



Doctor Discussion Guide

If you have rosacea, it's important to speak openly and honestly with your doctor about the symptoms you've noticed and how you're feeling so that you can determine the best course of treatment.

Here are some questions your doctor may ask you:

- What are your symptoms?

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- When did you begin experiencing rosacea symptoms?

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- How often do you experience those symptoms?

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- Have your symptoms been continuous or occasional?

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- Have you noticed that your symptoms get worse after eating certain foods or doing certain activities?

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Here are some questions to ask your doctor:

- What can I do to help prevent my symptoms from flaring up?

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- What are some treatments that may be right for me?

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- "My symptoms make me feel..." Tell your doctor if your rosacea symptoms are making you feel insecure, more hesitant, embarrassed, or are disrupting your schedule

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(Questions continued on next page)

Here are some questions to ask your doctor (continued):

- How can I identify my rosacea triggers? And how do I avoid those triggers in the future?
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- I have other medical problems; will my medicine for those conditions cause any interactions?
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- What skin care routine do you recommend?
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Of course, don't hesitate to ask any other questions you think of during your appointment, and be sure to print out your quiz results from RosaceaRelief.com to share with your doctor.