

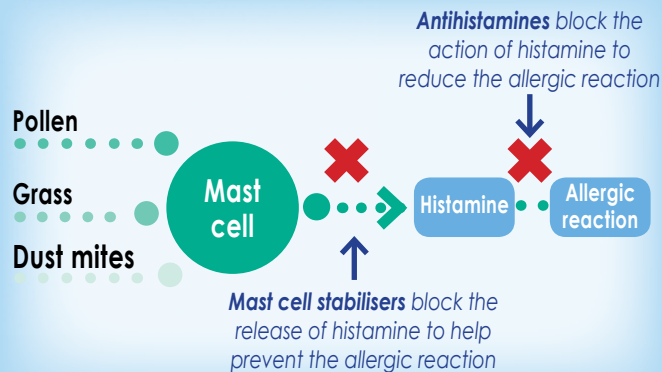
Treatment

Anti-allergy eye drops can be used to relieve or prevent symptoms.²



These are typically called 'anti-histamines' or 'mast-cell stabilisers'.⁵

How they work:^{2,3,5}



Conveniently, there are also **multiple action** agents, which have the added benefit of combining both of the actions above.⁵

Tips for extra relief:

Using tear supplements (artificial tears) to bathe the eye and avoiding known allergens (substances that cause your allergy) can also help reduce symptoms.³

If your symptoms are very severe, eye drops containing corticosteroids may be prescribed.³

Get relief from
your red and
itchy eyes now!

Ask your doctor or
pharmacist about an
anti-allergy eye drop
that best suits your
condition, available
over-the-counter

References: 1. Eye Allergy Quiz. American Academy of Allergy, Asthma & Immunology. [Online]. Available at: <http://www.aaaai.org/conditions-and-treatments/allergies/eye-allergy/eye-allergy-quiz>. Last accessed February 2018. 2. Roat MI. Allergic Conjunctivitis. Merck Manual Consumer Version [Online]. Available at: <https://www.merckmanuals.com/home/eye-disorders/conjunctival-and-scleral-disorders/allergic-conjunctivitis>. Last accessed February 2018. 3. Delves PJ. Seasonal Allergies. Merck Manual Consumer Version [Online]. Available at: <https://www.merckmanuals.com/home/immune-disorders/allergic-reactions-and-other-hypersensitivity-disorders/seasonal-allergies>. Last accessed February 2018. 4. WebMD Medical reference. Top causes of eye problems. [Online]. Available at: <https://www.webmd.com/eye-health/common-eye-problems?print=true>. Last accessed February 2018. 5. Rosenwasser LJ, O'Brien T, Weyne J. Mast cell stabilization and antihistamine effects of Olopatadine ophthalmic solution: a review of pre-clinical and clinical research. *Curr Med Res Opin* 2005;21(9):1377-1387.

12351

Alcon A Novartis
Division

Alcon Laboratories (SA) (Pty) Ltd., Magwa Crescent West, Waterfall City, Jukskei View, 2090. P O Box 12257, Vorna Valley, 1686.
Tel: +27 11 347 6600, Co. Reg. No. 1977/000460/07 Exp. 05/2020. ZA1805828098

Allergic
conjunctivitis

Do you suffer
from red,
itchy eyes?

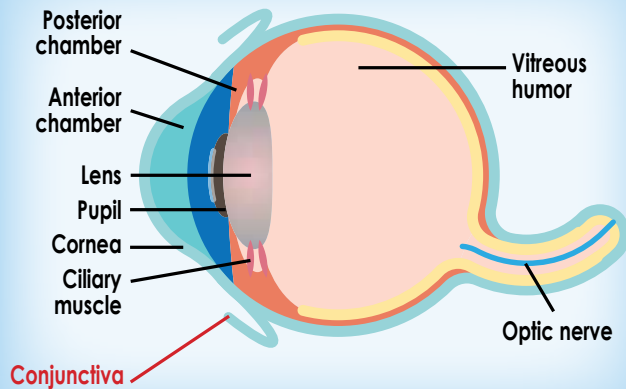
You may suffer from
allergic conjunctivitis.

This leaflet will give you information on this allergic
condition and how to treat your symptoms.

Alcon A Novartis
Division

Allergic conjunctivitis

Allergic conjunctivitis is the medical term for 'eye allergy'.¹



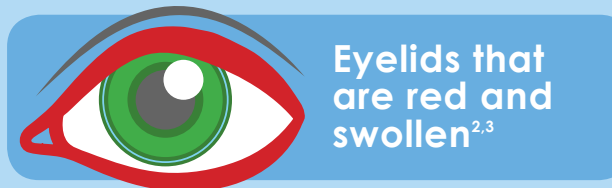
The **conjunctiva** is the membrane that lines the eyelid and covers the white of the eye.²

An allergic reaction in the eye causes the conjunctiva to become red and inflamed (swollen).² This may be brief or long-lasting.²



Symptoms

You may be suffering from allergic conjunctivitis if you have:



Symptoms usually affect **both eyes**.²

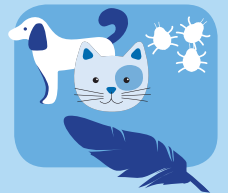
Vision is seldom affected,² though wearing contact lenses can become irritating.³

Many people also have an itchy, runny nose.^{2,3}

There are **two** common **types** of **allergic conjunctivitis**:



Perennial (year-round) allergic conjunctivitis is most often caused by dust mites, animal dander and feathers.²



Seasonal allergic conjunctivitis is often caused by mould spores or tree, weed, or grass pollens.² Occurs typically in spring and early summer.² People who are affected by hayfever can often develop allergic conjunctivitis.³



Still unsure?

Eye strain, injury or infection can also cause red eye/s.⁴
You must visit your eye care professional if you are unsure of the cause of your symptoms