

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:

- | | | | |
|--------------------------------|--------------------------------|---------------------------------|--------------------------------|
| <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: _____
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| <input type="checkbox"/> Alcohol | List: _____ |
| <input type="checkbox"/> Heated beverages | List: _____ |
| <input type="checkbox"/> Other | List: _____
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3 ► Check the activities you experienced today:

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| <input type="checkbox"/> Emotional stress | Describe: _____ |
| <input type="checkbox"/> Heavy exercise | Describe: _____ |
| <input type="checkbox"/> Hot bath/shower | Describe: _____ |
| <input type="checkbox"/> Indoor heat | Describe: _____ |
| <input type="checkbox"/> Other | Describe: _____
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4 ► List any products you used on your face:

5 ► Did you comply with your medical therapy today?

- | | |
|------------------------------|-----------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|------------------------------|-----------------------------|

6 ► What is the condition of your rosacea today?

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| <input type="checkbox"/> No flare-up | <input type="checkbox"/> Mild flare-up | <input type="checkbox"/> Severe flare-up |
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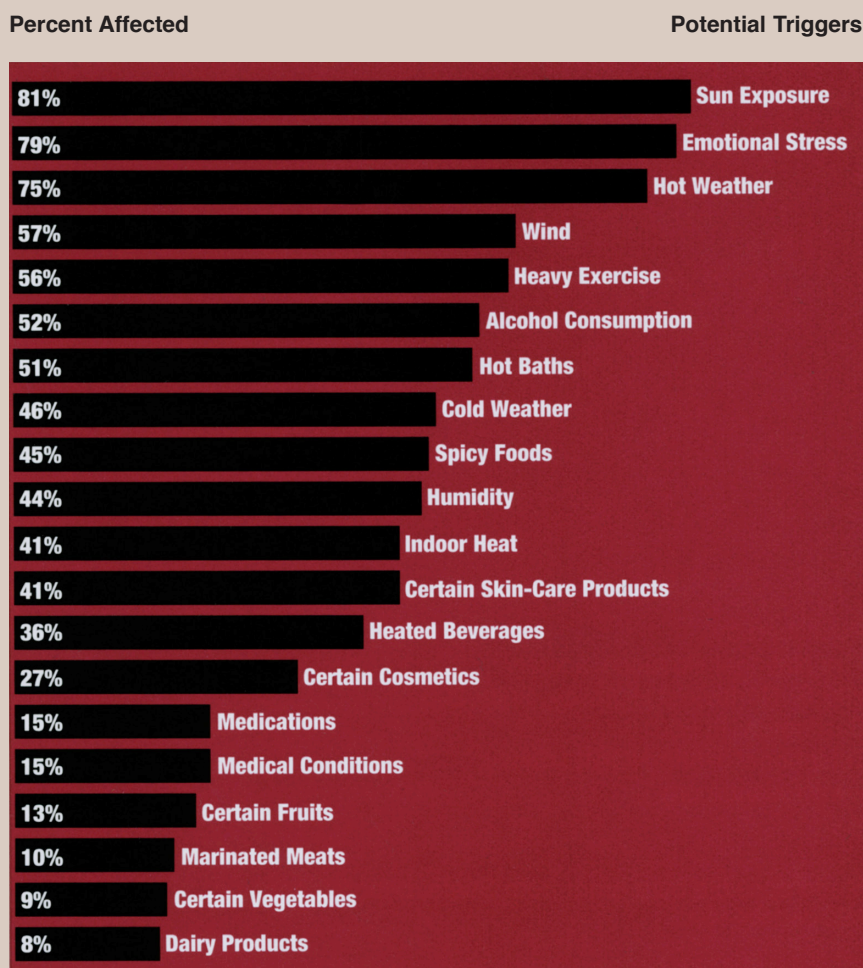
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Most Common

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:



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www.rosacea.org

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Join the National Rosacea Society!

The **National Rosacea Society** (NRS) is the world's largest organization dedicated to improving the lives of the untold millions who suffer from this widespread but poorly understood disorder. Through education and advocacy, our mission is threefold:

- To raise awareness of rosacea
- To provide public health information on the disorder
- To encourage and support medical research that may lead to improvements in its management, prevention and potential cure.

Why Should I Join?

Annually contributing members are the lifeblood of our efforts to expand important medical research on this often life-disruptive condition. Individual donations are used to support the NRS research grants program unless designated otherwise, and with each donation this program grows stronger and more significant. When you join the NRS, you help the millions around the world affected by rosacea – as well as yourself.

What Do I Get If I Join?

As a new member, you will receive a New Member Support Kit that includes a booklet on rosacea and materials to help you identify and avoid your rosacea triggers. You will also receive your first issue of a one-year subscription to *Rosacea Review*, an NRS newsletter with new information on rosacea, features and case histories on its effective care, and reports on rosacea research. In addition, you will have access to mailings of new educational materials, free product samples, discounts and opportunities to participate in research.

How Do I Join?

Joining is easy. Just fill out the form below, or visit <https://www.rosacea.org/join>. Membership is a donation of any amount and is tax-deductible in the U.S. A minimum donation in the amount of \$30 is suggested.

Name:

Address:

City:

State:

Zip Code:

Email:

Phone:

Mail this form to: **National Rosacea Society**, 111 Lions Dr., Ste. 216, Barrington, IL 60010.

The National Rosacea Society is a nonprofit organization that is tax exempt pursuant to Section 501(c)(3) of the Internal Revenue Code. Individual contributors may designate the use of their donations for program services other than grants for medical research studies by noting so on their check.