

# Sun exposure behavior in patients with rosacea. ALL results

Jean Hilaire Saurat<sup>1</sup> Catherine Baissac<sup>2</sup>, Marketa Saint Aroman<sup>2</sup>, Gautier Doat<sup>3</sup>, Charles Taieb<sup>4</sup> Charbel Skayem<sup>5,6</sup>

<sup>1</sup>Department of Dermatology, University Hospital of Geneva, 1211 Geneva, Switzerland. <sup>2</sup>Patient Centricity, Pierre Fabre <sup>3</sup>Medical Director, Eau Thermale Avene <sup>4</sup>Patient Priority, EMMA, Paris, France <sup>5</sup>Sorbonne University, Faculty of Medicine, Paris, France. <sup>6</sup>Hôpitaux de Paris (AP-HP), Paris Saclay University, Ambroise Paré Hospital, Boulogne Billancourt.



## RATIONAL

Exposure to the sun can significantly aggravate rosacea symptoms such as redness and irritation. It is therefore essential that people with rosacea implement an effective and regular sun exposure strategy to reduce these adverse effects. Our research assesses the understanding and application of public health guidelines on sun exposure in patients diagnosed with rosacea.

## OBJECTIVE

The main objective of this study was to determine whether the diagnosis of rosacea leads to greater caution regarding sun exposure, particularly through the adoption of preventive measures such as avoiding the sun during the most intense hours of the day and applying sunscreen every 2 hours.

## METHODOLOGY

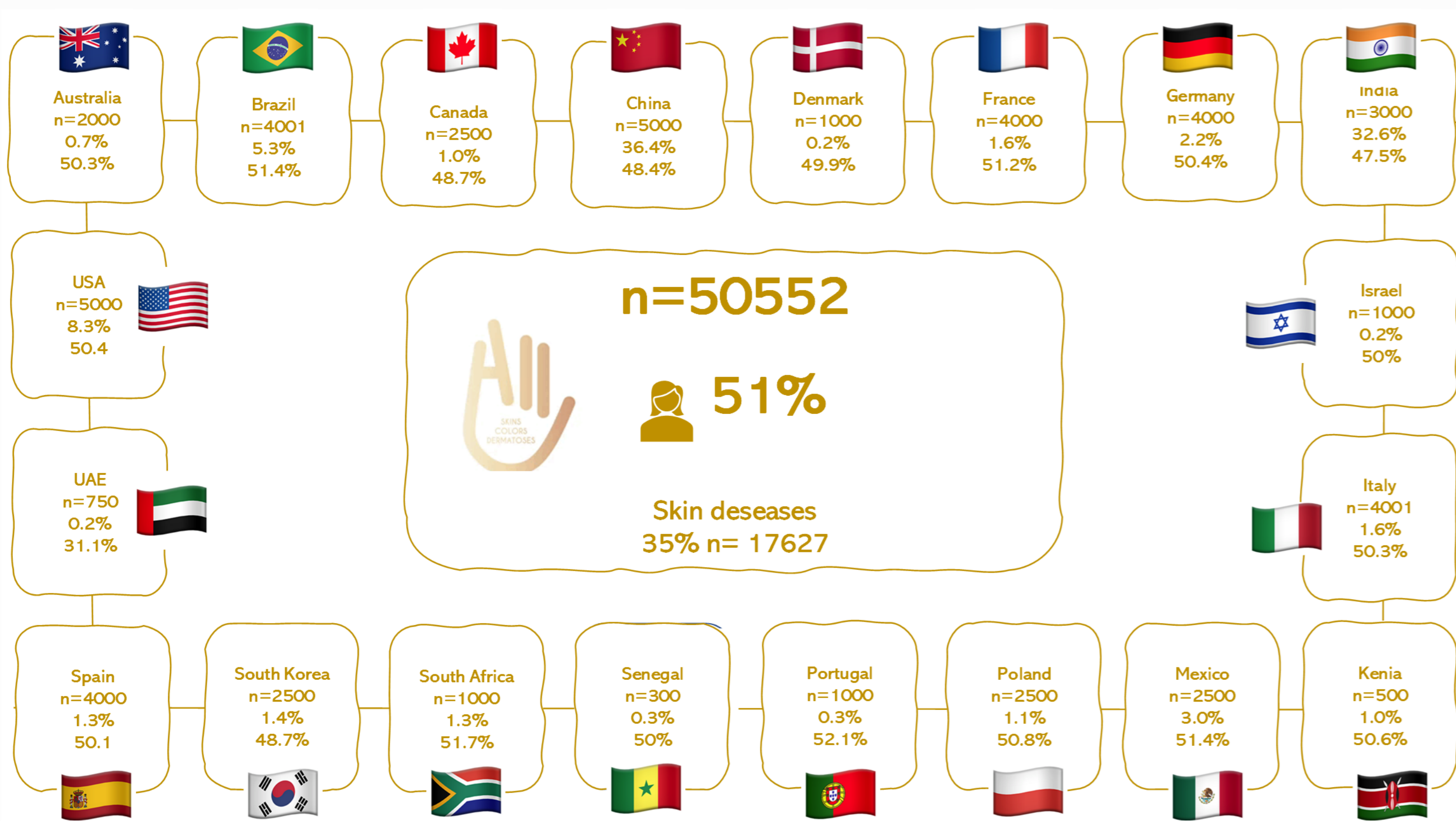
The ALL PROJECT is a large-scale study of individuals representative of the adult population in 20 countries on five continents :

