



PREMIER EYECARE ASSOCIATES

*Committed to your Family's Vision Health*

**Chillicothe, MO**  
**660-646-3937**

**Brookfield, MO**  
**660-258-4709**

**Trenton, MO**  
**660-359-3957**



### **Ocular Allergies are Common**

Because the surface of the eye is exposed to the environment, it is in constant contact with airborne particles and potential allergens. The tears of the eye are constantly washing away and defending the eye against these allergens with enzymes in the tear fluid that can break down potential irritants. Many times the tears simply do not offer enough protection from assaults of pollen, pet dander, or other irritants (smoke, dust etc.). Allergies involving the eyes are very common, with symptoms that can range from mild redness and itching to more severe inflammation and irritation. As with any allergic response, when the eye is exposed to an allergen or irritant, its cells release histamine in response and itching and inflammation occur. This can result in *conjunctivitis*, inflammation of the thin membrane (*conjunctiva*) that lines the inside of the eyelids and outer portion of the eye.

Treatment for allergic eye symptoms include artificial tears to help wash away the irritants, over-the-counter anti-histamine eye drops, and prescription eye drops to reduce inflammation and itching. Another option is simply removal of the source of the allergens (i.e. dust, pet dander).