

# Broadway Eye Center

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## Eye Allergies Treatment Recommendations

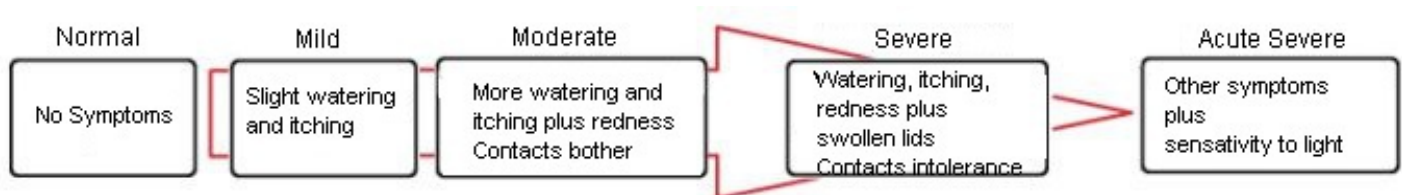
The eyes can be allergic to:

- Pollen from grasses, weeds, and trees (seasonal allergic conjunctivitis)
- Dust, pet dander, fabrics and other indoor allergens (chronic conjunctivitis)
- Makeup, perfume or other chemicals (contact conjunctivitis)
- Air pollution, smoke, dust, mold and other environmental (perennial conjunctivitis)

When a person with allergies is first exposed to a particular allergen, the immune system incorrectly interprets it as an attack. White blood cells produce IgE antibodies which hang around until the person is exposed again.

Then the chemical Histamine is released with its characteristic:

- Watery eyes
- Itchy eyes
- Runny nose
- Red - irritated eye
- Swollen eyelids
- Sensitivity to light



We do not recommend Visine Totality, Optcon-A and other common “get-the-redness-out” drops for treating allergies. These drops are mainly vasoconstrictors which narrow the blood vessels and make the eye look “whiter” but do nothing to fight the Histamine induced problem. Because of vessel rebound phenomena, the eyes may later be more red than before.

### We recommend the following treatment items:

#### 1. Avoidance

Keeping windows closed and cleaning air conditioning systems annually and at least a month before peak season can prevent symptoms of eye allergies. Tear substitutes or saline drops (in combination with a shower) can be used wash away outdoor allergens.

2. **For Mild Symptoms:**

The best over-the-counter (OTC non-prescription) drops contain Ketotifen Fumarate 0.035% which is sold under the brand names of Alaway (B&L) and Zaditor (Alcon). These are designed for one drop twice daily, but are often effective with once daily as attack subsides.



3. **For Moderate Symptoms:**

When the OTC is not effective, a prescription drop is often required. Although these prescription drops have different properties, the managed care drug formularies often dictate our choice of which prescription allergy drop that we can use.



Installation is either: once per day and twice per day.

For once per day, there are Pataday 0.2% (Novartis), Pazeo 0.7% (Novartis) and Lastacraft 0.25% (Allergan).

For twice per day, there are Patanol 0.1% (Novartis), Bepreve 1.5% (B&L), Optivar 0.05% (Akorn) and Elestat 0.05% (Allergan). There are two generics: Epinastine 0.05% and Olopatadine 0.2%.

4. **For Severe Symptoms:**

The prescription allergy drop Alex 0.2% (B&L) has emerged for severe symptoms. This molecule (Lotepredonol etabonate) is in a unique class of corticosteroids which has the therapeutic properties of other corticosteroids with less adverse side effects.



5. **For Acute Severe Symptoms:**



Corticosteroid drops can be used as a short-term boost during acute allergic flare-up. Although very effective against the allergic symptoms, this class of drops can produce a number of local adverse side effects which include early cataract formation, eye pressure increase and greater risk of eye infections. Therefore, they must be only used for a short period of time in addition to other forms of treatment.

Final Note: Because allergic attacks can compromise the eye's defense mechanisms, patients should be monitored more closely and re-examined if symptoms or vision suddenly becomes worse.