Europe [France, Italy, Germany, Poland, Portugal, Spain, Denmark; n=17500], Latin America[LA] [Brazil, Mexico; n=6501], Asia [China, India, South Korea; n=10500], North America [NA] [Canada, USA; n= 7500 ]; Middle East [ME] [Israel, United Arab Emirates; n=2750], Australia [Australia; n=2000] and Africa [Kenya, South Africa, Senegal; n=1800].

In each of the 20 countries surveyed, representative and extrapolable samples of the general population aged 16 and over were interviewed.

The questionnaire was developed in partnership with patient organizations and continues to focus on the patient's experience.

We selected individuals who reported rosacea confirmed by a healthcare professional. To analyze the sun exposure behavior of people with rosacea, we restricted our study to patients with rosacea and no other dermatoses.



## RESULTS

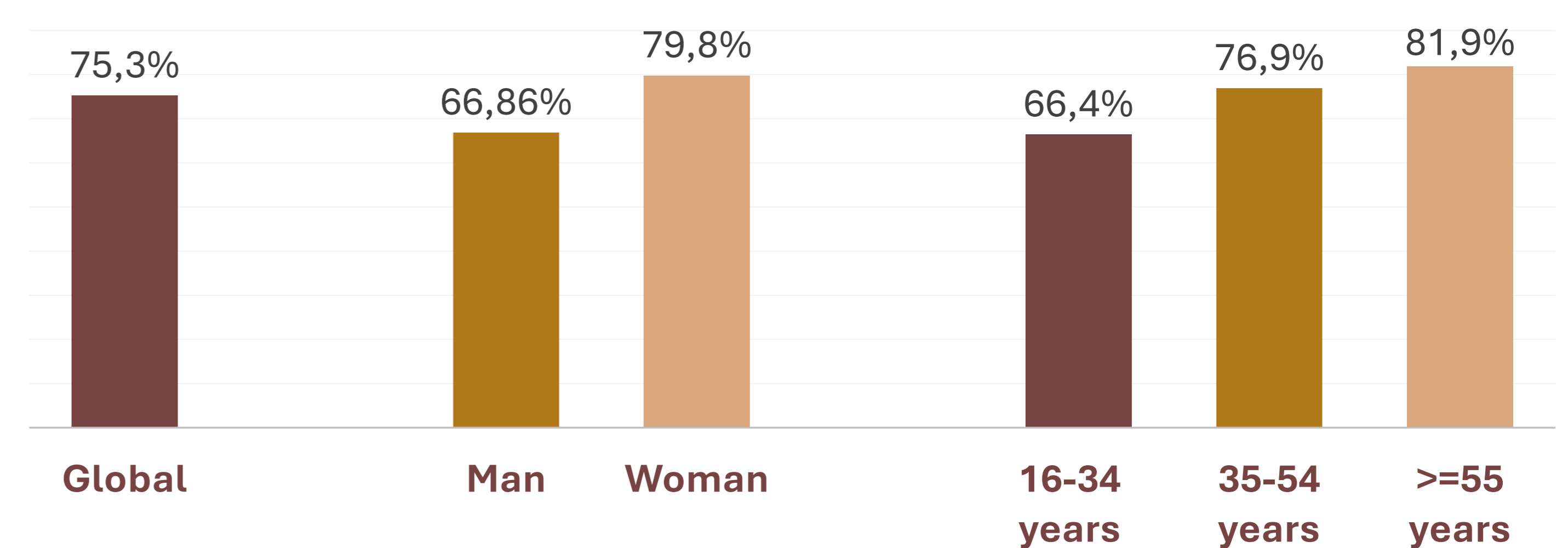
Of the participants, 1,576 reported medically confirmed rosacea, with a female predominance [3.9% (n = 971) versus 2.5% (n = 605), p-value 0.001]. 489 subjects were identified as having rosacea only [65% female versus 62% in the general population]. 75.3% reported being aware of recommendations regarding the risks of sun exposure. 40.9% admitted to exposing themselves to the sun during the hottest hours, 34.2% in the morning before 11am and 25.8% after 4pm. 23.1% say they avoid all exposure.

Of those who expose themselves to the sun during the hottest hours, 32.5% justify this choice by the convenience of their activities, 23% because they find these times more pleasant and 32% because they are available. 5% do not believe in prevention messages and 3.5% say that their skin tolerates the sun well despite rosacea.

38% use sunscreen every two hours, 48.4% use it less regularly and 13.6% admit to not using any sunscreen at all. 59% use sunscreen to prevent sunburn, 46.5% to prevent premature skin ageing and 46.5% to reduce the risk of skin cancer.

For those who don't follow the recommendations to the letter, 19.3% cite the cost of the products as an obstacle and 42.9% say they simply don't think about it.

