



Dear Savvy Derm Diva, I am noticing more facial flushing that started in my mid-20s. Should I be concerned? –*Lisa A. Always Blushing*

Dear Always Blushing, You could be at the beginning stages of something called Rosacea, which is a skin condition that affects approximately 16 million people in the US alone. April is Rosacea Awareness Month created to educate the public of this frustrating skin disorder. Symptoms include flushing and blushing that can be exacerbated by certain triggers such as UV exposure, alcohol, spicy foods, and even alcohol-based skincare products. Rosacea can appear at any age with different symptoms but usually presents itself in your 30s, according to the National Rosacea Society. Unfortunately, if left untreated, it can continue to worsen and cause increased dryness, itch, and even acne-like bumps to the face. Your best bet is to get an evaluation by your

Board-Certified Dermatologist to confirm the diagnosis and make sure there is not an auto-immune component to your symptoms. The Dermatologist will be able to start you on a treatment right away, teach you how to practice good skincare for your skin type, as well as a rule out any other diseases that can cause facial flushing.

Divia Tip: Start keeping a journal of your triggers and bring in all the products you are currently using to your appointment.

Dear Savvy Derm Diva, I have red bumps on my face, specifically my nose, that never resolves. I tried everything from OTC topical remedies, to facials, to trying to extract them myself, but nothing works! They do get smaller at times, but never completely go away. Sometimes, they get very inflamed and painful, especially after I have some wine. Should I be concerned? –*Gina L. Forever Breaking Out*

Dear Forever Breaking Out, Rosacea is a chronic inflammatory condition of the skin that can cause resistant pimples and pustules to the face. You are probably experiencing some dryness and background redness along with broken blood vessels to your cheeks and nose as well. As I mentioned before, many triggers can exacerbate this condition, and alcohol is one of them. There are terrific RX treatment options that can help get it under control, such as topical medications, oral antibiotics, supplements, as well as laser treatments known as photofacials that work quite well. The key is to be compliant with your routine, monitor and avoid triggers, and make sure you continue to follow up with your Board-Certified Dermatologist for routine check-ups. The sooner you control your Rosacea, the better.

Divia Tip: April is Rosacea Awareness Month! To learn more about Rosacea, please visit rosacea.org.



Dear Savvy Derm Diva,

A chance to “Ask The Diva” your skincare related questions, concerns, and even share your favorite finds with our readers!

Write your skin-related questions...

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Renata Block is a Board Certified Physician Assistant specializing in Dermatology. She is the creator of **Savvy Derm Diva**, an online source for proper skincare.

Renata is proud to announce as of January 2020, she is now affiliated with

Advanced Dermatology
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