

Factors That May Trigger Rosacea Flare-Ups

The following list was compiled from patient histories by Dr. Jonathan Wilkin and produced by the National Rosacea Society. I have modified the list slightly. Items in bold print are more universally problematic.

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

Temperature-related

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

Weather

Sun
Strong **winds**
Cold
Humidity

Drugs

Vasodilators
Topical steroids

Beverages

Alcohol, especially red wine, beer, bourbon, gin, vodka or champagne
Hot drinks, including hot cider, hot chocolate, coffee or tea

Medical conditions

Frequent flushing
Menopause
Chronic cough
Caffeine withdrawal syndrome

Emotional influences

Stress
Anxiety

Physical exertion

Exercise (especially prolonged aerobic or “cardio”)
"Lift and load" jobs

Skin care products

Some **cosmetics** and hair sprays, especially those **containing alcohol, witch hazel, acetone, acid or fragrances**
Any substance that causes redness or stinging

