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Rosacea Treatment and Causes: How to Know When a Flushed Face Is Something More

The skin condition affects about 16 million Americans.

While there is still a lot of research to be done on rosacea, in the last five years scientists have begun to study the link between it and other diseases. A recent [study](#) has linked rosacea with other autoimmune conditions, like celiac disease and rheumatoid arthritis, and researchers have also found a correlation between rosacea and [gastrointestinal conditions](#), as well as [neurological diseases](#) like Parkinson's. Unfortunately, there is no cure for rosacea, but you may be able to keep the symptoms under control with certain lifestyle changes.

Factors that trigger rosacea vary from person to person, but here are a few common triggers that can cause flare-ups.

Food is one of the main triggers for rosacea. "One of the most important causes is gut inflammation," [Julia T. Hunter](#), M.D., dermatologist and founder of Wholistic Dermatology, tells SELF. "Drinking alcohol, eating spicy foods—or foods that your gut may be sensitive to—can all trigger flare-ups." Alcohol naturally causes blood vessels to dilate, which can lead to redness. The same goes for spicy foods and hot drinks, such as coffee and tea. Aged cheeses and cured meats (like salami) are common triggers for many people because they are high in histamines, which can cause the blood vessels to dilate.

Another major flare-up factor when it comes to rosacea is temperature, so hot showers and facial steaming are on the list of things to avoid, and changes in the weather outside can trigger red skin. And just like many other skin conditions, hormonal changes like menopause, menstrual cycles, and birth control can affect the appearance of rosacea. Hunter explains that your emotions can also exacerbate rosacea. Stress, embarrassment, anger, and nervousness can all cause a flare-up because your body's fight-or-flight response is triggered by these emotions, causing your blood vessels to react.