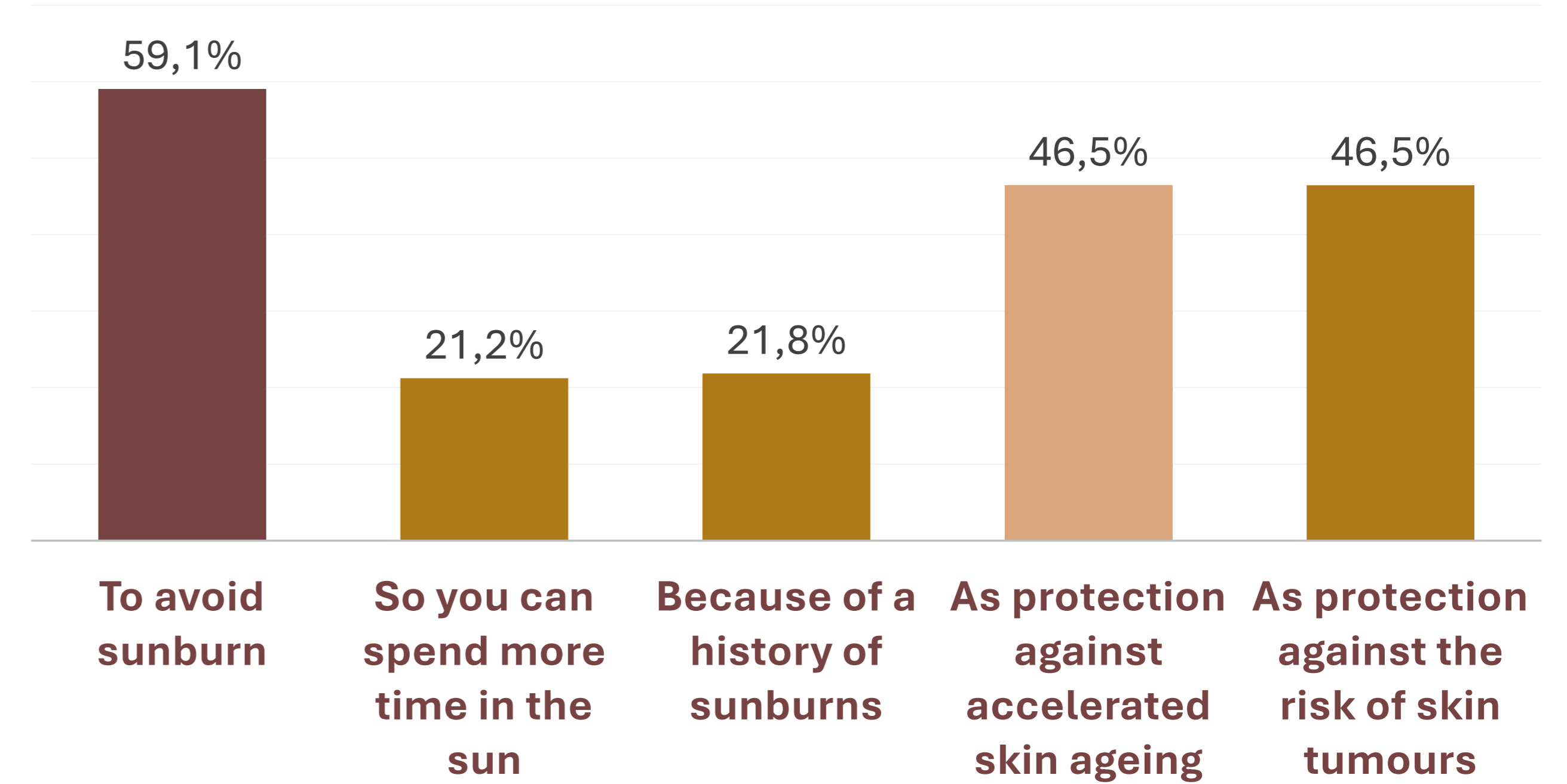
Knowledge of recommendations by gender and age group



SUN EXPOSURE HABITS	GLOBAL		MAN		WOMAN	
	N	%	N	%	N	%
Hours of exposure						
Before 11 a.m.	167	34,2%	58	33,7%	109	34,4%
Between 11 a.m. and 4 p.m.	200	40,9%	66	38,4%	134	42,3%
After 4 pm	126	25,8%	37	21,5%	89	28,1%

Reported exposure between 11am and 4pm, despite recommendations Why?	GLOBAL		MAN		WOMAN	
	N	%	N	%	N	%
These are the most practical times for their activities	65	43,3%	17	40,5%	48	44,4%
These are the most pleasant hours of the day	46	30,7%	9	21,4%	37	34,3%
These are the hours when they are available	64	42,7%	17	40,5%	47	43,5%
Don't believe in prevention messages	10	6,7%	6	14,3%	4	3,7%
Don't know why, do it anyway	5	3,3%	1	2,4%	4	3,7%

Use of photo-protection products	GLOBAL		MAN		WOMAN	
	N	%	N	%	N	%
Yes, every two hours	143	38,0%	39	29,3%	104	42,8%
Yes, but irregularly or less frequently	182	48,4%	78	58,6%	104	42,8%
No	51	13,6%	16	12,0%	35	14,4%



## DISCUSSION

To counteract the noncompliance of rosacea patients with adverse sun exposure, it is imperative to increase education about the specific risks of sun exposure in general and in rosacea in particular.

It is essential to improve communication on the vital importance of constant photoprotection by adapting advice to the daily reality of patients and offering products adapted to the sensitive skin of rosacea patients..