



# Eye on Health

## Keep An Eye On Allergies

(NAPSA)—An estimated 50 million Americans suffer from the miseries of allergies, with allergic reactions involving the eyes a common complaint. For many, symptoms of eye allergies can be so uncomfortable and irritating that they interfere with job performance, impede leisure-time and sports activities, and curtail vacations.

To help allergy sufferers better understand and manage the condition, the Asthma and Allergy Foundation of America (AAFA), the leading patient organization for people with asthma and allergies, is offering a free educational brochure titled “Eye Health and Allergies.”

“This brochure offers useful information on how eye allergies occur, common signs and symptoms, and practical advice on how to treat and prevent eye allergies,” says Mike Tringale, Director of External Affairs, AAFA.

### Tips for Lens Wearers

Supported by 1•Day Acuvue Moist Brand Contact Lenses, it also includes smart allergy season strategies for the nation’s 40 million contact lens wearers, a group for whom eye allergies can cause unique problems.

“Allergy sufferers who wear contact lenses that you use for two weeks or more may experience discomfort and symptoms such as ocular itching, tearing and redness, because allergens and other irritants can build up on the lenses over time,” explains New York-based optometrist Susan Resnick, O.D., F.A.A.O. “Chemical disinfectants and preservatives used in some contact lens care systems also can cause ocular distress.”

To help minimize these symptoms, contact lens wearers can



**Keeping an eye on allergy symptoms may be easier than many people realize.**

limit their wearing time during allergy season, but Dr. Resnick says there is no need to discontinue contact lens wear during the allergy season.

“Studies have shown that single-use contacts—daily disposable lenses that you throw away at the end of the day—can be a healthy and more comfortable option for many people with eye allergies,” she notes.

To help allergy sufferers who would like to start wearing or continue wearing contact lenses, the brochure, along with a free trial-pair certificate for 1•Day Acuvue Moist, is also available at [www.acuvue.com/seasons](http://www.acuvue.com/seasons). (Professional exam and fitting fees not included. Valid only while supplies last.)

“When worn on a daily disposable basis, 1•Day Acuvue Moist may provide improved comfort for two out of three patients suffering from mild discomfort associated with allergies during contact lens wear compared with those wearing two-week lenses,” says Dr. Resnick.

***Important information for contact lens wearers:*** Acuvue Brand Contact Lenses are available by prescription only for vision correction. An eye care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your doctor. Do not wear lenses if you have an eye infection or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, contact your eye doctor immediately. For more information on proper wear, care and safety, talk to your eye care professional, call 1-800-843-2020 or visit [www.acuvue.com](http://www.acuvue.com).