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Rosacea Diary

One way to find out what is causing rosacea outbreaks is to keep a diary for a few weeks or months. You will find an example of a diary like this, which you can print out and fill in, here: **Rosacea diary (PDF) (URL:**

<http://www.informedhealthonline.org/diary-rosacea.download.cfd6e91b601bf3b56faee0770b5ac8ea.html>)

The following things should be recorded in a rosacea diary:

What was the weather like today?

- Sunny
- Hot
- Cold
- Damp
- Windy

What kind of food and drinks did you have today?

- Spicy food
- Alcohol
- Hot drinks
- Other

What did you do/experience today?

- Stress and excitement
- Exertion and exercise
- Hot bath/shower/sauna
- Warm room temperature
- Other

What cosmetic products did you use on your face today?

Did you use your medication today?

- No
- Yes – If yes, what medication?

How severe is your rosacea today?

- No symptoms
- Mild outbreak
- Severe outbreak

- Getting better
- No changes
- Getting worse

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Sources

The German Institute for Quality and Efficiency in Health Care (IQWiG)

The German Institute for Quality and Efficiency in Health Care (IQWiG) was established by legislation to provide evaluations of the effectiveness, quality and efficiency of healthcare services. This includes the assessment of medicines as well as the publication of health information for consumers and patients.

Evidence basis of our health information

Our information is based primarily on systematic reviews of the effects of health care. Systematic reviews are necessary to gain an objective picture of health care. In order to do this, a clear question is formulated. Researchers then find all the relevant studies that could answer this question. They then evaluate those studies.

You can find a list of the evidence and other scientific literature on which this information is based at **www.informedhealthonline.org**

Disclaimer

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