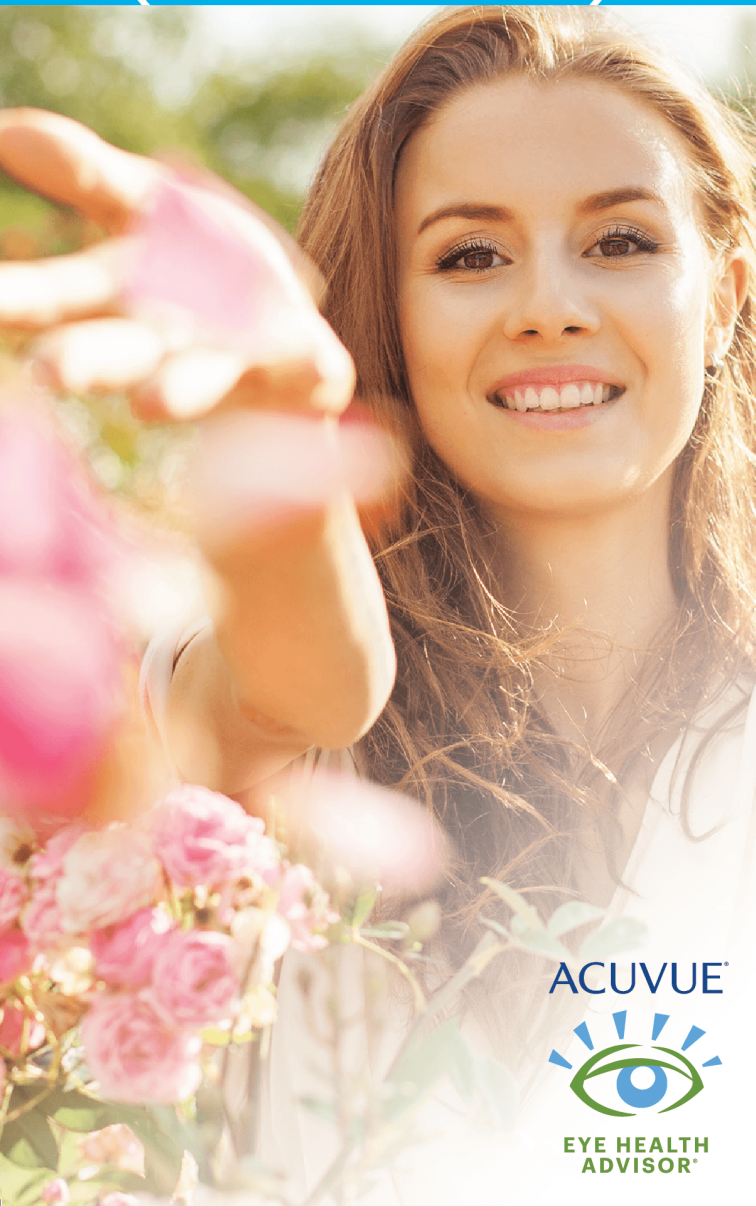


ALLERGIES

AND CONTACT LENSES



ACUVUE®



EYE HEALTH
ADVISOR®



ALLERGIES AND CONTACT LENSES

An estimated 15% of the world population suffers from seasonal eye allergies¹, often caused by many of the same triggers as indoor or outdoor allergies. For some, eye allergies can prove so uncomfortable and irritating that they interfere with job performance or impede leisure-time and sports activities. Allergy sufferers who need vision correction may have some problems wearing their lenses.

What are eye allergies?

Eye allergy, also known as **“ALLERGIC CONJUNCTIVITIS”**, is the result of systemic reaction of the immune system. It is a reaction to indoor and outdoor allergens that get into your eyes. This cause inflammation of the conjunctiva, the thin, transparent membrane that lines the inside of the eyelid and partially covers the eyeball. The conjunctiva also helps to keep your eye moist.

Allergies are becoming increasingly common worldwide mainly because of atmospheric pollution: tobacco smoke, ozone depletion, and nitrogen dioxide.

Eyes are an easy target for allergens and irritants

Other substances called **“IRRITANTS”** (such as dirt and smoke, chlorine, etc.), can compound the effect of eye allergies, or even cause irritation symptoms similar to eye allergies. **Even though eyes have a unique defense system, they are an easy target for allergens and irritants because, like the skin, they are exposed and sensitive.**

Certain medication and cosmetics can also cause an eye allergy. By way of response to these allergens and irritants, the body releases chemicals called **histamines**, which in turn cause inflammation.

The signs of eye allergies

Common symptoms of eye allergies and the inflammation include: **redness, itchiness, burning, tearing, swollen eyes, along with a gritty sensation.** These symptoms may be accompanied by a runny or itchy nose and sneezing. Many also find that their vision is temporarily blurred. People with allergies may feel distracted, unproductive or tired.

How are eye allergies managed?

The best defence against allergic conjunctivitis is to first avoid contact with substances that trigger your allergies. In case of contact with a potential allergen, carefully wash your eyes and apply some preservative-free artificial tears.

After prevention and symptomatic care, if the situation continues, you should consult an Eye Care Professional who will prescribe or recommend you a medication like eye drops or eye baths. The eye allergy symptoms may disappear completely, either when the allergen is removed or after the allergy is managed.

