



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

THE RELATIONSHIP BETWEEN ROSACEA AND DIETARY FACTORS: A MULTI-CENTER RETROSPECTIVE CASE-CONTROL SURVEY

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Background: Although patients with rosacea often consult dermatologists for dietary factors that might be related to their skin disorders. Few studies has been done to research the relationship between rosacea and dietary factors.

Objective: The purpose of this study was to evaluate the potential relationship between rosacea and diet among the large Chinese population with rosacea, which would provide dietary guidelines for patients with rosacea .

Methods: A multicenter case-control study was conducted. The general sociodemographic information, personal habits and feeding frequency two years before the occurrence of rosacea, were collected by standardized questionnaires. Multiple logistic regression analysis was used to calculate risks related to the diet.

Result: 1347 patients with rosacea and 1290 control patients were enrolled in our study. We found that high-frequency intake of fatty food (OR=2.00) and tea (OR=2.18) presented positive correlation with certain subsets of rosacea, while high-frequency dairy products intake (OR=0.10) showed significant negative correlation with rosacea. Sweet food, coffee and spicy food were not associated with any subsets of rosacea in our study. These risk factors were independent of rosacea severity, indicating that dietary factors may act as triggering rather than aggravating factors in these patients. However, high frequency dairy products intake had a borderline beneficial effect on rosacea severity (OR=0.14). We further analyzed the correlation between diet and the three main subtypes of rosacea. We found that high-frequency fatty intake was associated with ETR (OR=2.49) and PhR (OR=5.32), but not with PPR. While high-frequency tea intake was only associated with ETR (OR=2.73). In addition, high-frequency dairy products intake showed negative correlations with ETR (OR=0.13) and PPR (OR=0.03), but not with PhR.

Conclusion: Rosacea are related to certain dietary factors, and our study is valuable for





dietary guidelines to prevent and improve rosacea

