

# Health Bulletin



## Treating Red, Itchy “Allergy Eyes”

(NAPSA)—Taking a few simple steps can help relieve symptoms of allergies, whenever they strike.

An estimated 50 million Americans suffer from allergies, according to the Asthma and Allergy Foundation of America—and many will tell you that ragweed and mold strike allergy sufferers hard in the fall.

Fall allergies can wreak havoc on noses, throats and especially the eyes. In fact, according to a Harris Interactive Survey, people who suffer from allergies say that their most bothersome and most experienced symptom is itchy “allergy eyes.”

Fortunately, there are ways to find relief. Renowned optometrist Dr. Elise Brisco says the key lies in a powerful antihistamine known as “Ketotifen Fumarate.”

“It works by blocking allergy receptors on the eyes and by decreasing the release of histamine from cells in the eye,” she explains. You can find it in Visine All Day Eye Itch Relief. Dr. Brisco says no other over-the-counter eye drop works faster and lasts longer to relieve itchy eyes.

“It works within minutes and lasts up to 12 hours,” she says. “Prescription medications taken orally can take up to 90 minutes to start working, so eye drops are a great fast fix for itchy allergy eyes.”

Dr. Brisco offers these additional tips:

- Vacuum and dust often to reduce allergens such as dust and pet dander.



**A little house cleaning and the right over-the-counter eye drops could help treat itchy eyes.**

- Keep windows shut to keep out ragweed and other outdoor allergens.

- Regularly clean or change the air filters in your heating and cooling system to keep indoor air fresh.

- Put allergy-proof covers on pillows, mattresses and comforters to ward off dust mites.

- After being outdoors, use a sterile saline eyewash to clean out your eyes, then use an over-the-counter eye drop.

- Do not hang laundry to dry outdoors because allergens might stick to the clothes.

- Glasses and sunglasses act as a barrier or shield to minimize allergens from sticking to your eyes.

- If you wear contact lenses, choose a daily disposable lens to minimize allergen accumulation.

### Learn More

Visit [www.visine.com](http://www.visine.com) for more information about eye allergies and ways to relieve the discomfort and annoyance they can cause.