

ROSACEA TRIPWIRES

FACTORS THAT MAY TRIGGER ROSACEA FLARE-UPS



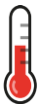
FOODS

- LIVER
- YOGURT
- SOUR CREAM
- CHEESE (EXCEPT COTTAGE CHEESE)
- CHOCOLATE
- VANILLA
- SOY SAUCE
- VINEGAR
- YEAST EXTRACT (BREAD IS OK)
- EGGPLANT
- AVOCADOS
- SPINACH
- BROAD-LEAF BEANS AND PODS, INCLUDING
- LIMA, NAVY OR PEA
- CITRUS FRUITS-TOMATOES, BANANAS, RED PLUM
- RAISINS AND FIGS
- SPICY AND THERMALLY HOT FOODS
- FOODS HIGH IN HISTAMINE



BEVERAGES

- ALCOHOL, ESPECIALLY RED WINE, BEER, BOURBON, GIN VODKA OR CHAMPAGNE
- HOT DRINKS, INCLUDING HOT CIDER, HOT CHOCOLATE, COFFEE OR TEA



TEMPERATURE

- SAUNAS, HOT BATHS, SIMPLE OVERHEATING AND EXCESSIVE WARM ENVIRONMENTS



WEATHER

- SUN
- STRONG WINDS
- COLD
- HUMIDITY



MEDICATIONS

- VASODILATORS
- TOPICAL STEROIDS



MEDICAL CONDITIONS

- FREQUENT FLUSHING, MENOPAUSE, CHRONIC COUGH, CAFFEIN WITHDRAWAL SYNDROME



PHYSICAL EXERTION

- EXERCISE, LIFT AND LOAD JOBS



EMOTIONAL INFLUENCES

- STRESS AND ANXIETY



SKIN CARE PRODUCTS

- SOME COSMETICS, HAIRSPRAYS, HYDRO-ALCOHOLIC OR ACETONE, ANY SUBSTANCE THAT CAUSES REDNESS OR STINGING

