



ACNE, ROSACEA, AND RELATED DISORDERS (INCLUDING HIDRADENITIS SUPPURATIVA)

ORAL ANTIOXIDANTS IN ROSACEA

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Background: Rosacea is a chronic, inflammatory dermatosis which develops by the effect of individual susceptibility and adverse environmental factors. It is characterized by erythema, telangiectasia, papules and pustules. Rosacea has, negative effects on overall well-being. Oxidative stress is important in the pathogenesis of rosacea. The exposure to UV light generates Reactive Oxygen Species (ROS) having a potential to start reactions that damage the cells. Some antioxidants such as vitamin C, and E can be used to decrease oxidative stress. Vitamin E has also been seen to decrease prostaglandin E2 production, as a result of which the T-cell proliferation and function may be enhanced. Vitamin C stimulates collagen synthesis that would be a support of vascular structures in the dermis.

Observation: We observed the therapeutic effect of oral vitamin C and E in one of our patients (a 45 year old female with a 10 year history of rosacea). As she was very unhappy with systemic antibiotics we advised her to put on sunscreen and prescribed her daily 2 gr oral Vitamin C and 800 IU Vitamin E for three months .she tolerated well and after 3 months, she showed excellent results. Her facial erythema has decreased significantly.

Key message: Combining vitamin E with other antioxidants (Vitamin C) appears to enhance its bioactivity to support the vasculature of the dermal tissue. It does not cost a lot to patients .It seems the patient tolerance to antioxidants and oral vitamin supplements would be better than other treatments.

