



# Solutions to reduce redness

IF YOU flush at the slightest provocation and turn redder than a cooked lobster after a jog, a drink or a hot curry, it's easy to think you're just cursed with sensitive skin.

But there may be more to it than that. Rosacea is a chronic skin condition estimated to affect around 10 per cent of the population, causing redness across the centre of the face, broken capillaries and acne-like pimples.

"The precise cause of it remains elusive, but we do know the earlier it is diagnosed, the less trouble it is later," says Dr Buddy Beaini, director of MD Cosmedical Solutions. He explains the best treatment solutions:

### WHAT CAUSES ROSACEA?

It's likely that a combination of factors contribute to rosacea, from sensitive skin to allergies and psychological issues.

"But a genetic predisposition is the strongest marker of the disease - if you have someone in the family with rosacea, you're more likely to develop it," Dr Beaini says. Yet for most people, they only seek treatment between the ages of 35 and 50 when the redness becomes more pronounced.

"Maybe they had flushing in the early teenage years but it was never diagnosed," Dr Beaini says. For this reason, he recommends seeking treatment as early as possible.

### HOW CAN IT BE TREATED?

"In the first instance, we can start with anti-inflammatory skincare and a rosacea sunscreen, and oral antibiotics can also be used," Dr Beaini says. In more severe cases, laser treatments can reduce help to skin redness and eliminate broken capillaries.

For mild flushing, Dr Beaini recommends

### FAST FACTS

**Who:** MD Cosmedical Solutions by Dr Buddy Paul Beaini MB, BS (NSW Uni), DCH, FACAM

**What:** Non-surgical aesthetic treatments and plastic surgery treatments in cosmedical medicine

**Where:** Clinics in Sydney CBD (Sheraton on the Park Hotel), Wahroonga and Canberra

**More:** [mdcosmedicalsolutions.com.au](http://mdcosmedicalsolutions.com.au) or 1300 885 808

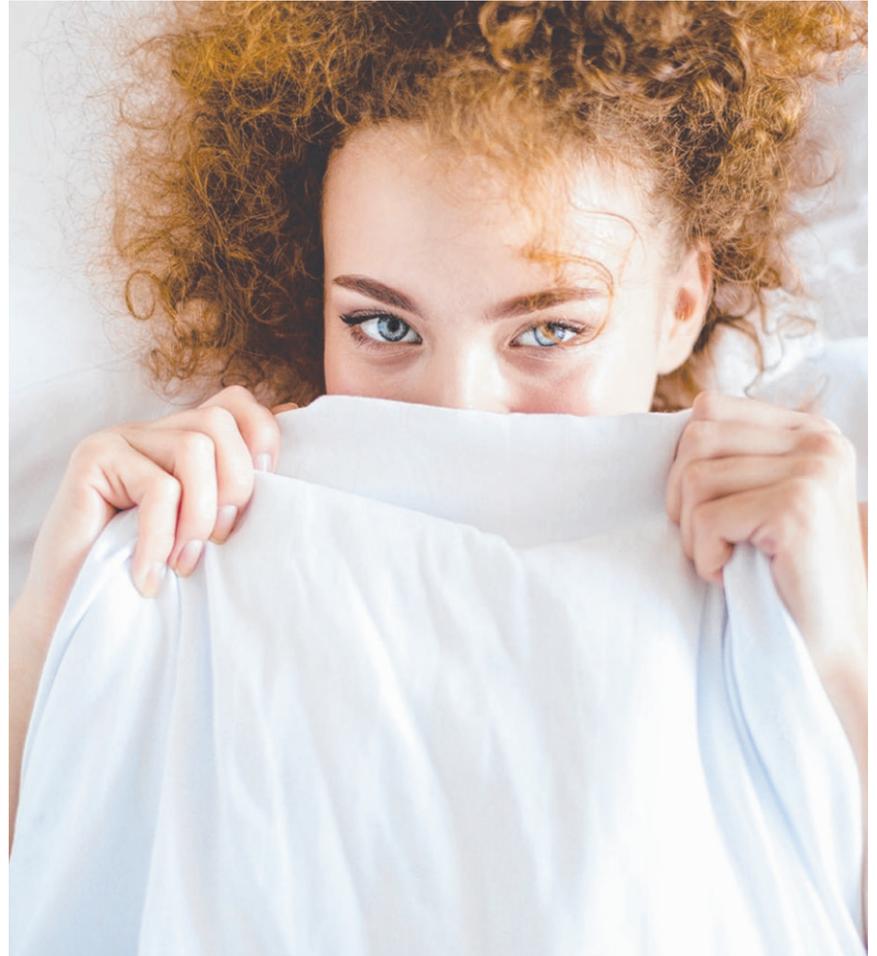
using a combination of Intense Pulsed Light (IPL) and a specialised Fotona laser to heat and destroy the redness-causing pigments, while Fraxel Repair CO2 laser stimulates the body's natural healing process to replace severe rosacea damage with fresh, healthy skin. "Laser is always a better way to go than a lifetime of antibiotics," he says.

