

FOR IMMEDIATE RELEASE

RED, TEARY EYES FROM SEASONAL ALLERGIES CAN BE SOOTHED

Randolph/Mattapan, MA - April 7, 2009- Are you sneezing and congested? Are your eyes watery and red? Perhaps you have seasonal allergies. About 20 percent of adults and children in the United States suffer from allergies. It's the sixth leading cause of chronic disease in the United States.

Part of allergy suffering can include red, teary eyes or painful inner eyelids. This can be associated with seasonal springtime allergies or even summer and fall allergies. Red watery eyes, inflamed inner eyelids, blurred vision, a scratchy feeling in the eyes and, sometimes a puss-like or watery discharge can also be related to cosmetic, animal or fabric allergic reactions as well. However, eye inflammation or conjunctivitis can have other causes and need to be diagnosed before treatment begins.

“Allergy sufferers can have conjunctivitis, an inflammation of the thin, transparent layer that lines the inner eyelid and covers the white part of the eye,” said Dr. Ronald M. Cline of Randolph Eye Associates and Vision Specialists of Randolph and Mattapan. “Patients need to see an optometrist for a diagnosis and treatment. Many times, we can sooth allergy-related conjunctivitis with prescription or over-the-counter eye drops depending on the patient. However, we need to eliminate the possibility of other causes.”

The three main types of conjunctivitis are allergic, infectious and chemical. The infectious type, commonly called "pink eye" is caused by a contagious virus or bacteria. Infectious conjunctivitis, caused by bacteria, can be treated with antibiotic eye drops. Other forms, caused by viruses, cannot be treated with antibiotics. They must be fought off by your body's immune system.

And, irritants like air pollution, noxious fumes and chlorine in swimming pools may produce the chemical form of conjunctivitis.

For contact lens wearers, allergy season can present a more difficult predicament. Airborne allergens can get on your lenses, causing discomfort. Allergens can also stimulate the excessive production of natural substances in your eyes, which bind to your contacts and also become uncomfortable.

“Eye drops can help relieve your symptoms and keep your contact lenses clean,” said Dr. Cline. “However, certain drops can discolor or damage certain lenses, so you might want to check with your optometrist before trying a new brand for relief.”

Another alternative for dealing with allergies and irritated eyes is opting to use daily disposable contact lenses, which are discarded nightly. Because these lenses are replaced each day, irritating deposits cannot build up over time and cause or heighten allergy-related discomfort.

Optometrist Dr. Ronald M. Cline has been serving the eye care needs of patients in the South Shore and Greater Boston for over 35 years. If interested in learning more about allergies, please contact Randolph Eye Associates or Vision Specialists.

Randolph Eye Associates, located in Randolph Massachusetts, across from Randolph High School provides comprehensive eye care for the entire family. All the doctors specialize in contact lenses, pediatric, low vision, dry eye diagnoses and treatment as well as your general primary eye care. Randolph Eye Associates is a TLC Laser Eye Centers Affiliate. The Boston office, Vision Specialists, is located at Blue Hill Avenue in Mattapan Square. Randolph Eye Associates takes almost all major medical plans and have nights and Saturday appointments.

Randolph Eye Associates has continued to stay abreast of the latest in technologies that will provide your family with all-inclusive eye care. With the latest diagnostic technologies, glaucoma tests, and with the latest ophthalmic lens design, Randolph Eye has the ability to fabricate glasses to maximize every patient's visual requirements. Randolph Eye continues to be in the forefront of optometric diagnostic modalities and to provide one of the most comprehensive exams in the South Shore.

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The American Optometric Association, founded in 1898, represents more than 34,000 doctors of optometry, optometry students and paraoptometric assistants and technicians in more than 7,000 communities across the country. Optometrists examine, diagnose, treat and manage diseases and disorders of the visual system, the eye and associated structures as well as diagnose related systemic conditions. The mission of the profession of optometry is to fulfill the vision and eye care needs of the public through clinical care, research and education, all of which enhance the quality of life of patients.