

Gorgeous skin at 30, 40, 50

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Q I get so flushed in the summer. What's causing the redness?

A You may be among the 14 million Americans with rosacea. Symptoms can include pimples, red or cream-colored bumps, broken blood vessels, swelling, or redness. It's not clear what causes rosacea, but heredity, environmental irritants, and hormones may contribute. Things that heat skin—summer temps, hot drinks, alcohol, stress, exercise, hot baths, and spicy food—may trigger it. “While there's no cure, there are many effective treatments to reduce symptoms,” says Kenneth Beer, MD, medical instructor of dermatology at the University of Miami.

Here, the latest options:

Over-the-counter creams. A few to try: Eucerin's Redness Relief products (\$8.99 to \$14.99; drugstores nationwide), Sothys Paris Clarté and Confort Clearness Freshness Mask (\$29; www.sothys-usa.com), or Renée Rouleau Anti-Redness Treatment (\$38.50; www.reneerouleau.com).

Topical prescriptions. Antibiotic creams may reduce bacteria, which can cause pimples, bumps, swelling, and redness. The newest is MetroGel 1% (\$150 for 60 milliliters; generic brands of the same size, about \$30).

Prescription pill. Oracea (\$155 for 30 pills; generic, about \$50) is the first oral rosacea treatment approved by the Food and Drug Administration.

In-office treatment. Lasers and Intense Pulsed Light (IPL) treat broken blood vessels, ridding skin of redness and bumps. Two to five sessions are usually required (about \$350 to \$700 each). —MB

56%
of rosacea
sufferers
say exercise
triggers or
aggravates
their symptoms,
according to
a National
Rosacea Society
survey.



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