

# Children's Health Update

## Eye Itch Tips For Tots:

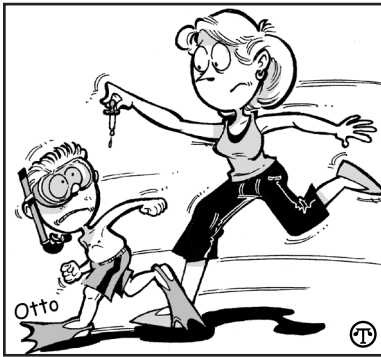
### Dr. Marguerite McDonald Offers Parents Child Eye Care Safety Tips

(NAPSA)—The arrival of springtime signals the beginning of allergy season, and eye itch is one of the most common complaints. Many parents are faced with not only easing their own pains, but with treating their children's itchy eyes as well.

Approximately 40 million Americans suffer from eye allergies, and many of them are not old enough to use eyedrops themselves. For parents, applying eyedrops to a child's eyes can be a high-anxiety task, especially when the child shows resistance. A common problem is the application of too much or too little medication, which can interfere with treatment. To make matters worse, many medications only last a few hours, so they have to be used again and again to keep the problem at bay.

Marguerite McDonald, M.D., F.A.C.S., Ophthalmic Consultants of Long Island, offers the following tips to help parents get their children (and themselves) through the upcoming eye-itch season as painlessly as possible:

- Avoid the inconvenience of frequent applications or visits to the school nurse with long-lasting



#### **Applying eyedrops to a child's eyes can be a high-anxiety task.**

treatments that minimize the number of necessary applications. Zaditor® (ketotifen fumarate ophthalmic solution), previously available only by prescription, was recently approved by the U.S. Food and Drug Administration for over-the-counter use. It works in minutes and provides up to 12 hours of eye-itch relief.

- To prevent any contamination or spread of germs, wash your hands well before administering the drops, and be careful not to touch the dropper to the child's eye or any other surface.

- If administering eyedrops by yourself, it may be difficult to keep

a young child's arms and fingers away during application. For children under 3 years of age, wrap the child in a blanket to keep their arms inside. For older children, find a relaxing position that makes the child feel in control.

- Gently pull the child's lower eyelid down, and either drop the liquid into the pocket created behind the lower eyelid or into the corner of the eye, allowing the medicine to flow into the eye.

- For young children, be sure to have cotton swabs or a clean tissue ready to wipe away any excess liquid that may roll into the child's ears or mouth.

- If possible, have the child close his or her eyes for a few seconds after application.

- Read the label carefully and make sure it is appropriate for the child. Most nonprescription medications can be used for children age 6 and above. Zaditor is the first OTC eye-itch medication safe for use in children as young as 3.

- Unless directed otherwise, be sure to store eyedrops at room temperature.

For additional children's eye-itch treatment and safety information, please visit [www.zaditor.com](http://www.zaditor.com).