



# Rosacea Self-Diagnosis

## THE 22-POINT CHECKLIST

Use this checklist to identify common signs and symptoms of rosacea. For each question, check Yes, No, or Occasionally to the best of your knowledge.

- |  | YES | NO | OCCASIONALLY |
|--|-----|----|--------------|
| 1. Do you experience facial flushing or redness that lasts longer than a few minutes?                            |     |    |              |
| 2. Does your face feel warm or burning, especially on the cheeks, nose, forehead, or chin?                       |     |    |              |
| 3. Do you notice persistent and (noticeable to others), redness on your face, particularly on the central areas? |     |    |              |
| 4. Do you have visible blood vessels or spider veins on your face?   |     |    |              |
| 5. Do you experience blushing?   |     |    |              |
| 6. Do you experience bumps or pimples on your face that resemble acne?   |     |    |              |
| 7. Do your eyes often feel irritated, dry, or gritty, especially with accompanying redness?                      |     |    |              |
| 8. Have you ever developed swollen or red eyelids?   |     |    |              |
| 9. Do you have hyper-sensitive skin that reacts to skincare products or make-up?                                 |     |    |              |
| 10. Do you wear foundation to cover up the redness on your cheeks?   |     |    |              |
| 11. Does the redness on your face flare-up after a shower?   |     |    |              |



**YES                  NO                  OCCASIONALLY**

12. Do certain foods or drinks (like spicy foods, alcohol, or hot beverages) trigger facial redness or warmth?
13. Does exposure to sunlight or hot temperatures make your skin feel flushed or aggravated?
14. Does exposure to cold temperatures or wind cause redness or a burning sensation on your skin?
15. Does stress or negative emotions lead to facial redness or warmth?
16. Have you noticed a thickening or enlarged appearance on your nose or other areas of your face?
17. Does the redness or flushing extend to your ears, chest, or neck?
18. Do you experience flares of redness that seem worse in specific seasons?
19. Do you have a history of rosacea or similar skin conditions in your family?
20. Have you noticed areas on your face where the skin texture feels rough or bumpy?
21. Do you find that your skin is excessively oily in some areas, particularly on the face?
22. Have you consulted a healthcare professional before about skin redness, bumps, or visible blood vessels?

Please add up your scores for each column:

### **Interpreting Your Results**

If you answered Yes to over 12 questions, there is a strong probability you are experiencing Rosacea.