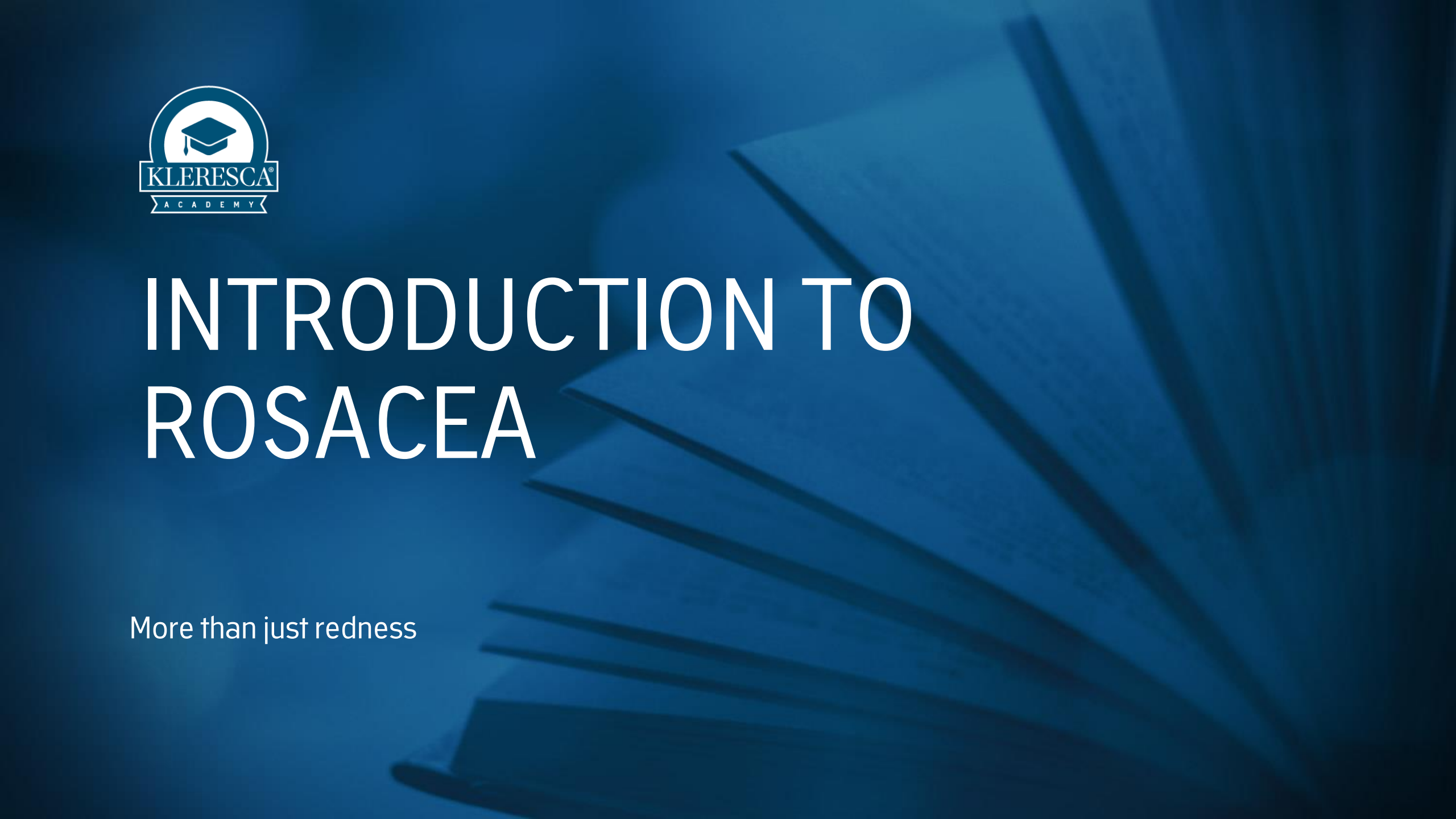

INTRODUCTION TO ROSACEA

More than just redness

KLERESCA® ACADEMY

CONTENTS

WHAT IS ROSACEA?

