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Trigger Factors in Rosacea

Factors	Patient Affected
Sun Exposure	81%
Emotional Stress	79%
Hot Weather	75%
Wind	57%
Heavy Exercise	56%
Alcohol Consumption	52%
Hot Baths	51%
Cold Weather	46%
Spicy Foods	45%
Humidity	44%
Indoor Heat	41%
Certain Skincare Products	41%
Heated Beverages	36%
Certain Cosmetics	27%
Medications	15%
Medical Condition	15%
Certain Fruits	13%
Marinated Meats	10%
Certain Vegetables	9%
Dairy Products	8%
Other Factors	24%

Data from National Rosacea Society.