Between four to six treatments are needed for IPL and Fotona treatments, and one to two for Fraxel Repair laser, depending on severity.

### HOW CAN I PREVENT IT?

While it's impossible to cure rosacea entirely, there's plenty you can do to stop it reoccurring. Dr Beaini recommends top-up sessions every one to two years for any residual redness, as well as limiting exacerbating triggers, such as fluctuations in temperature, UV exposure, alcohol, too-harsh skincare and hot or spicy foods. Hormones and some ingredients such as tomatoes, vanilla and soy sauce can also be problematic.

"You can never get rid of the disease because it's in your genes, but you can always reduce it," Dr Beaini says.



Don't be embarrassed by constant blushing. You could be suffering from rosacea, a chronic skin condition estimated to affect one in 10 people.

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ageing skin

wrinkles

dark eye circles

acne scars

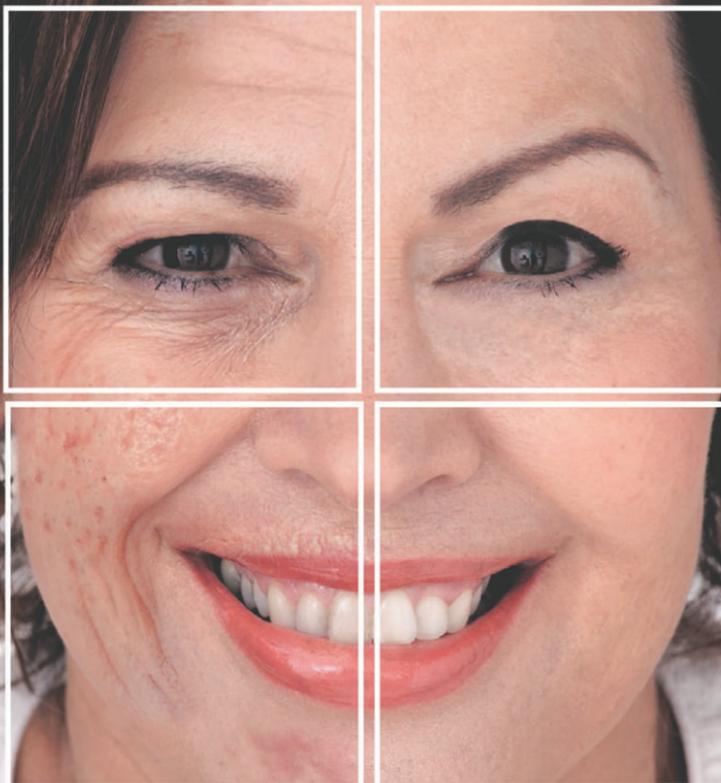
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Actual MD Cosmedical Solutions patient



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All treatments performed by Dr Buddy Beaini (MB, BS, DCH, Member ASCM) and his cosmetic medical team\*

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