

A GUIDE TO UNDERSTANDING ROSACEA

WHAT IS ROSACEA?

Rosacea (pronounced “roh-ZAY-sha”) refers to a chronic skin disorder characterised by visible swollen and inflamed blood vessels, which cause the facial skin to appear red and vascular, it is often accompanied by acne like eruptions. Acne rosacea is not one condition but the two often occur together, because a mite and bacteria invade the capillaries and cause them to swell and inflame acne like pustules and raised watery bumps on the skin.

Typically, it affects your cheeks, forehead, chin, and nose. While it appears as a skin problem, it is really a reflection of other problems in the body. Possible causes include an overactive immune system that triggers a microbial imbalance in the skin stemming from a bacterial overload of parasites and/or leaky gut. Interestingly in Chinese medicine, rosacea would be considered a liver, lung and colon problem.

Although this condition may affect anyone, middle-aged women with fair skins are more vulnerable than any other demographic. Rosacea left untreated can become disfiguring.

Rosacea is a vascular disorder that exhibits visible changes and reactions on and within the skin such as:

- » Flushing redness on cheeks, nose, forehead and chin
- » Erythema (swelling), inflammation
- » Tightness
- » Small blisters, red bumps, pimples
- » Heat welts
- » Watery itchy eyes
- » Bulbous nose (in extreme cases)
- » Noticeable pores, baggy cheeks, in very severe rosacea, fibroplasias, distorted facial features
- » Sensations include; stinging, burning, hot itchy rashes



Research Findings

Researchers believe that hereditary as well as environmental factors are to blame; even more recent research has shown evidence that *Helicobacter Pylori* bacterium, the same bacteria that gets in the gut and causes reflux and stomach ulcers, has been detected in rosacea. Stress is also a contributing factor in that elevated levels of cortisol over a prolonged period suppress the immune system and inflammatory conditions occur.

There is a saying “if you have a skin problem you have a body problem”. Studies* demonstrated that rosacea patients have a significantly higher small intestinal bacterial growth (SIBO) than control groups. Moreover, eradication of SIBO induced an almost complete regression of their skin lesions and maintained this excellent result for at least 9 months.

Toll-like receptor 2 (TLR2) expression is increased in cases of rosacea and stimulates enhanced serine protease production by keratinocytes. It was observed** that the epidermis of patients with rosacea expressed higher amounts of TLR2 than normal patients. Increased expression of TLR2 was not seen in other inflammatory skin disorders such as atopic dermatitis or psoriasis. Overexpression of TLR2 on keratinocytes, treatment with TLR2

ligands, and analysis of TLR2-deficient mice resulted in a calcium-dependent release of kallikrein 5 from keratinocytes, a critical protease involved in the pathogenesis of rosacea. These observations show that abnormal TLR2 function may explain enhanced inflammatory responses to environmental stimuli and can act as a critical element in the pathogenesis of rosacea.

The lymphatic system as well as the vascular system and the immune responses, the Langerhans cells, and keratinocyte must all work in synergy. Whenever one of these is compromised the skin's barrier defense systems are breaking down and consequently vascular disorders or reactive rosacea forms.

The wet oily look that the skin often has is not due to oil, but fast transepidermal water loss. When the acid mantle and ceramides are non-existent the skin loses its vital water, this again exacerbates the inflammation which is a major player in rosacea.

By understanding, the need for balance and harmony underneath the skin, not to mention how important it is to have a good immune system. Therefore, we can conclude that essential fatty acid deficiency or an impaired acid mantle would be two major contributors to rosacea.

*Reference: Department of Internal Medicine, Gastroenterology Unit, University of Genoa, Italy, published 2008.

**Division of Dermatology, Department of Medicine, University of California, San Diego, VA San Diego Health Care System, San Diego, California, USA, Italy, e-published 2010.



Contributing Factors

DEMODEX FOLLICULORUM: A mite that lives in hair follicles is believed to clog oil glands and get into the capillaries network leading to inflammation and rosacea.

HELICOBACTER PYLORI: A bacterium that causes intestinal infection is also believed to be a contributing factor to rosacea.

SKIN TYPE: Rosacea can affect all segments of the population, more so people with fair skin.

GENETIC LINKS: Asthma, eczema, psoriasis, dermatitis, and rheumatoid arthritis can all be regarded as indicators to rosacea. Interesting all of these conditions are also linked to gut issues.

Common Triggers

Rosacea can be provoked by a variety of triggers ranging from sun exposure, stress, alcohol, spicy foods, and hot beverages such as coffee. Medications and cosmetics with irritating ingredients and fragrances can also lead to an outbreak of rosacea.

Spicy Foods

Tasty as it is, the hot stuff could be causing some serious redness. “There is quite a long list of foods known to inflame rosacea. But spicy food is certainly at the top” warns DMK Head of Education, Debbie Dickson.

