

OCB VISIONS

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Stay ahead of seasonal allergies with these tips



For many who suffer from seasonal allergies, itchy eyes are as much of a sign of spring as blooming flowers. To head off allergy symptoms, OCB eye doctors recommend taking the following steps so you can stay ahead of the allergy triggers:

Identify the allergen so you know what you need

to avoid. In New England this time of year, pollen is the most common type of allergen. But, you may also suffer from chronic perennial allergies which come from indoor allergens such as dust, pet dander or household chemicals.

Keep hands away from your eyes. This is critical. When you rub your eyes, you bring the allergens that are on your fingers directly to your eyes. In addition, the act of rubbing in itself can release histamines – the substances that your eyes produce in response to an allergy that leads to red, swollen, teary eyes.

Wash allergens away. When environmental allergens are active, be sure to shower before you go to bed, washing your hair and face, or run a wet brush through your hair. Most people do not realize that they may be sleeping on a pillow swarming with allergens.

Use drops. When eye allergies are active, you can try an over the counter artificial tear drop, which will flush away allergens and histamines. Instilling the drops cold may be more comfortable. Over the counter allergy eye drops are also effective. Drops may be started two weeks before allergy season to help stay ahead of symptoms. If you are having only eye symptoms and not systemic allergy symptoms, such as a cough and runny nose, you need only use the allergy eye drop. Anti-histamines can dry out your eyes.

Avoid redness relief drops. It is best to avoid drops that advertise getting the

redness out of your eyes. Long term use of these can have detrimental effects on your eyes.

For quick relief. When symptoms are active, try wrapping a bag of frozen peas in a towel and placing it over your eyes. Cold packs can provide great relief.

If over the counter measures are not helping with your condition, schedule an appointment with your OCB eye doctor.

BOOK YOUR APPOINTMENT

More than **40,000** sports-related eye injuries occur each year

Corneal abrasions

Swollen/detached retina



Ruptured eyeball

Fractured eye socket

90%
are preventable with protective eyewear

The American Academy of Ophthalmology reports that each year 40,000 people in the U.S. go to emergency departments with sports-related eye injuries. OCB eye doctors routinely see these injuries first hand and want to remind you and your family members to wear the proper protective eyewear. This small step is an extremely effective defense against eye injury.



Half of all trips to the emergency room correlate with three sports in particular, basketball, baseball, and air/paintball guns, according to the AAO. Sports related eye injuries can range from corneal abrasions and bruises on the lids to more serious, vision-threatening injuries, such as retinal detachment and internal bleeding.

Most of these sports-related eye injuries are completely avoidable. Here are some important safety tips:

- Athletes should wear sports eye protection that meets requirements set forth by the ASTM for that specific sport. (See ASTM.org)
- Replace your eye protection when damaged or yellowed.
- For basketball, racquet sports, soccer and field hockey, wear protective eyewear with polycarbonate lenses.
- Athletes who wear contacts or glasses should also wear appropriate protective eyewear.

care is very important and there is no need to delay your care! We are here for you! We want to assure you that OCB is following stringent CDC and MA Department of Public Health protocols to keep you safe. Learn about those [here](#).

Sign up for Patient Gateway!

Patient Gateway is a free online tool that is available to all OCB patients. It allows you to safely and securely view your test results, manage appointments and message your care team directly--all in one convenient location. It is even accessible on your smartphone via mobile app. Visit PatientGateway.com to enroll today!

**Patient Gateway is not intended for emergency situations.*

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