Rosacea: more than just redness

WHAT IS ROSACEA[10,11]

- Chronic inflammatory skin disorder
- It affects primarily the central areas of the face (cheeks, nose, chin and central forehead)
- Often appears with periods of exacerbations and remissions of cutaneous signs

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THE SIGNS OF ROSACEA[10,11]

PRIMARY FEATURES

- Flushing (transient erythema)
- Persistent redness (non-transient erythema)
- Papules and pustules, nodules sometimes
- Telangiectasia (visible dilated blood vessels), common but not always present, more visible if redness fades

SECONDARY FEATURES

- Burning or stinging
- Plaques, larger red areas
- Dry appearance
- Oedema
- Ocular manifestations like tearing and redness
- Peripheral location, present in neck, chest, scalp, ears and back
- Phymatous changes

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CLASSIFICATION OF ROSACEA[10,11]

The standard classification system establishes the following subtypes of rosacea:

Subtype 1: Erythematotelongiectatic rosacea

Flushing

Persistent central facial erythema

Telangiectasias (visible blood vessels) common

Subtype 2: Papulopustular rosacea

Persistent central facial erythema

Swelling

Transient papules and/or pustules

Burning and stinging

Subtype 3: Phymatous rosacea

Thickening skin and enlargement

Irregular surface nodularities

Commonly rhinophyma (thickening in nose area), but can appear elsewhere

Subtype 4: Ocular rosacea

Eye irritation

Burning sensation and blood-shot eyes

Gritty feeling

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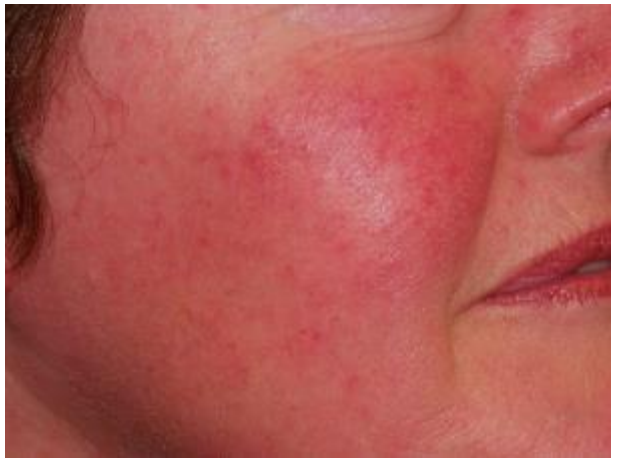
CLASSIFICATION OF ROSACEA[10,11]



Subtype 1

Subtype 2

Subtype 3

Subtype 4

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CLASSIFICATION OF ROSACEA

- The different subtypes of rosacea, can have mild to severe symptoms [10,11]
- The latest research recommends that to be diagnosed with rosacea a patient must present[23]:
  - Persistent erythema or phymatous changes
- Additionally, two or more primary features are also considered diagnostic[23]
- In most cases a combination of primary and secondary features are seen in a patient, but seldomly appear all together[10,11]

WHAT IS THE CAUSE OF ROSACEA?[11,12]

The exact causes of rosacea are not completely understood. Latest findings suggest the following:

- Abnormal functioning of the immune system (induces inflammatory cascades)
- Neurovascular dysregulation (leads to vasodilation and development of abnormal superficial blood vessels)

LIVING WITH ROSACEA[12,13]

- May significantly affect patient's lives, leading to psychological and social distress over appearance
- Negative effect on self-esteem and self-confidence
- Overall reduction in the patient's quality of life

TRIGGERS OF ROSACEA[7]

Rosacea symptoms can be a response to certain triggers such as:

- Anxiety and stress
- Food (especially spicy food)
- Alcohol
- Drugs
- Wind

Patients are often educated to avoid these triggers to keep their rosacea under control

ROSACEA TRIGGERS

Many patients notice certain triggers seem to make their symptoms worse.
An NRS survey of 1,066 rosacea patients found that the most common factors included[24]:

