

**"I'm not blushing.
It's rosacea."**



More than 16 million Americans have rosacea, but most of them don't know it.

The most common sign is facial redness that often flares up, and gradually becomes ruddier and more persistent — like a sunburn that doesn't go away. Bumps and pimples may develop, along with visible blood vessels and facial burning, stinging and swelling. For many, the eyes are also affected, appearing bloodshot and feeling dry or gritty. And in severe cases, the skin may thicken from excess tissue, especially around the nose.

If you have any of these warning signs of rosacea, see a dermatologist for diagnosis and appropriate care — and ask about recent advances in medical treatment.

For more information, visit the National Rosacea Society at rosacea.org.

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National Rosacea Society
196 James Street
Barrington, IL 60010
rosacea.org
1-888-NO-BLUSH