ORACEA® (doxycycline, USP) 40 mg* Capsules are indicated for the treatment of the bumps and blemishes of rosacea in adult patients. ORACEA Capsules do not lessen the facial redness caused by rosacea.

ROSACEA FACTSHEET

WHAT DOES ROSACEA LOOK LIKE?

Rosacea is a common inflammatory skin condition that generally occurs between ages 30 and 50, usually identifiable with redness that appears on the face. This factsheet will help you to discover the common signs and triggers of rosacea, and provide you with tips on how to help manage it.

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THESE ARE THE MOST COMMON SIGNS TO LOOK OUT FOR:

- **Bumps and pimples**
- **Tendency to blush or flush easily**
- **Persistent redness**
- **Visible blood vessels**
- **Burning or stinging sensation**
- **Facial swelling**
- **Eye irritation – watery, bloodshot**
- **Dry, rough skin**
- **Thickening of the skin around the nose and/or cheeks and forehead**

While rare, rosacea signs and symptoms may also develop beyond the face, commonly on the neck, chest, scalp or ears. If you think you have one or more of the above symptoms, book an appointment with your dermatologist today to discuss a diagnosis and treatment plan.

To support the conversation with your dermatologist, visit: oracea.com/rosacea-discussion-guide-builder

IMPORTANT SAFETY INFORMATION

**Indication:** ORACEA® (doxycycline, USP) 40 mg* Capsules are indicated for the treatment of only inflammatory lesions (papules and pustules) of rosacea in adult patients. ORACEA Capsules do not lessen the facial redness caused by rosacea. **Adverse Events:** In controlled clinical studies, the most commonly reported adverse events (>2%) in patients treated with ORACEA Capsules were nasopharyngitis, sinusitis, diarrhea, hypertension and aspartate aminotransferase increase. **Warnings/Precautions:** ORACEA Capsules should not be used to treat or prevent infections. ORACEA Capsules should not be taken by patients who have a known hypersensitivity to doxycycline or other tetracyclines. ORACEA Capsules should not be taken during pregnancy, by nursing mothers, or during tooth development (up to the age of 8 years). Although photosensitivity was not observed in clinical trials, ORACEA Capsules patients should minimize or avoid exposure to natural or artificial sunlight. The efficacy of ORACEA Capsules treatment beyond 16 weeks and safety beyond 9 months have not been established.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088 *30 mg immediate release and 10 mg delayed release beads

REFERENCES

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### IDENTIFY YOUR TRIGGERS

Rosacea is progressive, so if your symptoms are not treated and your triggers are not managed, they may worsen over time. Identify your triggers below and keep track of them to help you minimize the bumps and blemishes of rosacea.

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<table>
<thead>
<tr>
<th>TRIGGERS</th>
<th>WHAT CAN YOU DO?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun exposure</td>
<td>Minimize or avoid exposure, and use sunscreen</td>
</tr>
<tr>
<td>Cold and windy weather</td>
<td>Cover your cheeks and face</td>
</tr>
<tr>
<td>Intense exercise</td>
<td>Try to avoid overheating by exercising for shorter, more frequent intervals.</td>
</tr>
<tr>
<td></td>
<td>Exercise when temperatures are cooler and keep a spray bottle of cold water for your face</td>
</tr>
<tr>
<td>Stress</td>
<td>Focus on your health to manage your stress</td>
</tr>
<tr>
<td></td>
<td>Eat a balanced diet and ensure plenty of sleep</td>
</tr>
<tr>
<td></td>
<td>Try deep breathing techniques to relax</td>
</tr>
<tr>
<td>Spicy foods, dairy, hot drinks, alcohol</td>
<td>Keep a food diary to learn what triggers your rosacea</td>
</tr>
<tr>
<td>Health conditions such as menopause, colds and caffeine withdrawal</td>
<td>Book an appointment with a dermatologist to treat the underlying condition that could be causing your rosacea to flare up</td>
</tr>
</tbody>
</table>

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**REFERENCES**

Everyone’s experience of rosacea is different. Your dermatologist will be able to determine the right treatment to help you with your rosacea.

TIPS AND TRICKS TO HELP MANAGE YOUR ROSACEA

Here are a few tips on lifestyle management to help reduce your rosacea symptom flare-ups:

- **Cleanse, moisturize and protect**
  Use lukewarm water and never rub or scrub your skin to avoid irritating your rosacea. Choose gentle, fragrance-free products where possible and sunscreen with an SPF of 30 or more.

- **Avoid overheating your skin**
  Use lukewarm water, instead of steaming hot, in your bath or shower.

- **Keep your skin hydrated**
  Drink plenty of water and use a humidifier during dry winter months.

- **Choose soft fabrics**
  It’s advised to use soft, natural materials like cotton.

- **Read your skincare product ingredients**
  Avoid skincare products that contain alcohol including after-shave lotions.

- **Book an appointment today**
  When was the last time you visited your dermatologist to talk about managing your rosacea?

To support the conversation with your dermatologist, visit: oracea.com/rosacea-discussion-guide-builder

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This is intended for U.S. audiences only. Information in this fact sheet is not intended as medical advice. Talk to your doctor about medical concerns.