81%	SUN EXPOSURE	41%	INDOOR HEAT
79%	EMOTIONAL STRESS	41%	CERTAIN SKIN-CARE PRODUCTS
75%	HOT WEATHER	36%	HEATED BEVERAGES
57%	WIND	27%	CERTAIN COSMETICS
56%	HEAVY EXERCISE	15%	MEDICATIONS
52%	ALCOHOL CONSUMPTION	15%	MEDICAL CONDITIONS
51%	HOT BATHS	13%	CERTAIN FRUITS
46%	COLD WEATHER	10%	MARINATED MEATS
45%	SPICY FOODS	9%	CERTAIN VEGETABLES
44%	HUMIDITY	8%	DAIRY PRODUCTS

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FACTS ABOUT ROSACEA[11,14,18]

- Appears to be quite common
  - Prevalence rates range from **0,09%** to **22%** (depends on the study)
  - Worldwide, **5.46 %** (414,960,000 sufferers)
- Most frequently observed in patients with fair skin[73,74], often called the 'Curse of the Celts' (prevalent among Irish)[75]
- Three times more common in women
- May occur at any age, typically between 30 – 50
- Rhinophyma typically appears between 50 - 70

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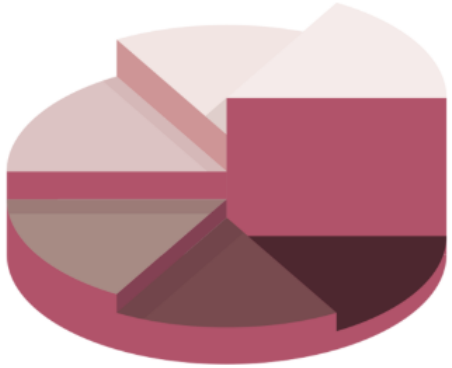
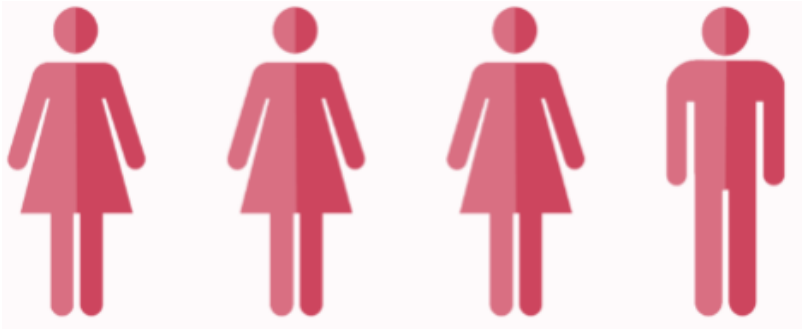
FACTS IN IMAGES[11,14,18]

Approximately 415 million people worldwide have rosacea



It is most frequently observed in patients with fair skin



It is 3 times more common in women than in men

It may occur at any age, typically between the age of 30 to 50

INCREASING INCIDENCE RATE[15]

- **The steady growth and aging of the population** have raised the incidence of rosacea over the past decade
- Rosacea may occur at any age, but tends to first appear during middle age
- It now affects the massive **Baby Boom generation**

COMMON BUT UNDERDIAGNOSED CONDITION[15,16]

- The earliest signs of rosacea are often overlooked because people assume they are temporary and they will go away[69]
- **95%** of rosacea patients had **known little or nothing about its signs and symptoms prior to their diagnosis**
- A study on the prevalence of rosacea in Germany and Russia found[72]:

  - Over 80% of rosacea subjects were not previously diagnosed

  - Within the previous year, 47.5% of rosacea subjects had received no rosacea care

  - **23.7%** of rosacea subjects **had received topical and/or systemic drugs**

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TREATING ROSACEA

TREATMENT OF ROSACEA[13-15]

