

**BREAK UP  
WITH YOUR MAKEUP**  
It just isn't working between you two



## Skincare Tips

If you have rosacea, you have to treat your skin with tender, loving care. According to a 2015 national survey developed in partnership with the National Rosacea Society (NRS) and Galderma Laboratories, L.P., many patients aren't aware how skincare, eating and lifestyle habits may have an impact on their rosacea. Check out these latest skincare tips from Dr. Doris Day, board certified NYC Dermatologist and Galderma consultant.

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### BACK TO BASICS

It may sound basic but not getting enough sleep can make you look older because sleep is when your body repairs itself. Alcohol, sugary foods and processed foods can affect the skin's ability to repair itself and cause premature skin aging, so try to eat a balanced diet and indulge rarely. For the occasional late night out, alternate a glass of water or carbonated water with every alcoholic beverage. Similarly, a minority are aware of actions that could help prevent or address rosacea symptoms, such as eating more leafy greens (13%), wearing less makeup (24%), and taking Vitamin E (12%).

2

### TRACK YOUR TRIGGERS

Rosacea manifests differently for each patient and what causes a flare-up for one person may have no effect on another. It's helpful to keep a personal trigger diary and track which products, foods, drinks and activities induce a flare-up. Patients should also be aware that microscopic, typically harmless Demodex mites may also be a possible culprit. Only 14% of rosacea patients surveyed stated that they were aware of Demodex mites being a possible trigger.

3

### BE PICKY ABOUT SUN PROTECTION

It's a fact that daily sunscreen and moisturizer is a must, but not all skincare products are created equal. Not only are some better than others, but many contain ingredients that can irritate sensitive skin with rosacea - alcohol, fragrance and menthol are just a few triggers to look out for. The best bet if you are prone to rosacea, are mineral sunscreens with titanium oxide and moisturizers that are specifically developed for sensitive skin.

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### VISIT YOUR DOCTOR

Nearly 50% of rosacea patients mistake their condition for adult acne prior to diagnosis. That's why if you're suffering from any skin issues, it's important to see a dermatologist who can accurately evaluate your symptoms and give you a proper diagnosis. Rosacea often varies significantly from one individual to another, so it's vital to discuss treatment options for the bumps and pimples or facial redness of rosacea with your dermatologist.