

OCTOBER 2010

## BEYOND *skin* BASICS

**Finacea**  
(azelaic acid) Gel, 15%

**Stressbusters!**



Dear @@-first-@@:

\*Images are for illustrative purposes only.\*

"I'm so stressed out."  
"I can't take any more stress."  
"The stress is killing me."

Like daily traffic jams, the seven-day work week and the 24-hour news cycle, stress has become so much a part of everyday life that it's mostly in the background. Often, we hardly notice it – until we become overwhelmed.

A National Rosacea Society survey has identified stress as the #2 trigger for rosacea – ahead of weather extremes, alcohol and spicy foods. So while managing stress is important for everyone, anyone living with rosacea has a special interest in learning how to cope.

### Recipe for stress reduction

Stress management strategies are everywhere in the form of newspaper articles, experts giving tips on television and titles in your local bookstore. Amidst all this advice, one powerful strategy is sometimes overlooked: learning to identify causes of stress and make changes that will help reduce the amount of stress in your life. [Click here to learn how to help reduce stress in your life.](#)

### Coping with stress: Tips and techniques

When it comes to stress you can't avoid, effective techniques can mean the difference between coping and feeling like things are out of control. For tried and true approaches that can help, click here. [Learn more.](#)

**SAVE \$10** on your first purchase



SAVE NOW >>

#### How stressed are you?

[Take this interactive online quiz to help you determine if stress is a problem in your life - and suggest ways to take care of yourself.](#)

#### FINACEA: A visible difference

[See for yourself what FINACEA can do for mild to moderate rosacea.](#)

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**Sneak Preview for November: Rosacea at night**

[Read full Patient Prescribing Information.](#)

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#### INDICATIONS & USAGE

FINACEA is indicated for topical treatment of inflammatory papules and pustules of mild-to-moderate rosacea. Although some reduction of erythema which was present in patients with papules and pustules of rosacea occurred in clinical studies, efficacy for treatment of erythema in rosacea in the absence of papules and pustules has not been evaluated.

#### IMPORTANT SAFETY INFORMATION

FINACEA is for dermatologic use only; not for ophthalmic, oral, or intravaginal use. FINACEA is contraindicated in individuals with a history of hypersensitivity to propylene glycol or any other component of the formulation. In clinical trials, sensations of burning/stinging/tingling occurred in 29% of patients, and itching in 11%, regardless of the relationship to therapy. Post-marketing safety: skin-facial burning and irritation; Eyes: iridocyclitis on accidental exposure to the eye. There have been isolated reports of hypopigmentation after use of azelaic acid. Since azelaic acid has not been well studied in patients with a dark complexion, these patients should be monitored for early signs of hypopigmentation.

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#### PLEASE NOTE THE FOLLOWING INFORMATION:

Please do not reply to this e-mail. Your message will not be delivered. To request medical or product information, or to report an adverse event or product complaint, please call 1-866-463-3634.

#### TO UNSUBSCRIBE:

If you think you have received this e-mail in error, or if you do not want to receive information from MyFinacea.com, please [click here](#) to remove your name from MyFinacea.com mailing list.



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