

認識玫瑰痤瘡

Understanding Rosacea



病徵 Symptoms

玫瑰痤瘡 (Rosacea) 是一種慢性臉部皮膚發炎，並不同於暗瘡、脂溢性皮炎、濕疹，但常被混淆。病徵可分為：
Rosacea is a chronic inflammatory condition of the facial skin. It is distinct from acne, seborrheic dermatitis, and eczema, but is often confused with them. Symptoms can be categorized as:



輕微 Mild :

患者間中面部泛紅或者只是很少的粉紅色。
Intermittent facial flushing or only occasional faint facial pinkness.



中度 Moderate :

發病頻密，甚至持續泛紅，並伴隨丘疹、膿疱。
More frequent or persistent redness accompanied by papules and pustules.



嚴重者 Severe :

面部非常紅，甚或帶點腫，有較多丘疹、膿疱，個別個案已形成酒渣鼻。
Marked facial redness, sometimes with swelling, and more papulopustules, in some cases rhinophyma (enlarged, bulbous nose) may have developed.

常見成因 Common Causes

玫瑰痤瘡的成因仍未有定論，相信是先天遺傳基因及後天環境因素共同作用，導致皮膚慢性發炎。大可分為以下核心病理機制：

The exact cause of rosacea is not yet well defined. It is believed to result from a combination of genetic predisposition and environmental factors that lead to chronic skin inflammation. The core pathological mechanisms can be grouped as follows:



血管功能失調：患者的面部血管對熱、情緒、酒精等刺激過度反應，導致異常擴張且難以收縮。

Vascular dysregulation: The facial blood vessels of affected individuals overreact to triggers such as heat, emotions, or alcohol, causing abnormal dilation and impaired ability to constrict.



衍生蠕形蟎蟲：研究發現，許多玫瑰痤瘡患者臉上的蠕形蟎蟲密度比正常人高出數倍，刺激自身免疫系統，引致發炎。

Demodex mites: Studies show that many people with rosacea have a markedly higher density of Demodex mites on their skin compared with controls, and leading to inflammation.



免疫系統失調：患者的皮膚對環境與微生物過度活躍免疫反應。長期刺激累積下來，演變成持續的皮膚癢、紅腫不退的皮膚炎症。

Immune system dysregulation: The skin exhibits an exaggerated immune response to environmental factors and microorganisms. Repeated stimulation can lead to persistent itching, redness, and chronic inflammatory changes.



皮膚屏障受損：角質層鎖水能力差，外界刺激物長驅直入。

Impaired skin barrier: A weakened stratum corneum with poor water-retention allows external irritants to penetrate more easily.



環境因素：喝酒、吃熱或辣的食物、環境悶熱、工作壓力、護膚品太具刺激性，都會誘發玫瑰痤瘡。

Environmental and lifestyle triggers: Alcohol, hot or spicy foods, hot environments, stress at work, and highly irritating skincare products can all provoke rosacea flare-ups.

注意 Note

絕對不要亂塗「類固醇」：外用類固醇藥膏治療玫瑰痤瘡雖然能強力消炎、瞬間退紅，但長期使用會導致病情嚴重惡化，並導致顯著的副作用如反彈現象，類固醇誘發性玫瑰痤瘡，皮膚變薄，毛細血管擴張，炎性腫塊和丘疹爆發。

Never apply "steroids" indiscriminately: Topical steroid creams can strongly reduce inflammation and quickly reduce redness in rosacea, but long-term use can cause severe worsening of the condition and significant side effects such as rebound, steroid-induced rosacea, skin thinning, telangiectasia, and outbreak of inflammatory nodules and papulopustules.

絕對不要去角質或過度清潔：盡量避免用洗面機及磨砂膏，因這不但會進一步破壞皮膚屏障，還讓發炎更嚴重。

Never over-exfoliate or over-cleanse: Avoid using facial cleansing brushes and exfoliating scrubs, as they not only further damage the skin barrier, but also worsen the inflammation.

若有任何皮膚疑問，你應徵詢醫生的專業意見。
Any concerns, seek professional medical advice from your doctor.

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玫瑰痤瘡患者平日的面部護理和清潔也很重要，應做好以下幾點：

Daily facial care and cleansing are also important for people with rosacea. Follow these recommendations:



選用簡單及溫和的潔面產品：應選用無香料及低刺激成分、適合敏感肌膚的產品，並避免去角質、含酸類成分產品。

Choose simple, gentle cleansers: use fragrance-free, low-irritant products formulated for sensitive skin, and avoid exfoliants and acid-containing products.



做好防曬：避免紫外線的刺激，最低限度要使用SPF 30或以上、同時防止UVA及UVB的防曬，而物理性防曬會比化學性防曬的刺激性較低。

Use sun protection: prevent UV irritation by using at least SPF 30 sunscreen that protects against both UVA and UVB. Physical (mineral) sunscreens are generally less irritating than chemical sunscreens.



保持環境溫度舒適、避食辛辣、適當舒緩壓力，都有助減少玫瑰痤瘡復發。

Keep ambient temperature comfortable, avoid spicy foods, and manage stress appropriately — these measures help reduce rosacea flare-ups.

治療方案 Treatment Plan

因應玫瑰痤瘡患處嚴重程度，醫生會建議不同的方案：
Depending on the severity of rosacea at the affected sites, doctors will recommend different approaches:



輕微：處方外用藥膏便可控制。

Mild: Prescription topical creams alone can usually control the condition.



中度及嚴重者：除外塗藥膏或須配搭口服抗生素、異維A酸，面紅較難處理的時候，會用針對血管的激光將之消滅，便可令面紅退卻。

Moderate to severe: In addition to topical medications, oral antibiotics or isotretinoin may be required. Persistent facial redness that is difficult to manage can be reduced using vasculature lasers.



患者接受治療時要有耐性，藥膏一般要用上3至4個月才會有良好效果，不要太早放棄治療。
Patients should be patient during treatment; topical creams generally take 3 to 4 months to show good effect, so do not give up treatment too early.