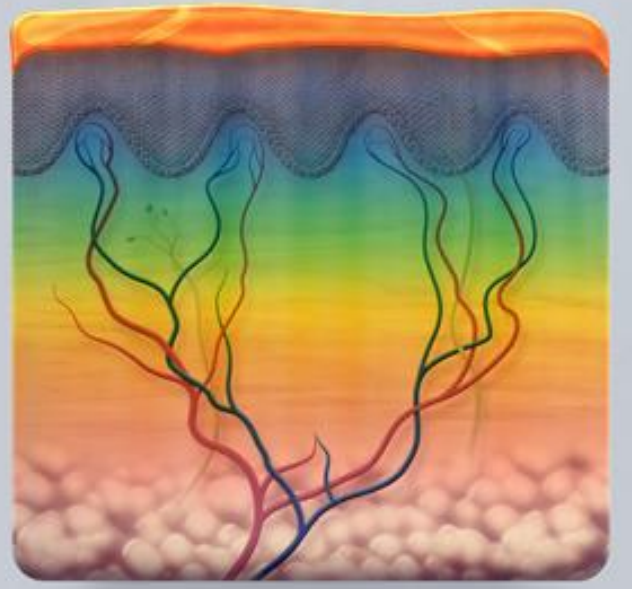
- Most of the current treatments have different associated side effects (scarring, hyper/hypo pigmentation, risk of bleeding, pain…)
- They are moderately successful in controlling symptoms, but relapse usually occurs shortly after the cessation of the therapy

IMPORTANCE OF EARLY DIAGNOSIS[7]

- **Early diagnosis** and **treatment** is necessary to prevent symptoms developing from mild to moderate to severe
- Rosacea often increases in **severity** over time, especially if it is left untreated

TREATING ROSACEA WITH FLUORESCENT LIGHT ENERGY[2-8]

- Non-invasive biophotonic treatment
- Capacity to penetrate to various depths of the skin and to stimulate the skin tissues and cells
- Designed to target the signs and symptoms of rosacea



INSPIRED BY **PHOTOSYNTHESIS**

WORKS AT **CELLULAR LEVEL**

REDUCES **INFLAMMATION**

FEEL THE CHANGE[2-4,6-8]

- Reduces inflammation, reducing the presence of papules and pustules
- Reduces erythema and blushing by improving microvascularization
- Reduces the overall stress level of the skin, thereby reducing the feeling of burning and stinging
- Induces a healing response, improving the overall skin quality

KLERESCA® ROSACEA TREATMENT

- Non-invasive and comfortable treatment[2-6]
- High safety and efficacy[2-6]

Kleresca®
Photoconverter Gel

Kleresca® Rosacea Treatment

Kleresca®
Multi-LED Lamp

Rejuvenation mode

Kleresca®
Rosacea Treatment

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HOW THE TREATMENT IS PERFORMED*[1]

The skin is cleaned and Kleresca® gel is applied

The gel is illuminated for nine minutes using the multi-LED Kleresca® lamp, together creating fluorescent light energy that stimulates the skin

The gel is removed and the skin is cleaned and moisturised. With little to no-downtime, even make up can be applied immediately afterwards

*In general, Kleresca® is seen as a pleasant, comfortable and well-tolerated treatment

PLEASANT AND COMFORTABLE[2-7,9]

- Kleresca® Rosacea Treatment has a high safety profile and is a well-tolerated treatment
- In general, the treatment is considered to be a pleasant and comfortable experience
- Side effects may include redness, swelling and hyperpigmentation (bronzing of an area of the skin)
- All side effects are transient and do not require the intervention of the clinician

