



HOW TO PREVENT AND MANAGE OCULAR ALLERGIES



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Keep Eyes In Sight 

 NOVARTIS

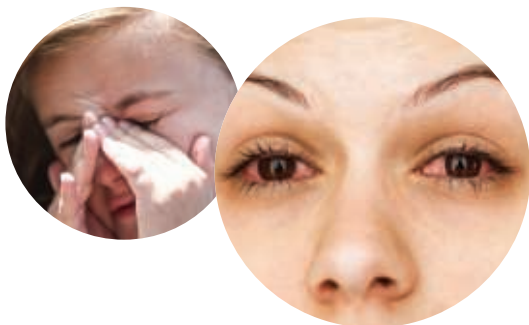
You may be suffering from allergic conjunctivitis if you have:



Symptoms usually affect **both eyes**.¹

Wearing contact lenses can result in irritation and severe infection can impair vision.¹

Many people also have a runny, stuffy and congested nose.¹



What are the most common allergens?

The main causes of eye allergies are:

- Pollen¹
- Household dust² and dust mites^{1,3}
- Animal hair² and feathers¹
- Certain foods (e.g. peanuts, walnuts, seafood, etc.)^{4,5}



The allergens responsible for the allergic reaction must be identified and measures taken to prevent exposure to these substances.^{1,6}

Although there is no cure for allergic conjunctivitis, you can find relief in certain treatments.^{5,7} More importantly, you can also prevent it from flaring up.⁵

Recommendations and preventive measures

Whether at home or outside, there are many substances capable of triggering allergic reactions.¹ Household dust and pollen from flowers tend to be some of the main causes of eye allergies.^{8,9}

It is important to take measures to minimise exposure and avoid eye allergens.^{1,9,10}

Dust, dust mite and animal allergens:

- Avoid having curtains, rugs, carpets and furniture that tend to act as dust traps in your bedroom¹⁰
- Use synthetic pillows and blankets¹² and use mattress covers made with impermeable plastic or special dust mite-proof fabric^{1,5,11}
- Change air conditioning filters once a month¹¹
- Clean regularly with a damp cloth or vacuum cleaner.¹¹ Do not use brooms or feather dusters^{6,9}
- If you have to do housework, wear an anti-dust mask⁵
- Wash bed linen weekly at temperatures in excess of 60 degrees^{5,10}
- Keep your wool clothes in plastic zipper bags when they are not being used¹²
- If you have pets, do not allow them into your bedroom^{5,11} and bath them every week to remove hair and other allergens^{3,11}



Pollen allergens:

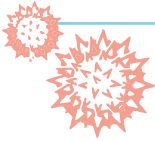
Pollens are the tiny egg-shaped male cells of flowering plants¹⁵



- Look up the pollen count in the air before leaving the house⁵
- If possible, stay at home on hot, dry, windy days⁸ and keep the windows and doors closed⁵
- Take a shower and wash your hair at night to remove any pollen built up during the day^{13,14}
- Avoid mowing the lawn and stay away from recently cut grass^{13,15}
- Try not to do any outdoor activities during midmorning and early evening, which is when the pollen count is at its highest level^{1,5,14}
- Wear sunglasses to prevent the eyes from coming into contact with pollen^{1,5,14} and to protect them from the sun which irritates the mucous membranes in the eyes.¹⁶ Wearing a wide-brimmed hat can also be effective^{13,16}
- Keep your car windows closed when your car is in motion¹⁵



Do you know your ocular allergy triggers?



ALLERGENS

One of the most effective ways to manage an ocular allergic reaction is to minimise exposure and avoid eye allergens.^{1,6,8,19}



In some people, airborne allergens may trigger an allergic reaction when they come into contact with the eyes.^{1,19}

Mast cells respond by releasing

Histamine and other chemicals or substances¹



This causes the eyes to become red, itchy and watery^{1,19}

Ask your doctor or pharmacist about an eye drop that can help to treat and control the symptoms of eye allergy.

What are the treatment options for ocular allergies?

There are various topical agents available for the treatment of ocular allergy.⁵ They work through different mechanisms:



Mast cell stabilisers

Prevent mast cells (allergy cells) from releasing the chemicals that help cause inflammation and the allergic reaction to allergens.¹⁸

Antihistamines

Block the effect of histamine, the chemical that triggers the allergic reaction to allergens.^{2,18}

Antihistamines with mast cell stabilising properties

This class of drugs has both the above mechanisms of action.^{17,19}

Vasoconstrictors

Narrow blood vessels in the eyes and reduce eye redness.¹

Vasoconstrictor/antihistamine combination products are also available

This class of drugs has both vasoconstrictor and antihistamine mechanisms of action.¹⁹

For more information, and if you have the ocular allergy symptoms described in this brochure, please see your optometrist, ophthalmologist or healthcare practitioner. They are best placed to advise you and make treatment recommendations.



