

# **FORESIGHT**

## **Dr. Gary A. Nelles**



### **Optometrist**

## **ALLERGIES**



Spring will be here before we know it and when it arrives, there are many things that can cause ocular allergies. Many people are allergic to: grass, trees, flowers and various weeds. Symptoms of ocular allergies are: itchy/watery eyes, swollen eyelids and redness.

The allergic response begins when the body's immune system over-reacts to foreign substances (allergens). Once the allergens contact the eye, a sequence of events takes place resulting in histamine being released from mast cells. Histamine is responsible for the symptoms listed above.

When symptoms are mild, a cool compress can be applied to your eyes several times per day. Artificial tears will also help to rinse away allergens. When your symptoms are moderate to severe, prescription eye drops will be required. They may contain: vasoconstrictors, mast cell stabilizers and/or antihistamines. Some prescription eye drops work best when you begin using them as much as 2 weeks BEFORE your symptoms begin. Call our office to book an appointment to have your eyes examined so a treatment plan can be put into place before your eyes begin to get itchy, watery and red.

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**New Patients Welcome**