Talk to your healthcare provider about what is best for you.



Tips for minimizing symptoms with eye allergies

- Avoid touching or rubbing your eyes
- Use cold compresses to minimise symptoms
- Use ocular lubricants (non-preserved) to flush out allergens from the eye
- Wash your hands often with soap and water
- Wash your bed linens and pillowcases in hot water and non-allergic detergent to reduce allergens
- Avoid wearing make-up or choose make-up brands that minimise irritation
- Never share make-up
- Use close-fitting, wrap around sunglasses outdoors

Allergy seasons

Eye allergies do not exclusively occur in spring and summer time; the allergy season spans 8-10 months a year.

Eye allergies and contact lenses

For contact lens wearers, eye allergies can cause unique problems. In the peak season, which starts in spring, people want to be wearing their contact lenses for outdoor activities, sport and socialising.

During allergy season, some contact lens wearers revert back to their glasses due to discomfort. But others develop strategies that allow for daily lens wear with comfort and ease.

Allergy sufferers who are contact lens wearers may experience discomfort and symptoms with their contact lenses.



SMART STRATEGIES

FOR CONTACT LENS WEARERS

Here are some strategies that may help contact lens wearers with seasonal allergies continue to successfully wear their lenses:

- Use daily disposable contact lenses
- Limit wearing time when allergy symptoms are most troublesome
- Make your own allergy season “wearing schedule-shift”, by wearing your lenses part time, for example, for sports or socialising with family and friends
- If you could use reusable contacts you could speak to your Eye Care Professional about daily disposables for the allergy season. You may also wish to talk to your Eye Care Professional about which cleaning regime is best for your reusable lenses.
- Use eye drops as prescribed by your Eye Care Professional
- Use ocular lubricants (non-preserved) to flush out allergens
- Use cold compresses

DAILY DISPOSABLE LENSES

AN OPTION
FOR MANY PEOPLE
PRONE TO ALLERGIES

Contact lens wearers can continue to wear contact lenses with careful management.

It has been demonstrated that daily disposables can be a healthy option for contact lens wearers in general and they can be an effective strategy for managing symptoms of allergy sufferers.²

Daily disposable contact lenses (lenses which are thrown away at the end of the day) not only reduce the surface build-up of irritating allergens, but also eliminate exposure to the disinfectants and preservatives in lens-cleaning solutions – which themselves may lead to allergic reaction for some wearers. In addition, daily disposable lenses are less time consuming and more convenient than reusable lenses as you don't need to cleanse them every day. You just simply throw them away at the end of the day and take a fresh new pair each day.

Using daily disposable contact lenses is an effective strategy for managing the symptoms of allergies.

Daily disposable lens wearers reported fewer symptoms of redness, cloudy vision and grittiness compared to those using reusable lenses³; they also reported better vision, overall satisfaction, fewer lens surface deposits, complications, and unscheduled Eye Care Professional visits.

1-DAY ACUVUE® MOIST contact lenses are an ideal choice if you suffer from dryness symptoms and sensitivity. This is thanks to the dual-action technology that helps keep moisture in and irritation out.

The unique LACREON® technology in 1-DAY ACUVUE® MOIST contact lenses creates a cushion of moisture that lasts all day.⁴ This, combined with the flexible material technology, helps the contact lenses to fit comfortably to your eyes and keeps them in their natural state.⁴

Suffering from eye allergies does not necessarily mean that you need to abandon your contact lenses. By talking to your Eye Care Professional and identifying the lens and respective wear regimen that suits you the best, **you may be able to enjoy wearing contact lenses even during allergy season.**



SHARE THE KNOWLEDGE

If you have learned something by reading this leaflet, there's a good chance that a family member or a friend could also benefit, so spread the word to the people you care about, it's worth it!

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References:

1. The Ocular Immunology and Uveitis Foundation, Ocular Allergy, Cambridge, 2009, <http://www.uveitis.org/medical/articles/case/Allergy.html>.
2. Hayes VY, Schnider CM & Veys J 'An evaluation of daily disposable lenses in a population of allergy sufferers' Contact Lens & Anterior Eye 2003, 26: 85-93.
3. Solomon OD, Freeman MJ, et al. A 3-year prospective study of the clinical performance of daily disposable contact lenses compared with frequent replacement and conventional daily wear contact lenses, CLAO J, 1996;22:250-7.
4. JJV Data on File 2018. Dual Action Technology and "cushion of moisture" description for 1-DAY ACUVUE® MOIST BRAND FAMILY OF CONTACT LENSES

ACUVUE® Contact Lenses can be used for vision correction. An eye care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and instructions on proper lens care. Do not wear contact lenses if you have an eye infection or experience other eye problems or if you are allergic to any ingredient. For more information, including warnings and precautions, read the Instructions for Use available on the ACUVUE website www.acuvue.com/en-me. If you experience eye discomfort or if any condition occurs, remove the lens and contact your eye care professional immediately.

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For more information on proper wear, care and safety, talk to your Eye Care Professional and read the Instructions for Use available on the ACUVUE® website www.acuvue.com/en-me

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ACUVUE® contact lenses are available for short-sighted, long-sighted, astigmatism and presbyopia (multifocal) vision needs

Find out more at
www.acuvue.com/en-me

