

**DropOFrelief**



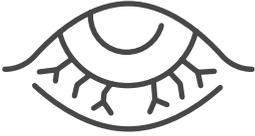
# How to prevent and manage ocular allergies

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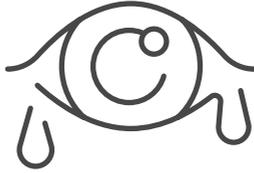


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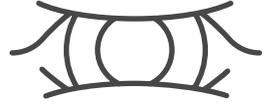
# You may be suffering from allergic conjunctivitis if you have:



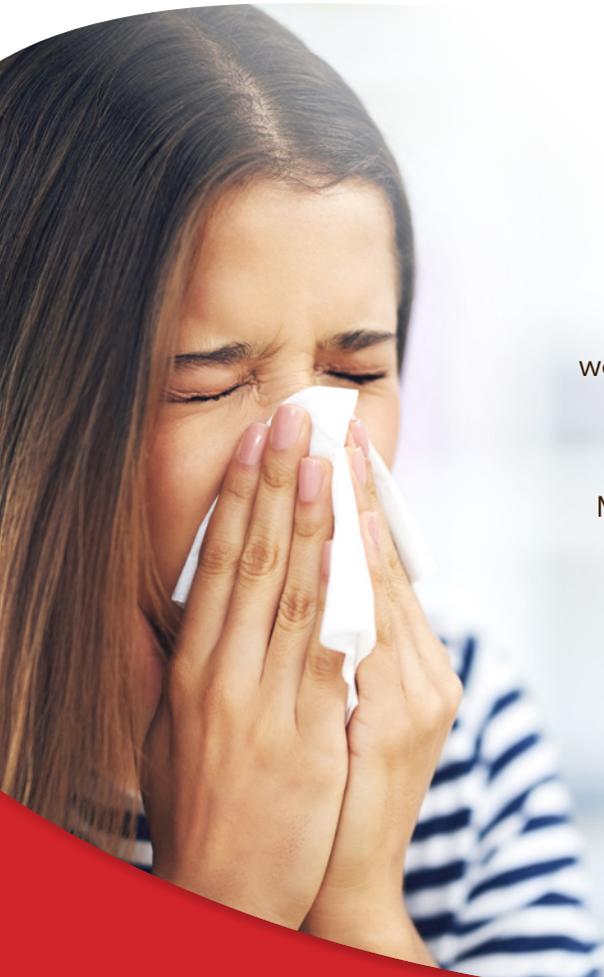
Red and itchy eyes<sup>1</sup>



Watery eyes<sup>1</sup>



Eyelids that are swollen<sup>1</sup>



Symptoms usually affect both eyes.<sup>2</sup>

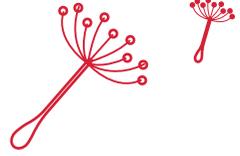
Wearing contact lenses could worsen symptoms, and they may not fit as they normally would when eyes are swollen.<sup>3</sup>

Many people also have a runny, stuffy and congested nose.<sup>1</sup>

# What are the most common allergens?

The **main causes** of eye allergies are:

- Pollen<sup>1</sup>
- Household dust<sup>4</sup> and dust mites<sup>1</sup>
- Animal hair<sup>4</sup>
- Food allergies can also trigger allergic conjunctivitis symptoms<sup>5</sup>



The allergens responsible for the allergic reaction must be identified and measures taken to prevent exposure to these substances.<sup>6</sup>

Although there is no cure for allergies, there are many medications that can help control allergy symptoms.<sup>7</sup>

## Recommendations and preventative measures

Whether at home or outdoors, there are many substances capable of triggering eye allergies, such as grass or tree pollens, mold, or cigarette smoke<sup>1</sup>

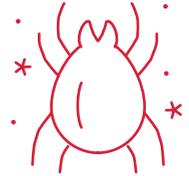


The best way to reduce discomfort and prevent allergic reactions is to avoid trigger allergens as much as possible<sup>1,3</sup>