Dairy Foods

We know, we know, you wish we were joking, but sadly dairy food is known to be a common trigger. So, if you want to reduce that redness, reducing your daily amount of dairy intake is a good place to start. Also, dairy is understood to block zinc absorption (needed for healing). So, you may notice that you start to become a quicker healer.

Weather

That's right: even the weather can trigger your rosacea! For effective rosacea management, it is best to avoid extreme weather, either hot or cold or excessively humid conditions can cause a flare up. Cosying up to the fire or enjoying a hot bath or shower might sound comforting, but if you have rosacea, overly warm environments can increase blood flow and facial flushing can often follow.

Alcohol

On top of avoiding certain foods, people with rosacea need to be careful about what they drink. Although a cheeky beverage triggers fewer reactions than “the big three” – sunlight, heat and environmental factors research undertaken by the National Rosacea Society of 700 patients has highlighted that alcohol can trigger a reaction in two out of three patients.

The percentage of patients reporting a skin reaction after drinking:

- » Red wine, 76%
- » White wine, 56%
- » Beer, 41%
- » Champagne, 33%
- » Vodka, 33%
- » Tequila, 28%
- » Bourbon, gin, and rum, 24%
- » Scotch, 21%.

Perfumes and Fragrances

Sorry, fragrance lovers, you may need to sit out of the scent game. In addition to the consumption of alcohol potentially triggering one's rosacea. According to the American Academy of Dermatology, “Fragrances cause more allergic contact dermatitis than any other ingredient.” Skin is a vast portal for allergens, and the irritations allergies bring can weaken skin even more!

ROSACEA IS NOT A COMPLEXION PROBLEM THAT WILL GO AWAY BY ITSELF, IF IT IS NOT TREATED, IT WILL BECOME WORSE. IT CAN CAUSE DEVASTATING PSYCHOLOGICAL AND SOCIAL PROBLEMS IN ADDITION TO ITS PHYSICAL EFFECTS. EARLY TREATMENT IS THE KEY.

DMK has been successfully treating rosacea for more than 40 years. The DMK methods of natural pharmacology do not work on the same basic principles as your beauty therapy style facials that focus on just calming the skin and attempting to reduce the redness, they get to the core of the problem and addresses all the contributing factors that cause rosacea. For a treatment to effectively improve rosacea, it must be able to deal with the skin as a whole system, revising the multiple dysfunctions that contribute to the condition. Ask your DMK Skin Technician about treatment programs most suited to your condition, including the following advanced protocols:

DMK Eliminare

DMK pH Revision including Acutrol protocols

DMK Quick Peel

Unique characteristics and benefits of the DMK rosacea skin revision treatments;

- » Bacterial fighting agents work immediately to kill bacteria and the Demodex mite
- » Reduces inflammation, heat, and swelling in the skin
- » Re-establishes the skin's barrier and defense lines
- » Enhances function and the immune system of the skin, increasing the skin's resilience
- » Improves lymphatic drainage and circulation. Strengthens the capillaries
- » Encourages repair and restoration of cellular integrity. A stronger healthier skin is able to hold water and has a better defense system that is less likely to inflame.

Clients must use an appropriate home care regime, to help maintain in-clinic treatment results and to support the skin on a daily basis, helping to minimise flare-ups.

DMK products include:

- » EFA Ultra (4 capsules Daily)
- » Milk Cleanser (Daily use)
- » Beta Gel (Day use)
- » Seba-E (Day use)
- » Herb & Mineral Mist (Day use)
- » Biogen C (Day use)
- » DMK Soleil Defence SPF50+ (Day use)
- » Red Vein (Night Only)



Red Vein crème is a combination of plant-based active ingredients working in synergy to visibly reduce permanent and intermittent redness, flush the capillaries, and strengthen the capillaries walls. Benefits include:

- » Visible reduction of redness
- » Reduction of spider & thread veins
- » Resistance of spider vein formation
- » Increases the skin's resistance to reddening & flushing.

Milk Cleanser is a gentle cleanser suitable for inflamed, reactive rosacea type skin conditions. It contains a blend of botanical cleansing agents including soybean extract, a herbal lipid that contains the eight essential amino acids in a water base.

Beta Gel is a powerful immune boosting anti-inflammatory serum that includes Beta-Glucan, a stimulator of the Langerhans cells. The Langerhans cells' send long extensions called dendrites to the surface of the epidermis; they engulf any foreign bacteria or invasion into the skin. B-Glucans activate the Langerhans cells and initiate the immune and reparative functions of the skin both locally and systemically.

Biogen C has a powerful sedating effect on stressed inflamed skin conditions, reducing the redness and heat in rosacea. It helps to improve circulation and oxygenated blood flow to the skin and strengthens weakened capillaries. Also includes antibacterial properties to help fight the acne causing bacteria.

Unfortunately, the condition rarely reverses itself and may last for years. The range of available treatments is as diverse as the rosacea symptoms themselves. The type of treatment depends upon the type of rosacea, so don't delay and book a consultation with your DMK Skin Technician today.