All people depicted in this booklet are models. Stock images and model photography have only been used for illustration purposes. Source: www.istock.com

References: 1. American College of Allergy, Asthma and Immunology (ACAAI). Eye Allergy [Homepage on the Internet] [Accessed 21/11/2018]. Available from: <https://acaai.org/allergies/types/eye-allergy>. 2. Shroff Eye Hospital. Eye allergies and how to prevent them. [Homepage on the Internet] © 2017. [Accessed 23 Sept. 2018]. Available from: <http://www.shroffeye.org/patient-information/conditions/eye-allergies-and-how-to-prevent-them/>. 3. De Shazo RD. Patient education: Trigger avoidance in allergic rhinitis (Beyond the Basics). Post TW, ed. UpToDate. Waltham, MA: UpToDate Inc. <http://www.uptodate.com>. [Updated 20 Feb 2018; Accessed 26 Nov 2018]. 4. Burks W. Patient education: Food allergy symptoms and diagnosis (Beyond the Basics). Post TW, ed. UpToDate. Waltham, MA: UpToDate Inc. <http://www.uptodate.com>. [Updated 6 Mar 2018; Accessed 23 Nov 2018]. Available from: <https://www.uptodate.com/contents/food-allergy-symptoms-and-diagnosis-beyond-the-basics/print.5>. 5. WebMD. Best treatment for allergies. [Homepage on the Internet]. [Accessed 23 Nov 2018]. Available from: <https://www.webmd.com/allergies/everything-allergies?print=true>. 6. Trubert D. Eye allergy treatment. American Academy of ophthalmology. [Homepage on the Internet]. [Updated 1 Sept 2018; Accessed 22 Nov 2018]. Available from: <https://www.aao.org/eye-health/diseases/allergies-treatment>. 7. WebMD. Which eyedrops help eye allergies? [Homepage on the Internet]. [Accessed 22 Nov 2018]. Available from: <https://www.webmd.com/allergies/allergy-eyedrops#1>. 8. MedlinePlus [Internet]. Bethesda (MD): National Library of Medicine (US). Allergic conjunctivitis. [Homepage on the Internet]. [Updated 13 Nov 2018; Accessed 22 Nov 2018]. Available from: <https://medlineplus.gov/ency/article/001031.htm>. 9. Optometric Care Associates. Don't let fall eye allergies get you down. [Internet]. [Accessed 22 Nov 2018]. Available from: <https://www.oaca2020.com/2017/05/09/dont-let-fall-eye-allergies-get-you-down/>. 10. NCBI Bookshelf. Dust mite allergies: Overview. Informed Health Online. [Home page on the Internet], Cologne, Germany: Institute for Quality and Efficiency in Health Care (IQWiG); © 2006 [Created 13 Jul 2017; Accessed 21 Nov 2018]. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK447098/>. 11. Mayo Clinic Staff. Allergy-proof your home. [Homepage on the Internet] [Updated 6 Sept 2018; Accessed 22 Nov 2018]. Available from: <https://www.mayoclinic.org/diseases-conditions/allergies/in-depth/allergy/art-20049365>. 12. Medicinenet.com. Allergy treatment begins at home. [Homepage on the Internet]. [Accessed 21 Nov 2018]. Available from: https://www.medicinenet.com/allergy_treatment_begins_at_home/article.htm#allergy_treatment_facts. 13. American Academy of Allergy, Asthma and Immunology (AAAAA). Eye allergy overview. [Homepage on the Internet]. [Accessed 22 Nov 2018]. Available from: <https://www.aaaai.org/conditions-and-treatments/library/allergy-library/eye-allergy>. 14. Asthma and Allergy Foundation of America (AAFA). Pollen Allergy. [Homepage on the Internet]. [Updated Oct 2015; Accessed 22 Nov 2018]. Available from: <http://www.aafa.org/pollen-allergy/>. 15. Allergy Associates of New Hampshire (AANH). Allergies. [Homepage on the Internet]. Available from: <http://www.allergiesnh.com/allergies.html>. 16. Pollenwarndienst. Useful hints. [Homepage on the Internet]. [Accessed 26 Nov 2018]. Available from: <http://www.allergiesnh.com/allergies.html>. 17. Ackerman S, Smith LM, Gomes PJ. Ocular itch associated with allergic conjunctivitis: latest evidence and clinical management. *Ther Adv Chronic Dis*. 2016 Jan;7(1):52-67. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4707430/>. 18. La Rosa M, Lionetti E, Reibaldi M, et al. Allergic conjunctivitis: a comprehensive review of the literature. *Italian Journal of Pediatrics* 2013;39:18. [Accessed 26 Nov 2018]. Available from: <http://www.ijponline.net/content/39/1/18>. 19. Hamrah P, Dana R. Allergic conjunctivitis: Management. Post TW, ed. UpToDate. Waltham, MA: UpToDate Inc. <http://www.uptodate.com>. [Updated 1 Dec 2017; Accessed 14 Sept. 2018].



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Novartis South Africa (Pty) Ltd., Co. Reg. No.: 1946/020671/07.
Magwa Crescent West, Waterfall City, Jukskei View, 2090.
P O Box 12257, Vorna Valley, 1686. Tel: +27 11 347 6600
Exp.: 10/2023. ZA2111225121.

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