# Useful tips to avoid exposure to dust, dust mite and animal allergens:

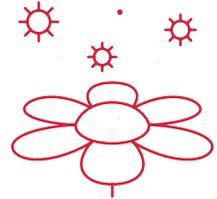
- Avoid having curtains, rugs, carpets and furniture that tend to act as dust traps in your bedroom<sup>8</sup>
- Use allergen-proof pillow and mattress covers, and washable cotton or synthetic blankets<sup>9</sup>
- Avoid feather bedding<sup>9</sup>
- Change air conditioning filters once a month<sup>10</sup>
- Clean regularly with a damp cloth or vacuum cleaner.<sup>10</sup>
- If you have to do housework, wear a face mask<sup>10</sup>
- Wash bed linen weekly in hot water (at least 54° C)<sup>10</sup>
- Keep your wool clothes in plastic zipper bags when they are not being used<sup>9</sup>
- If you have pets, do not allow them into your bedroom, and bath them every week to remove hair and other allergens<sup>10</sup>



# Useful tips to avoid exposure to pollen allergens:

Pollen is a very fine powder produced by trees, flowers and grasses to fertilize plants.<sup>11</sup>

- Check the pollen count on the weather forecast before leaving home<sup>7</sup>
- If possible stay indoors and limit your outdoor activities when the pollen count is high, or consider wearing a face mask<sup>7,13</sup>
- Take a shower and wash your hair at night to remove any pollen built up during the day<sup>12</sup>
- Avoid mowing the lawn as this stirs up pollen<sup>12</sup>
- Wear sunglasses to help keep pollen out of your eyes, as well as to protect your eyes from sun exposure<sup>13,14</sup>
- A wide brim hat may help reduce the amount of allergens blowing into your eyes<sup>12</sup>
- Keep your car windows closed when traveling<sup>15</sup>



# Do you know your ocular allergy triggers?

One of the most effective ways to manage an ocular allergic reaction is to minimise exposure and avoid eye allergens<sup>6,12</sup>



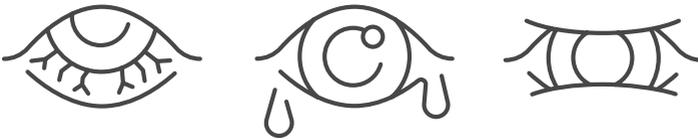
Allergies are caused when the body's immune system reacts to an allergen<sup>6</sup>



When an allergen comes into contact with the eyes, mast cells in the eye release histamine and other substances to fight off the allergen<sup>6</sup>



This reaction causes your eyes to become red, itchy and watery<sup>6</sup>



Sometimes eyes can react to other allergens that don't necessarily come into direct contact with the eye, such as:<sup>6</sup>

- certain foods
- insect bites or stings

Eye allergies could also be hereditary<sup>6</sup>

# Medications that can help control ocular allergy symptoms?<sup>7</sup>

Some medications are available over the counter, while others require a prescription. Discuss your symptoms with your doctor or pharmacist to find which option is best for you<sup>7</sup>

## **Mast cell stabiliser eye drops**

These prevent the release of histamine and other substances that cause allergy symptoms<sup>1</sup>



## **Antihistamine eye drops**

These reduce the itching, redness and swelling associated with eye allergies<sup>1</sup>

## **Mast cell stabiliser and antihistamine eye drops**

The combined action of these drops treat and prevent eye allergies, providing quick, long-lasting relief of itching, redness, tearing and burning<sup>1</sup>

## **NSAID (Nonsteroidal anti-inflammatory drugs) eye drops**

These drops relieve itching, and may cause stinging when applied<sup>1</sup>

## **Corticosteroid eye drops**

These help treat chronic eye allergy symptoms. Treatment for more than 2 weeks should be done under the supervision of an ophthalmologist due to possible side effects<sup>1</sup>



If you experience any of these eye allergy symptoms, visit your optometrist, ophthalmologist, family doctor or pharmacist for treatment recommendations





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