

Health Awareness



Treating Eye Allergies In Three Easy Steps

(NAPSA)—When it comes to eye allergies, the most effective way to minimize and relieve symptoms may be a three-step approach. Those steps include:

- removing allergens from your eyelids,
- lubricating your eyes, and
- relieving the symptoms.

Itchy, irritated eyes are one of the most annoying symptoms of allergies to pollen, ragweed, grass, animal hair and dander. While the main symptom is itching, others may include tearing, burning, mucus discharge and swollen eyelids.

Fortunately, there are steps you can take to reduce exposure to eye allergens, including wearing sunglasses or hats and making sure to shower and wash your hair before sleeping to remove allergens from the body and eye area.

Now there is a way to take a systematic approach to relieving allergy symptoms. The TheraTears® Allergy Eye Itch Relief System™ includes three products (SteriLid® Eyelid Cleanser, TheraTears® Allergy Eye Itch Relief, and TheraTears® Lubricant Eye Drops) that can be used together to maximize symptom relief.

Washing your eyelids and the area around your eye with a quality cleanser, such as SteriLid® Eyelid Cleanser, during allergy season helps remove any additional allergens that may have accumulated around your eye dur-



ing the course of the day. This is particularly important for contact lens wearers, who should remember to use the cleanser prior to inserting their contact lenses.

TheraTears® Allergy Eye Itch Relief with ketotifen is an antihistamine drop designed to provide relief from itchy allergy eyes in minutes.

Just like your own natural tears, lubricant eye drops can help flush out any allergens from your eyes and also provide relief from dry eye symptoms. TheraTears® balanced formula matches the human tear film, which may improve eye comfort.

You can use any of the products alone or together in a treatment system. Symptoms vary, and if they persist, check with your optometrist or ophthalmologist for proper diagnosis and treatment.

For more information, visit www.theratears.com/eyeitch or call (800) 579-8327.