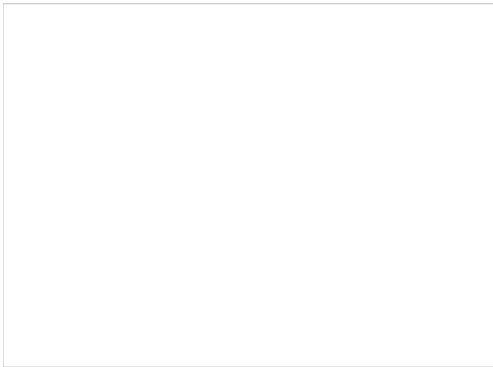


Couperose. What is it and how to overcome it?



What is couperose, couperose skin?

Couperose is a French word for a chronic inflammatory skin disorder also known as "rosacea". The term couperose skin is sometimes used to describe skin with signs of pink. Couperose is a chronic inflammatory skin disease and is most common in fair-skinned people. Couperosis is more common in people with relatively thin and sensitive skin. Rosacea is thought to affect between 2 and 22 percent of fair-skinned people.

Couperosis is a condition caused by weakened facial blood vessels, usually on the cheeks and nose. When we are exposed to heat, cold, various stimulants (such as alcohol) or emotions, our skin reacts and dilates the facial blood vessels. This allows blood to flow through them and should contract when needed. However, if the blood vessels weaken, they can hardly contract or do not contract at all, which is why they cause long-term redness.

Symptoms of couperosis

Depending on the symptoms, couperose (pink) can be divided into four subtypes. People often experience symptoms of several subtypes.

Erythematotelangiectasia couperosis (rosacea) is characterized by reddening of the central part of the face. This often results in telangiectasia, or in other words visible blood vessels in the form of a spider web.

Papulopustular couperosis (rosacea) is characterized by pimples and the appearance of pustules.

Rhinophyma rosacea is a relatively rare form of rosacea. As the name itself suggests, this subtype of couperosis affects the nasal area, causing thickening of the nasal skin. It is more common in men than women.

Couperosis (rosacea) of eye's is usually characterized by redness and inflammation in and around the eyes.

Symptoms of couperose skin

Couperose skin can happen to anyone, but it is most common in women over 30 with fair skin, blonde hair and blue eyes. It is a chronic disease whose symptoms tend to appear in waves. And people with couperose

may experience any of the following symptoms, depending on which subtype of rosacea they have:

- redness of the face, primarily redness in the center of the face,
- clearly visible blood vessels,
- the skin is sensitive,
- burning and stinging of the skin is felt,
- the formation of pimples and pustules, which may contain pus,
- thickening of the skin, especially in the nasal area,
- dry, irritated and swollen eyes.

Causes of couperose skin

The causes of couperose (pink) or couperose skin are not fully

understood. Its development is thought to be influenced by genetics, immune system reactions, environmental factors, exposure to certain microorganisms, and dysfunction of the nerves that control blood vessels. The occurrence of couperosis can be influenced by the use of hormonal drugs and changes in hormonal balance, cardiovascular diseases and constant stress. This disease can also be provoked by bad habits such as smoking or drinking alcohol, abusing sun baths or solariums and saunas. Couperosis can also be provoked by the constant consumption of spicy food. It is believed that skin burns or other injuries can sometimes play a role in the development of couperosis.

Several factors have been identified that can lead to an exacerbation of couperosis. These would include very hot drinks, spicy foods, foods containing cinnamaldehyde such as chocolate, cinnamon, tomatoes and citrus fruits, red wine, alcohol, exposure to extreme temperatures, ultraviolet (UV) light and wind, heightened emotions, some cosmetic products, drugs that dilate blood vessels.

Treatment of couperose skin

There is currently no cure for couperosis, so treatment focuses on symptom management. If you think you have couperose (rosacea), it's a good idea to see your doctor so they can rule out other conditions, eczema or lupus, that can cause similar symptoms. If couperosis appeared due to other diseases, after they are treated, the symptoms of couperosis will disappear by themselves. But in other cases, you have to fight this disease for the rest of your life.

First of all, the so-called "triggers" of couperose should be avoided. You may find that certain factors trigger an exacerbation of couperosis. Avoiding these factors can reduce your symptoms. Red wine, spicy food, UV light and alcohol are some of the common and most common triggers. You can protect yourself from UV rays

every time you go outside by applying a sunscreen with an SPF of 30 or higher.

Couperose skin creams and gels. If couperose is mild to moderate, your doctor may recommend one of several creams or gels that can be applied to the face, such as brimonidine, azelaic acid, or metronidazole. Brimonidines reduce redness by causing facial vasoconstriction. Azelaic acid and metronidazole have antimicrobial properties that help manage acne. Creams or gels need to be applied frequently to see permanent results.

Pulsed light therapy. Pulsed light therapy is a form of laser therapy that uses heat from light beams to constrict blood vessels. Most people see a 50 to 75 percent reduction in visible blood vessels after one to three treatments. Results usually last 3 to 5 years. Side effects are usually mild: temporary redness, loss of skin color, bruising.

Acne medications. If couperosis is accompanied by pimples and pustules and does not respond to a gentle facial cleanser, your doctor may recommend oral antibiotics and other acne medications. Oral antibiotics can help manage acne by killing bacteria that live on the skin and reducing inflammation. Antibiotics are commonly prescribed to treat rosacea. Couperosis, more commonly known as rosacea, is a common

inflammatory skin disease. This usually causes central facial redness, visible blood vessels and sensitive skin. It is not completely known what causes couperosis, and there is currently no cure. However, without treatment, couperosis progresses. And if in the initial stages of the disease there will be redness in the areas of the chin, cheeks or forehead, as the disease progresses, redness of the skin may also appear in the areas of the neck, chest, scalp or ears. Over time, the redness of the skin becomes more intense, and the tortuous vessels become more and more visible. If couperose remains untreated, pimples, pustules or pink nodules may develop. To prevent this, it is very important to take certain actions in time to prevent the progression of the disease s would be paused. Treatment includes managing symptoms with lifestyle changes, medications, and laser therapy. Before self-treating couperosis, it's a good idea to talk to your doctor so he can rule out conditions with similar symptoms.

How to care for skin with couperose

Proper care is one of the main conditions for getting rid of couperose or reducing its symptoms. If you have couperose, you should know that you need to take care of your skin a little differently now. As you know, couperosis is the weakening of blood vessels, their approach to the surface of the skin. In order not to provoke the appearance of a fine mesh and stars, skin care should be as gentle as possible. No excessive friction and massage - do not provoke the appearance of additional ascular stars. After washing, do not rub the skin with a towel - dry it only by lightly touching it. Under no circumstances

should you use scrubs or scrub masks. They remove the upper part of the epidermis, which brings the blood vessels even closer to the surface layer of the skin. Any cosmetic foam with fruit acids or alcohol that can irritate the skin is unacceptable. Mechanical face cleaning is also not allowed.

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<https://www.healthline.com/health/couperose>