The truth behind that rosy cheek

Millions of people worldwide suffer from rosacea – a common chronic skin condition that results in redness of the face.

Tay Liang Kiat

When she was younger, Kristen (not her real name), when in her late 20s, was not bothered by the constant redness under her cheeks. In fact, she liked having rosy cheeks, which gave her a healthy look. However, a few years ago, Kristen started to become a problem a few years ago. Kristen noticed that her redness would worsen, and she would experience redness while on vacation, or on certain days during the month.

Kristen came to a consultation recently for an examination of redness under her cheeks from rosacea all these years.

Rosacea is a chronic, inflammatory skin condition that results in redness of the face, with fluctuating periods of worsening and remission. However, it may be more prominent and prolonged in certain individuals, rather than others. It affects men and women of all skin types, though fair-skinned individuals are more susceptible.

Famous personalities who suffer from rosacea include the late Princess Diana and former United States president Bill Clinton. The cause of rosacea is not fully understood. It thought to be a combination of genetic immunity, vascular and environmental factors. Demodex mites, a normal inhabitant in hair follicles and sebaceous glands, and the presence of Th2 cytokines are also thought to have a significant effect.

When triggered, the tiny blood vessels in the skin dilate, causing facial flushing and redness. Triggers known to aggravate rosacea include hot weather, spicy food, alcohol, beverages, changes in hormone levels, stress or anger, facial skin care products, and environmental factors.

The signs and severity of rosacea can vary substantially from one person to another, with some experiencing more prominent redness or flushing while others may experience more inflammation. Rosacea can also progress into rhinophyma, a condition characterized by large, red, thick and swollen noses. Rosacea occurs twice as commonly in women, although the disease tends to be more obvious. The patient may have acne-like breakouts. The signs and symptoms of rosacea may gradually spread and become more obvious. The patient may have acne-like breakouts.

Rosacea can cause embarrassment, frustration, low self-esteem and depression. After many years of imaging with rosacea, Kristen is finally starting to see improvement. Her facial redness is now more pronounced, and her rosacea is easier to control. Kristen has improved with the right medications and laser treatment. She now has a more confident smile and is no longer embarrassed to attend an important meeting or dinner function.

We love our holidays but unfortunately accidents and illnesses don’t take vacations.

Our 24-hr Clinic and Emergency Services are available day and night to serve you. For information on our services, call us at 6347 6210.

From the 18th to the 23rd of December, we will be unavailable for adult and pediatric care. For urgent medical specialists, private care is also available when needed.

RoNUS Healthcare Pte Ltd. 02-15, 111 Thomson Road #02-15 Raffles City, Singapore 308880. Tel: 6347 6210. Fax: 6347 6400. e-Mail: info@ronuhs.com. Website: www.ronuhs.com. All rights reserved

ASK THE EXPERTS

Brought to you by

Do I have dengue fever?

Q Have you been experiencing a high fever for the past few days with joint and muscle pain, headache and itchy rashes? Do I have dengue fever?

A Yes, it might be a case of dengue fever. Dengue fever is caused by the dengue virus, which is transmitted by an infected female Aedes aegypti mosquito. Symptoms include high fever, muscle and joint pain, headache and rash on the face.

When should I see a doctor?

If you live within a dengue cluster and develop symptoms resembling those of dengue fever, early medical assessment is recommended.

How is dengue fever treated?

Seek only inpatient care for severe dengue or for high-risk groups like the elderly and persons with pre-existing medical conditions.

Hospital admission is required for those with symptoms of severe dengue or for high-risk groups like the elderly and persons with pre-existing medical conditions.

How can I prevent dengue fever?

1. Protective clothing
2. Mosquito netting

Check your home frequently for areas with stagnant water and remove it immediately. At home, the 5-minute method is useful. In 5 minutes, drop 30 drops of liquid detergent into the water. Drop the piece of cloth and the water will clear in 5 minutes.

Are there vaccines available for dengue fever at the moment?

In Singapore, Dengvaxia is approved for individuals aged 12 to 60 years old, provided they have not previously been infected with dengue. It is not recommended for dengue before.

Before you make your doctor feel bad about you if you are not suitable for the vaccine.

Dr Oh Jun Jan

Weed and Consultant, 24hr Clinic and Emergency Services, Mount Alvernia Hospital

In Singapore, Dengvaxia is approved for individuals aged 12 to 60 years old, provided they have not previously been infected with dengue. It is not recommended for dengue before.

Before you make your doctor feel bad about you if you are not suitable for the vaccine.

Dr Oh Jun Jan

Weed and Consultant, 24hr Clinic and Emergency Services, Mount Alvernia Hospital