



## Simple Tips That Can Help Combat Allergy Symptoms

(NAPSA)—Allergy season is nothing to sneeze at—especially for the one in five people affected by seasonal eye allergies.

Allergens, common in the spring, can trigger a variety of symptoms such as itchy, watery or red eyes.

With the start of spring allergy season, the best defense is to avoid the allergens that trigger these symptoms whenever you can. To help manage or prevent symptoms, try these simple tips:

- Find out what causes your allergy and try to avoid the trigger. If pollen bothers you, try to stay indoors during the peak allergy season.

- Turn off ceiling fans, as allergens and dust are easily picked up by a fan.

- Use preservative-free artificial tears, as preservatives can also cause discomfort.

- Take more frequent showers to wash away allergens.

### Allergies and Makeup Tips

Springtime allergies can also wreak havoc on a woman's beauty routine. According to a recent survey conducted by Harris Interactive on behalf of Vistakon Division of Johnson & Johnson Vision Care, Inc., 48 percent of women note that eye allergy symptoms often make them look like they have been crying, and 47 percent say the frequent rubbing of their eyes often causes their makeup to come off. As a result, 38 percent report that their red, puffy eyes make them look tired and unattractive.

Try a few simple tricks to help mask some of these symptoms. Antihistamines, found in allergy medicines, may dry out skin. Start with a tinted moisturizer to keep skin hydrated. A cooling eye mask will rid your eyes of dark circles and reduce puffiness. Finally, apply a touch of bronzer to your forehead, cheeks



**Experts say that allergy sufferers who want to wear or remain in contacts should use a daily disposable lens to minimize the potential for the buildup of irritants that occurs with repeated use of the same pair of lenses.**

and nose to reduce the appearance of puffiness.

### Allergy Advice for Contact Lens Wearers

Allergy season is particularly challenging for some contact lens wearers because allergens and other irritants can build up on contacts over time, leading to discomfort and symptoms such as itching, tearing and redness, according to noted educator and author Paul Karpecki, O.D., F.A.A.O., Clinical Director, Koffler Vision Group, Lexington, Kentucky.

For allergy sufferers who want to wear or remain in contacts, he recommends using a daily disposable contact lens such as 1-Day Acuvue Moist Brand Contact Lenses. "Putting a clean, fresh lens into the eye each day minimizes the potential for buildup of irritants that occurs with repeated use of the same pair of lenses," says Dr. Karpecki.

To find out how to receive a free trial pair of lenses, visit [www.acuvue.com](http://www.acuvue.com) (professional and fitting fees not included).

----- ✂ -----  
**Editor's Note: Important information for contact lens wearers:**

ACUVUE® Brand Contact Lenses are available by prescription only 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 the lens care instructions provided by your eye doctor. Do not wear contact lenses if you have an eye infection or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, contact your eye doctor immediately. For more information on proper wear, care and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call (800) 843-2020 or visit [www.acuvue.com](http://www.acuvue.com). Clinical research has shown when worn on a daily disposable basis, 1-DAY ACUVUE® Brand Contact Lenses and other daily disposable etafilcon A contact lenses such as 1-DAY ACUVUE® MOIST® Brand Contact Lenses may provide improved comfort for many patients suffering from mild discomfort and/or itching associated with allergies during contact lens wear compared to lenses replaced at intervals of greater than 2 weeks. ACUVUE®, 1-DAY ACUVUE® MOIST® and VISTAKON® are trademarks of Johnson & Johnson Vision Care, Inc.