



# HEALTH AWARENESS

## Allergies Strike All Year Long



(NAPSA)—Whether it's the fresh flowers of spring, the blooming trees of summer or ragweed in the fall, one fact remains: The itchy, red, watery eyes brought on by allergies can make life miserable. Some people even experience eye allergy symptoms all year round, as they are allergic to dust, animal dander and other irritants that invade their homes.

Experts say that people with eye allergies should avoid the things that irritate them, but that's not always practical, particularly for people who must go to work or school during peak allergy seasons, such as springtime, late summer or early fall. In fact, the best way to manage your eye allergies might be to make sure that you discuss all of your symptoms with your doctor.

"Studies have shown that people with allergies don't always report all of their symptoms, and frequently use over-the-counter remedies that can actually make their

eye allergy symptoms worse," says William Morgan, MD, an allergist.

As Dr. Morgan explains, itchy, red allergy eyes, for example, are frequently not discussed by patients, and people often treat eye allergies with over-the-counter eye drops, which can make the eyes more irritated and red if they are used for more than two or three days.

"The most widely prescribed medication for eye allergies is Patanol," Dr. Morgan says. "Just one drop in the affected eye, twice a day, can quickly relieve all of the eye allergy symptoms all day and night."

Speak to your doctor about all of your eye allergy symptoms and the right treatment options for you. For a free brochure about the prevention and treatment of eye allergies, contact the American College of Allergy, Asthma and Immunology at 1-800-842-7777 or visit their Web site at [www.allergy.mcg.edu](http://www.allergy.mcg.edu).