

ROSACEA TRIPWIRES

Factors that may trigger rosacea flare-ups



Foods

- Liver
- Yogurt
- Sour cream
- Cheese (except cottage cheese)
- Chocolate
- Vanilla
- Soy sauce
- Yeast extract (bread is ok)
- Vinegar
- Eggplant
- Avocados
- Spinach
- Broad-leaf beans and pods, including lima, navy or pea
- Citrus fruits, including tomatoes, bananas, red plums, raisins or 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



Emotional influences

- Stress
- Anxiety



Physical exertion

- Exercise
- "Lift and load" jobs



Temperature-related

- Saunas
- Hot baths
- Simple overheating
- Excessively warm environments



Weather

- Sun
- Strong winds
- Cold
- Humidity



Drugs

- Vasodilators
- Topical steroids



Medical conditions

- Frequent flushing
- Menopause
- Chronic cough
- Caffeine withdrawal syndrome



Skin care products

- Some cosmetics and hair sprays, especially those containing alcohol, witch hazel or fragrances
- Hydro-alcoholic or acetone substances
- Any substance that causes redness or stinging