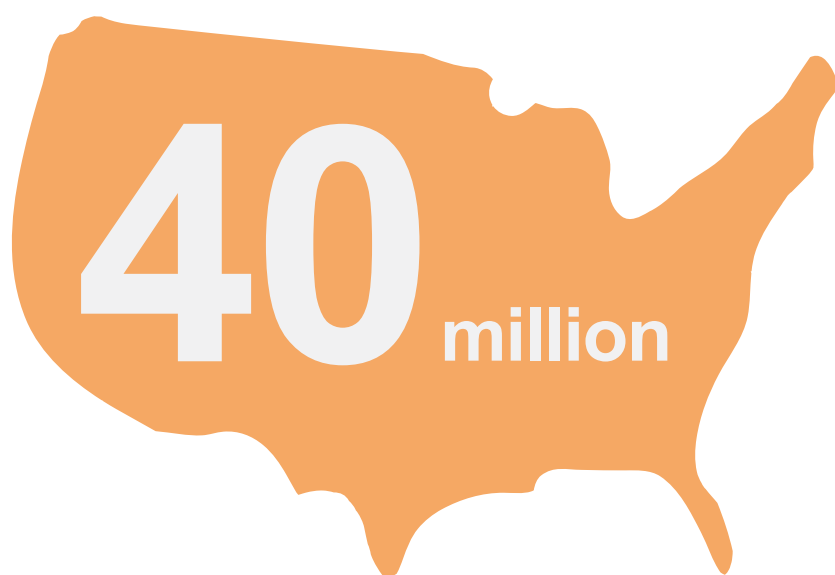


ALL ABOUT EYE ALLERGIES



Approximately **40 million** Americans have indoor/outdoor allergies

GREATER THAN

70%

OF PATIENTS WITH GENERAL ALLERGIES MAY HAVE EYE ALLERGY SYMPTOMS¹

EYE ALLERGIES

ARE A SPECIFIC FORM OF EYE DISEASE CAUSED BY ANY KIND OF IRRITANT, INCLUDING^{2,3}:



ENVIRONMENTAL



INFECTIOUS



ARTIFICIAL SUBSTANCES

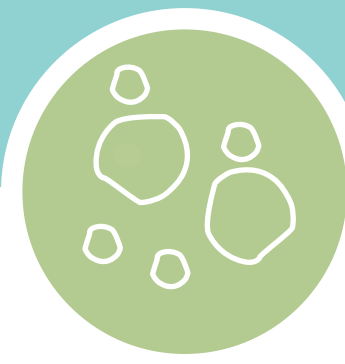


Eye allergies mainly affect the surface of the eye as well as the inner folds of the eyelids³

CAUSES OF EYE ALLERGIES²⁻⁴



Pet hair or dander



Mold and mold spores



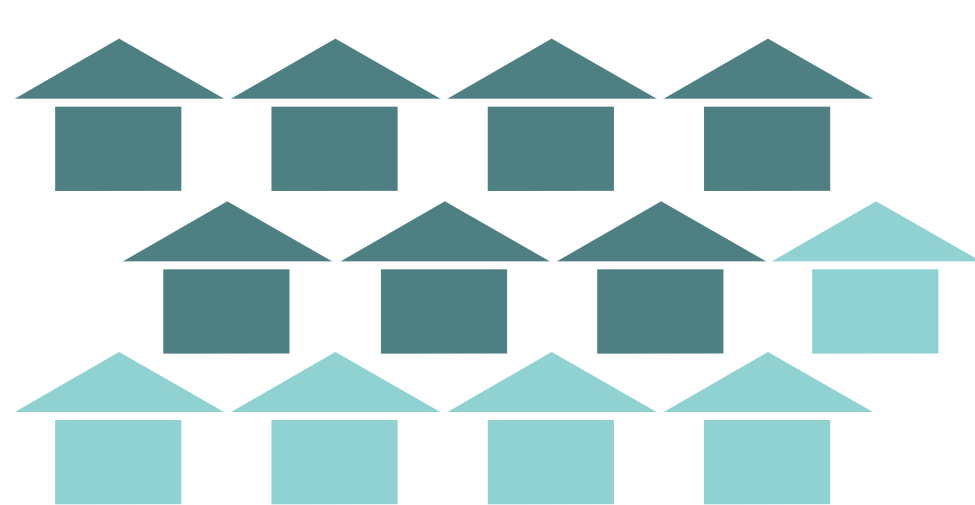
Grass, tree and weed pollens



Dust mites



Makeup or perfume



In a survey, over **50%** of homes had at least 6 detectable allergens⁵

TYPES OF EYE ALLERGIES⁶

Seasonal and perennial eye allergies are the most common types of eye allergies

95%

of eye allergies are seasonal or perennial

DESPITE THEIR PREVALENCE, **EYE ALLERGIES ARE OFTEN UNDERDIAGNOSED AND CONSEQUENTLY UNDERTREATED⁷**

SO HOW CAN YOU TELL IF **YOU** HAVE EYE ALLERGIES?^{3,8,9,16}

Here is a list of the most common symptoms:

- Itchy eyes
- Red, irritated eyes
- Watery or tearing eyes
- Swelling or inflammation of the eyelids
- Burning of the eye
- Sensitivity to light

75%

OF PATIENTS SELF-REPORTED **ITCHY EYES AS A TOP SYMPTOM¹⁰**

WHAT'S NEXT?

HERE'S THE GOOD NEWS!

There are ways to help manage eye allergy symptoms¹¹⁻¹³:

- Remove your contact lenses
- Rinse your eyes and/or apply a cold, wet compress to irritated eyes
- Avoid rubbing your eyes, despite how itchy they may be
- Leave your shoes at the door
- Wash your hair before bed
- Close your windows and outside doors
- Use the "recirculate" option when driving instead of using vents, which may let pollen in
- Be mindful of changing filters
- Adjust humidity level indoors
- Check allergy counts and prepare accordingly

There are also effective medications to help relieve eye allergy symptoms:^{14,15}

Over-the-Counter Treatments

Over-the-counter medications can be obtained without a prescription and include treatment options such as over-the-counter oral antihistamines, both pills and liquids, and over-the-counter antihistamine eye drops.

Prescription Treatments

A prescription can be obtained from your doctor or eye care professional for treatment options such as prescription eye drops, pills and liquids.



Doctors you can visit to determine ways to treat eye allergies:

- > General practitioners
- > ENT (Ear, Nose and Throat) specialists
- > Allergists/Immunologists
- > Eye care professionals

BOTTOM LINE

Eye allergies can be challenging and disruptive to your daily life. Millions of Americans experience the same troublesome symptoms. Don't think you just have to learn to live with them, though. Being proactive can help you manage your eye allergies in the most effective way possible.¹⁶

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