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COUPEROSE and various forms of cutaneous hypersensitivity.

The couperose is a consequent cutaneous unaestheticism due to a vasodilatation of the sub-epidermic microcirculation. The frequent vasodilatation causes over the time a condition of permanent erithrosis, determining the appearance of teleangectasie (permanent venous dilatation). It preferably appears on the cheeks, assuming the typical disposition defined "butterfly wings", but sometimes it can appear on the nose, involving a rather wide face surface. It is more frequent among women, especially in unstable and emotional subjects, already prone to vasal fragility, and especially in the period corresponding to the climacteric. If follicular dysfunctions are associated to couperose, a pathology called rosaceous acne often breaks out.

CAUSES. The vessels fragility is at the origin of couperose. Emotional, neurovegetative, endocrine and environmental factors affect the vessels walls and their possible structural alteration. The excitability and the emotiveness cause the liberation of histamine-like substances and vasodilatator reflexes with facial hyperaemia. A neurovegetative anomaly, as the cheek blush at the end of a meal, caused by a visceral component, a difficult digestion, the ingestion of alcoholic and the obstinate constipation are all causes of inflammation, of histamine release and are conditions that favour the appearance of couperose with the passing of time. The subjects showing this type of unaestheticism often suffer from liver troubles, indirectly connected to a circulatory anomaly. The endocrine system influences vasodilatation very much and the blush that suddenly shows itself during menstruation or the menopause's flushes are example of this. The cortico-adrenal hormones are often scarce in the subjects affected by couperose. The C vitamin is essential in the formation and in the maintenance of the cementing substance of the vassal endotelio and it is protective towards the blood circlulation, the P vitamin is defined the permeability factor for its action on the capillaries and their lack or excess are factors stimulating the couperose. The environmental and climatic factors influence the microcirculation and therefore sudden climate changes, heat, sun radiations, excessive humidity and wind worsen the couperose. Erithrosis and couperose, in fact, are frequent in subjects such as farmers, sportsmen or sailors, that spend a lot of time outdoors or in the cooks that work in excessive heat.

ERYTHEMA. It is a cutaneous redness of a congestive nature. It breaks out either in a diffused way or in spots and it can be more or less intense. The hyperthermia is due to the dilatation of the subdermic capillaries, therefore, when there is an increase in the blood flow, the skin becomes warmer and red. Many factors affect the appearance of this condition: emotional factors, for example the blush expressing shyness, modesty or shame, typical of scrupulous, hypersensitive and particularly emotional people; factors ascribable to digestive, liver or endocrine disorders.

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Externally, humid heat, sun, sunstroke and other environmental situations act as a stimulation for the appearance of erythema. The facial erythema passes without leaving any sign, when it is a transitory phenomenon.

ERITROSI. If the erythema persists, it means that the subepidermic capillaries have had a loss of their elasticity. This particular situation can be due to the continuous and frequent appearance of erythema and to the consequent vasodilatation, that makes vessels fragile and porous with the passing of time.

TELEANGECTASIA.



It is a small superficial venous varus, frequent in the zygomatic zone. If the vessels lose their right tone, porosity increases and with time they can break. It appears with the formation of a red-purplish net visible through the epidermis.