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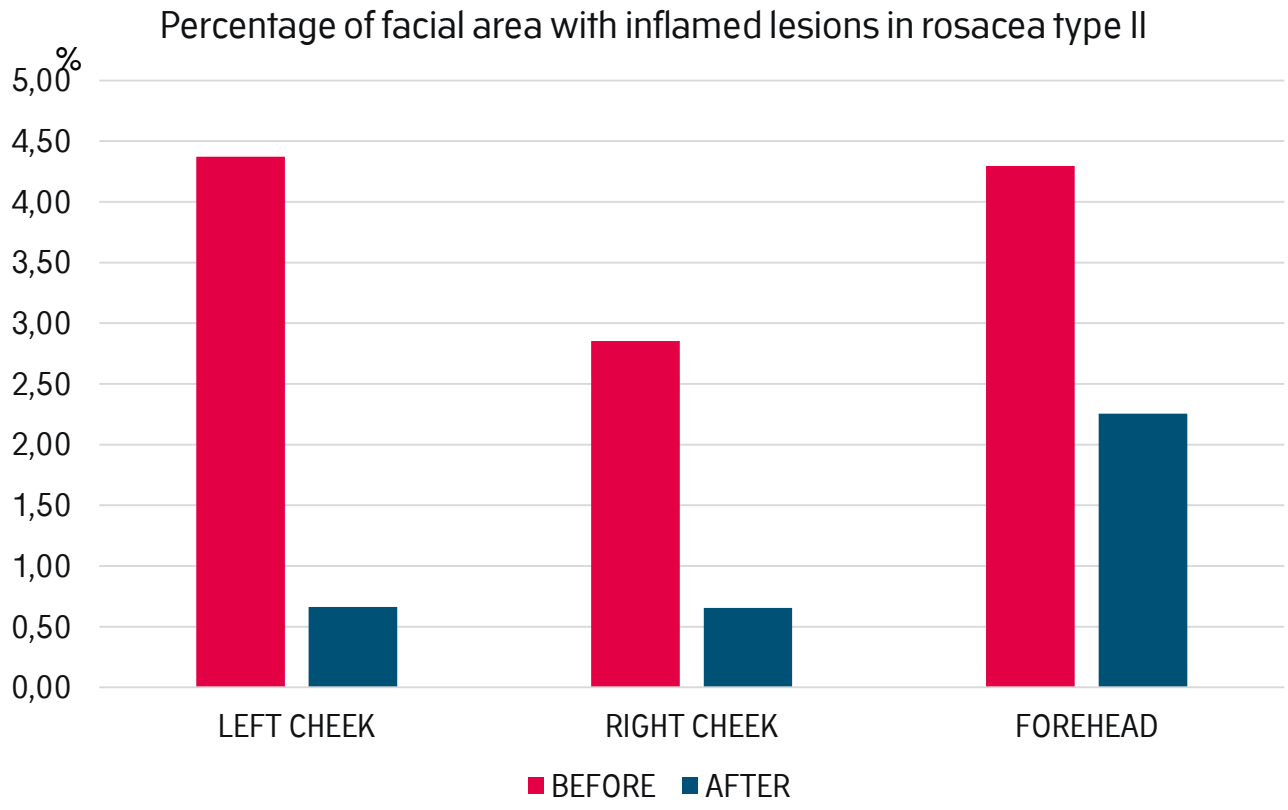
REDUCTION OF ROSACEA SYMPTOMS[7]

The graphic shows a clear reduction of redness and inflammation in patients suffering with rosacea type II treated with Kleresca®



BEFORE AND AFTER[6]

Baseline

5 weeks after

Marked reduction of inflammation

Images: Braun & Gerber. *International Journal of Dermatology* 2017, 56, 1457-1517. © 2017 The International Society of Dermatology

TAKE HOME MESSAGES

TAKE HOME MESSAGES - ROSACEA

- Chronic inflammatory skin disorder, affecting primarily central areas of the face. Often with periods of exacerbations and remissions
- **Main signs:** flushing, persistent redness, papules and pustules, telangectasies, phymatous changes, etc. In most cases patients present a combination of primary and secondary signs
- The standard classification system establishes 4 subtypes of rosacea
    - **Subtype I:** Erythematotelongiectatic rosacea
    - **Subtype II:** Papulopustular rosacea
    - **Subtype III:** Phymatous rosacea
    - **Subtype IV:** Ocular rosacea
- Quite common, affecting almost **415 Million** sufferers worldwide, frequently in fair skin. The exact causes are not well understood
- Common but underdiagnosed, **95% of patients** had known little or nothing about its signs and symptoms before diagnosis
- May **significantly affect patients' lives**, leading to psychological and social distress over appearance
- **Early diagnosis** and **treatment** is necessary to prevent symptoms developing from mild to moderate to severe
- Can be treated with **fluorescent light energy** (Kleresca®). A non-invasive and gentle treatment designed to target its signs and symptoms
- Kleresca® Rosacea Treatment reduces inflammation, reducing the presence of papules and pustules and it reduces erythema and blushing by improving microvascularization
- It also reduces the overall stress level of the skin, reducing the feeling of burning and stinging and it induces a healing response, improving the overall skin quality

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Do you have further questions?
Send us a mail at academy@klerescа.com

Do you want to check your knowledge about rosacea? Do the test to see how much you have learned and get your certificate of completion!

TAKE THE TEST

Sharing the knowledge

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