

Rosacea

You may have already noticed that certain foods, temperatures, activities, emotional states -- or something else entirely -- will trigger your [rosacea](#) to flare up. There are many known or suspected rosacea triggers.

Foods and drinks that cause rosacea:

- Alcohol
- Spicy foods
- Hot drinks
- Hot foods (in temperature)

Activities that cause rosacea:

- Exercise or heavy exertion
- Hot baths or saunas

Weather conditions that cause rosacea:

- Hot weather
- Cold weather
- Humid weather
- Wind
- Sunlight

Emotions that cause rosacea:

- Stress or anxiety
- Sudden change in emotion, like feeling embarrassed or bursting out in laughter

Medical conditions that cause rosacea:

- Menopause
- Chronic cough
- Caffeine withdrawal syndrome

Other rosacea triggers:

- Skin products
- Medications, such as topical steroids, some blood pressure [drugs](#), and some opiate painkillers

Keep in mind that not all of these things trigger your rosacea. Each person is different. The important thing is to learn what causes your own rosacea symptoms. You can use a triggers diary to keep track.

Why Do Triggers Make Rosacea Worse?

Doctors still aren't sure what causes rosacea, but in a lot of people, things that make your face flush also make rosacea worse.

When you flush, blood rushes to your face, making it red and warmer. So avoiding activities, products, or emotional states that cause flushing -- like many of the triggers above -- can reduce your symptoms of rosacea.

Avoiding Rosacea Triggers

Once you've figured out what your personal rosacea triggers are, find ways to avoid them.

Food and drinks. Obviously, cut down on -- or cut out -- any foods that cause symptoms of rosacea. You could also try some simple substitutions. For instance, in the morning, replace that steaming mug of joe with iced coffee.

Exercise . Unfortunately, working out can worsen your rosacea. But given all of its other health benefits, you still need to be physically active. The answer: adjust your routine. Instead of one long workout, try splitting it into several shorter segments. Consider longer low-intensity workouts instead of more demanding ones. You need to stay cool. Don't exercise outside when it's too hot. If you're inside, use a fan or air conditioner. During your workout, drink plenty of water. Afterwards, cover your face with a cool cloth.

Weather. You can't control the weather, but you can protect yourself from it. You should always wear a hat and use sunscreen to protect your skin while outside. Also, do the obvious: dress warmly on cold days and lightly on hot ones.

Emotional stress. Learn ways to calm yourself before your anxiety results in a rosacea flare-up. You might try deep [breathing exercises](#) or yoga.

Medication. If you think a medication may be a trigger, talk to your doctor. See if you could try a different drug instead.