

# BIODERMA

LABORATOIRE DERMATOLOGIQUE



**LIVE BETTER WITH  
YOUR ROSACEA**



N A O S  
ECOBIOLOGY

| AT THE HEART OF DERMATOLOGY

## WHAT IS ROSACEA?

**Chronic inflammatory skin condition**, starting with intermittent redness resembling sunburn and hot flushes.

- **Redness** becomes permanent on the face : cheeks, nose, forehead.
- May involve **visible blood vessels**.

Causes not fully understood, but likely involve **several factors**:

- neurovascular,
- immune,
- genetic,
- environmental.

## SOME DATA ABOUT ROSACEA



(1) Epidemiology of acne and rosacea: A worldwide global study - *Journal of the American Academy of Dermatology*, January 2024. (2) U&A study for Bioderma on 600 people with redness, rosacea, visible small vessels (200 diagnosed / 400 self-diagnosed), France.

## WHAT ARE THE DIFFERENT TYPES OF ROSACEA?

There are four main subtypes:

- 1 **Erythematotelangiectatic rosacea**, characterised by **redness** (= erythema) and **visible small blood vessels** (= telangiectasias),
- 2 **Papulopustular rosacea**, with the presence of hard red **spots** (papules) and white spots containing pus (pustules),
- 3 **Phymatous rosacea**, characterised by thickening of the skin, most often on the **nose**,
- 4 **Ocular rosacea**, characterised by a sensation of foreign bodies, burning, tingling in the eyes, watering eyes, particular sensitivity to the environment (air conditioning, pollution, smoke, etc.), and redness of the eyelids.

## WHAT ARE THE MAIN TRIGGERS?





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## DEBUNKING MYTHS ABOUT ROSACEA

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### IT ONLY AFFECTS WOMEN

Although women are more commonly affected, rosacea also affects men. Moreover, thickening of the skin on the nose, which becomes red, bumpy and bulbous, is more common in men.



### IT ONLY AFFECTS FAIR-SKINNED PEOPLE

Although it is most commonly seen in fair-skinned patients, rosacea has also been diagnosed in Asians, Latin Americans, African Americans and Africans. For patients with the darkest skin, the characteristic signs of rosacea, particularly redness in the centre of the face, can be masked by pigmentation, even though the symptoms are still present and disabling. This leads to errors and delays in diagnosis and has an impact on disease management and patients' quality of life.



### IT ONLY AFFECTS 40+ PEOPLE

The risk of developing rosacea does increase with age (and the first symptoms most often appear between the ages of 30 and 50), but it can also occur in young adults and, in rare cases, in children.



### IT IS CONTAGIOUS

It cannot be transmitted by physical contact, through the air, or by any other means. It is a skin disease that results from internal and external factors specific to each individual.



### MENOPAUSE TRIGGERS ROSACEA OUTBREAKS

Menopause is not a trigger and the two phenomena are not related. During menopause, oestrogen levels fall, causing the famous "hot flushes", a very common symptom that can be confused with the "flushing" experienced in rosacea. If there is any doubt, a simple clinical examination will help distinguish between them.



## ADOPT AN APPROPRIATE SOOTHING ROUTINE

### 1 GENTLY CLEANSE

Rubbing can aggravate rosacea, so it is essential to use gentle products. Choose a leave-on cleanser suitable for sensitive skin prone to rosacea, to avoid the aggression of skin by hard water.

### 2 REFRESH

Redness and hot flushes may appear any time of the day. Choose a soothing spray or mist –which can be applied even on top of makeup or suncare– to calm your skin instantly. Select one that can be applied several times a day to reduce sensations of burning or tightness.

### 3 REDUCE REDNESS

Rosacea skin also has a weaker barrier. Choose a moisturiser specifically formulated for rosacea, soothing redness while strengthening the skin barrier. Apply mornings and evenings after cleansing using light, circular movements, avoiding any aggressive rubbing.

### 4 PROTECT

Sun protection is crucial to prevent redness worsening and protect sensitive skin from UV rays. If it is bright outside, apply sunscreen in the morning, even in winter or on cloudy days, and reapply as needed. Use a tinted formula to both protect and camouflage redness.

### 5 FOCUS

Complete your routine with a product that targets the signs of ageing without being too harsh on your skin. Incorporate a specific serum formulated for sensitive skin. Gentle alternatives such as bakuchiol can help slow down premature ageing without aggravating rosacea.

## BIODERMA'S SOLUTION FOR ROSACEA-PRONE SKIN



### SENSIBIO AR+ MICELLAR GEL

Gently removes all types of impurities, immediately soothes unpleasant sensations and lastingly reduces visible redness. Cushion-like texture to limit rubbing.

LEAVE ON 250 mL



### SENSIBIO AR+ SOS SPRAY

Soothes sudden redness, flushes and unpleasant sensations. Apply at any time during the day.

EVEN OVER MAKEUP 70 mL



### SENSIBIO AR+ CREAM

Reduces visible redness and small vessels, instantly soothes discomfort and helps strengthen skin barrier, improving rosacea symptoms and your quality of life.

DAY & NIGHT / EYE CONTOUR 40 mL



### SENSIBIO AR+ CC CREAM SPF50+

Daily tinted cream that reduces redness, visible vessels and discomfort while evening out skin tone and protecting from UV rays.

ADJUSTABLE COVERAGE 40 mL



### SENSIBIO AR+ BI-SERUM

This bi-phasic serum reduces visible redness and premature signs of aging.

SHAKE WELL 30 mL





BIODERMA was founded by NAOS, the pioneer of Ecobiology.  
Ecobiology is about acting with the skin's biology  
while respecting its ecosystems.