

## Features of rosacea: a study on 112 patients

**Introduction.** Rosacea is a very common condition, which is worldwide spread deserving much attention. It is encountered in about 10% of people aged over 30 years. It is more common in women but men experience more severe symptoms. The appearance of rosacea rash has a negative impact on patients' quality of life, stigmatizing them and causing feelings of inferiority and embarrassment in social environment.

**The aim of the study** is to determine the clinical and social features in women diagnosed with rosacea.

**Material and methods.** A retrospective, observational and descriptive study was carried out on a sample of 112 patients, 89 women and 23 men who were hospitalized and treated in 2014 in Hospital of Dermatovenerology and Infectious Diseases. 30 patients ( 15 women and 15 men ) were interviewed to assess the impact of rosacea on the quality of their life. The extraction from patients' medical record method was used to collect the primary information. The questionnaire that was used was Dermatology Life Quality Index (DLQI).

**Results.** The results demonstrate a predominance of females (79%) suffering from this condition over men (21%). According to the geographical origin criterion, the rural areas predominate for both sexes: 66% of women and 60% of men. According to the clinical form, papulopustular prevails (87%), erythematous telangiectasia constitutes 11% and Fimat appears in just 2% of cases. Demodex folliculorum was detected in 75% of men and 78% of women. Helicobacter pylori was present in 52% of women and 55% of men. The association with gastrointestinal pathology was revealed in 68% of women and 48% of men. As for the assessment of rosacea impact on the quality of life it was shown that women's physical appearance directly influences the quality of their life, making difficult their academic and social affirmation in society and also creating new relationships with the opposite sex. Most women state that they try daily to hide rosacea lesions using different creams and cosmetic products. Men's physical appearance was not so relevant.

**Conclusions.** Women prevail over male with the ratio being 3: 1. According to other parameters (geographical origin, clinical form, age of onset, the presence of Demodex folliculorum association with Helicobacter pylori), no significant differences between the sexes was identified. In terms of psychosocial impact, women are more affected.

**Key words:** rosacea, quality of life, clinical features.

## Siguranța MetroCreme-Ivatherm în tratamentul topic al rozaceei la femei

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**Introducere.** Cea mai stringentă problemă a femeilor cu rozacee este disconfortul și jena, cauzate atât de formele ușoare, cât și de consecințele acesteia (cicatrici, pigmentarea pielii), care pot duce la o autodeprecieri considerabilă de personalitate și, prin urmare, la alterarea calității vieții. Astfel, problema contribuie la o dezadaptare socială, exprimată prin diferite grade de evoluție a bolii.

**Scopul studiului.** Aprecierea eficacității tratamentului topic cu dermatocosmeticele MetroCreme Ivatherm în rozacee la femei.

**Material și metode.** În 2015, a fost efectuat un studiu prospectiv, observațional și descriptiv în cadrul a 10 cazuri de rozacee papulo-pustuloasă, asociată cu demodicoză, la femei spitalizate și tratate în Spitalul Dermatologie și Maladii Comunicabile.

**Rezultate.** Rezultatele terapeutice, obținute în urma aplicării tratamentului local cu MetroCreme Ivatherm, asociat cu tratamentul standard, au demonstrat eficacitatea rapidă a preparatului, după 14 zile, cu aplicare unică zilnică. La paciente, le-au dispărut senzațiile de prurit și usturime, de asemenea, eritemul localizat la nivelul pomeților s-a ameliorat, pustulele au regresat. La 5 din 10 paciente, senzația de prurit și usturime s-a redus total, la celelalte 5 reducându-se cu 50%. Toate cele 10 paciente au apreciat unguentul ca pe unul eficace, agreabil și ușor de tolerat și numai 3 dintre paciente au remarcat reacții adverse cum ar fi uscăciunea pielii, care a cedat ușor în urma aplicării unei creme hidratante.

**Concluzii.** Din punct de vedere al eficacității rapide și utilizării simple a preparatului MetroCreme Ivatherm, acesta se poate indica și administra fără dificultăți în tratamentul adjuvant al rozaceei.

**Cuvinte-cheie:** rozacee, femei, MetroCreme Ivatherm.

## Ivatherm MetroCreme safety in the topical treatment of rosacea in women

**Introduction.** The main problem of rosacea in women are the discomfort and uneasiness caused by the mild forms and their consequences (scars, pigmentation of skin), that can give rise to a considerable self-depreciation and, in turn, to a decrease in the quality of life. In such a way, this issue can lead to social inadequacy (or social inhibition) expressed into different degrees of evolution. The aim of this study is to assess the effectiveness of the topical treatment of women affected by rosacea using the dermatocosmetic MetroCreme Ivatherm.

**Materials and methods.** We have conducted a prospective, observational and descriptive study of 10 cases of papulopustular rosacea associated with demodicosis, for ten women hospitalised and treated in Hospital of Dermatology and Communicable Diseases in 2015.

**Results.** The therapeutic results obtained after the application of local standard treatment using MetroCreme ivatherme prove the effectiveness of the remedy. After two weeks of daily application, the erythema on the cheekbones, as well as the feelings of itching and burning have disappeared, the eruptions have improved and the pustules receded. The sensations of burning and itching (pruritus) have totally disappeared for five out of ten women, and have reduced by 50% for the other five. All ten patients have described the MetroCreme Ivatherme as being effective, pleasant and easily tolerable. Only three patients have noted the adverse effect of skin dryness, which gently disappears after applying a moisturising cream.

**Conclusion.** Considering the rapid efficacy and the simple application of MetroCreme Ivatherm, it can be prescribed and easily used (or used without any difficulties) for the topical adjuvant treatment of rosacea.

**Key words:** rosacea, women, MetroCreme Ivatherm.