

Skin Care

Rosacea: What Causes it and How to Treat it

By Patricia Wersinger

Rosacea is a condition that afflicts nearly 16 million Americans according to Rosacea.org, an organization dedicated helping individuals control their rosacea outbreaks. Sensitive skins tend to flare up more easily especially among middle aged women of fair complexion but rosacea can really happen to anyone. In its mildest forms, Rosacea usually looks like a simple pink rash or blush that spreads from the face to the neck and chest, in the more serious cases, tiny red bumps sometimes filled with pus can appear. Often triggered by stress, alcohol, spicy foods, hot drinks, or exercise, rosacea can make one feel uncomfortable and self conscious and needs to be treated.

To treat my rosacea prone skin, I studied different approaches to help diminish signs of redness and appease my skin. During my research, I discovered a new treatment, **Lumecca IPL Therapy** that has become the gold standard for the treatment of hyperpigmentation, rosacea and other skin disorders. I was invited by **Jane Scher RN BSN**, a certified nurse to try the device on my skin to see how it reacted. I found the treatment very gentle, quick and was pleasantly surprised by the results as all signs of redness were noticeably gone, my skin was clear, radiant with no more broken capillaries around the nose. The procedure requires no downtime and you're in and out in twenty minutes. Extremely effective for rosacea, it works by using photo-thermolysis energy directly on the affected areas to clean out bacteria on the face. Depending on your level of rosacea, you may require one to several treatments. Jane recommends one treatment per month for those who suffer from rosacea. If you suffer from chronic rosacea, this is a treatment that you can easily get addicted to. Jane Scher RN BSN is based on the Upper East Side of New York City and specializes in Lumecca and many other skin treatments. Jane is a member of the American Society of Plastic Surgical Nurses (ASPSN) with specialization in cosmetic and reconstructive surgery since 1971. She co-founded and served as CEO of the American Plastic Surgery Center, where she has treated patients in Manhattan and the Tri-State Area for over 31 years. You can learn more about Jane at <http://www.janescherrn.com>.