

Rosacea Diary



An Easy Way to Find and Avoid
Your Personal Rosacea Triggers

NATIONAL
ROSACEA
SOCIETY

How to Use Your

Rosacea Diary

Rosacea is a chronic and often relapsing disorder that can be effectively controlled by following the medical therapy your doctor prescribes and eliminating environmental and lifestyle factors that may aggravate your condition or cause flare-ups of signs and symptoms.

Identifying those factors, however, is an individual process. What may cause a reaction in one patient may not in another. Your rosacea diary includes a daily checklist of the most common factors that trigger rosacea flare-ups in various patients (see inside back cover), and allows space to list other factors that may affect your individual condition. It has been developed to help you identify and avoid those factors that trigger or aggravate signs and symptoms in your individual case.

Use this diary every day over at least two weeks -- or for days when you experience a flare-up. Complete the form at the end of each day. Then look for items that seem to coincide with your rosacea flare-ups, and eliminate them wherever possible. If eliminating these factors minimizes your flare-ups, you have probably identified the trigger factors you should avoid to help keep your rosacea under control.

In surveys of rosacea patients who identified and avoided their personal rosacea triggers, more than 90 percent reported that their condition had improved. For tips on how to minimize or avoid the most common rosacea triggers, ask the National Rosacea Society for its free booklet, "Coping with Rosacea." Call the Society toll-free at **1-888-NO BLUSH**, e-mail your request to **rosaceas@aol.com**, or write the National Rosacea Society, 196 James Street, Barrington, Illinois 60010. The booklet is also available on the Society's Web site, **www.rosacea.org**.

ROSACEA DIARY

Date: _____

1 ▶ Check the weather conditions you were exposed to today:

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|--------------------------------|--------------------------------|---------------------------------|--------------------------------|
| <input type="checkbox"/> Sunny | <input type="checkbox"/> Windy | <input type="checkbox"/> Cloudy | <input type="checkbox"/> Humid |
| <input type="checkbox"/> Hot | <input type="checkbox"/> Cold | <input type="checkbox"/> Mild | <input type="checkbox"/> Dry |

2 ▶ Check the foods and beverages you consumed today:

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| <input type="checkbox"/> Spicy foods | List: _____ _____ |
| <input type="checkbox"/> Alcohol | List: _____ |
| <input type="checkbox"/> Heated beverages | List: _____ |
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| <input type="checkbox"/> Hot bath/shower | Describe: _____ |
| <input type="checkbox"/> Indoor heat | Describe: _____ |
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4 ▶ List any products you used on your face:

5 ▶ Did you comply with your medical therapy today?

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| <input type="checkbox"/> Yes | <input type="checkbox"/> No |
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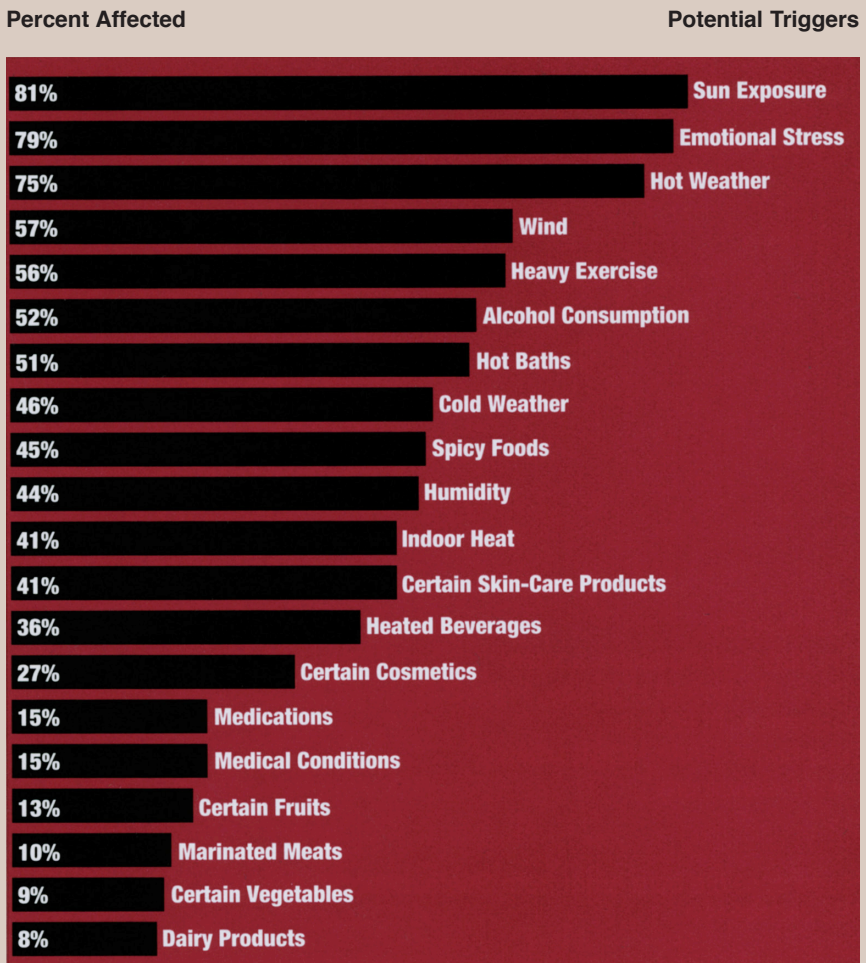
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Most Common

Rosacea Triggers

While the list of potential rosacea triggers in various individuals may be endless, most seem to be related to flushing. A survey of 1,066 rosacea patients found that the most common factors included the following:



Published by
The National Rosacea Society
196 James Street
Barrington, IL 60010
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www.rosacea.org

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