

ONCE-DAILY

ORACEA®

(doxycycline, USP) 40* mg Capsules

*30 MG IMMEDIATE RELEASE & 10 MG DELAYED RELEASE BEADS
[OR-RAY-SHA]

"Now I understand what triggers my rosacea,
I feel more in control"

NOW LOOK AT ME

Not an actual patient



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

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

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

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REFERENCES

1. Blount, RW & Pelletier, AL. Rosacea: a common yet commonly overlooked condition. *American family physician*. 2002;66(3),435. 2. National Rosacea Society. All About Rosacea. Available: <https://www.rosacea.org/patients/all-about-rosacea>. Last accessed: September 2021

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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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TRIGGERS

Sun exposure



Minimize or avoid exposure, and use sunscreen

Cold and windy weather



Cover your cheeks and face

Intense exercise



Try to avoid overheating by exercising for shorter, more frequent intervals. Exercise when temperatures are cooler and keep a spray bottle of cold water for your face

Stress



- > Focus on your health to manage your stress
- > Eat a balanced diet and ensure plenty of sleep
- > Try deep breathing techniques to relax

Spicy foods, dairy, hot drinks, alcohol



Keep a food diary to learn what triggers your rosacea

Health conditions such as menopause, colds and caffeine withdrawal



Book an appointment with a dermatologist to treat the underlying condition that could be causing your rosacea to flare up

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TIPS AND TRICKS TO HELP MANAGE YOUR ROSACEA

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

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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



Choose soft fabrics

It's advised to use soft, natural materials like cotton



Book an appointment today

When was the last time you visited your dermatologist to talk about managing your rosacea?



Keep your skin hydrated

Drink plenty of water and use a humidifier during dry winter months



Read your skincare product ingredients

Avoid skincare products that contain alcohol including after-shave lotions

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Galderma Laboratories, L.P.14501 N. Freeway, Fort Worth, TX 76177.

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