels and tiny pimples may appear.

AND THE SURVEY SAYS...

Rosacea sufferers struggle in many areas of their lives as a result of the condition - a new survey highlights how deep the impacts are:

Based on first impressions alone, people are less likely to consider being friends with those with facial redness, compared to those without

58% VS 71%

SOCIALLY

- 67% of people with facial redness associated with rosacea are affected socially
- 36% felt uncomfortable meeting new people
- 23% felt embarrassed by what family/friends thought of them
- 32% have been stared at by people/have been the subject of rude comments or jokes

WORK

- Based on first impressions alone:
- People are less likely to hire those with facial redness for a job, compared to those without (70% vs. 85%)
 - People are less likely to think that those with facial redness are in professional/managerial jobs, compared to those without (43% vs. 61%)

RELATIONSHIPS

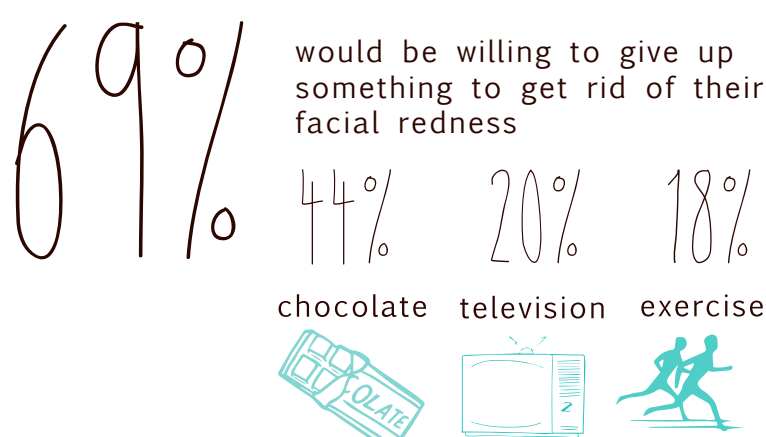
- 53% of people with facial redness associated with rosacea are affected in their relationships/dating behaviour
- 19% felt less confident about forming a relationship
- 21% felt uncomfortable dating
- 19% were embarrassed about what their partners think

EMOTIONALLY

- 77% of people with facial redness associated with rosacea are affected emotionally
- 37% had lowered self-confidence and self-esteem
- 46% felt embarrassed by what people think
- 22% felt sad/ depressed

WANT THE FACTS WHEN IT COMES TO ROSACEA ?

- Rosacea generally occurs between the ages of 30 and 50 - it can sometimes be seen in children
- Rosacea often develops in fair-skinned people of Irish, Scottish, English, or of Eastern or Northern European descent
- Women are more likely to get rosacea than men; however, men tend to experience more severe symptoms
- A family history of rosacea (e.g. a relative that has been diagnosed with or shows symptoms of the condition)



Rosacea is not contagious, so you can't "catch it" from being in contact with someone who has it.



SIGNS & SYMPTOMS

Rosacea usually includes at least one primary sign. Secondary signs may occur in varying combinations.

Primary Signs of Rosacea

- Flushing
- Persistent Redness
- Bumps and Pimples
- Visible Blood Vessels

Secondary Signs of Rosacea

- Burning or Stinging
- Swelling
- Eye Irritation
- Dry Appearance
- Skin Thickening
- Plaques



TRIGGERS



Food & Drink - Food and drink can affect rosacea symptoms. Here are just a few foods and drinks that may cause rosacea symptoms to flare up:

- Hot soup, hot drinks - coffee or tea, alcohol - including red wine, chocolate and certain types of fruits/vegetables

Weather - Sun, heat, humidity, cold, and wind can all trigger a rosacea flare-up

For more information go to: www.actonred.ca