

Ocular Allergies: Scratching the Surface

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Outline:

- 1) (0-10min) What are ocular allergies?
 - a. Bulbar and palpebral conjunctiva
 - b. Mast cells and histamine
 - c. Exposure to antigen
 - d. Conjunctival redness, swelling, itching, tearing, etc.
- 2) (11-25min) Treatment options
 - a. Remove yourself from the allergen
 - b. Artificial tears
 - c. Cold compresses
 - d. Oral Antihistamines
 - e. Topical medications
 - i. Vasoconstrictor
 - ii. Antihistamine
 - iii. Mast cell stabilizer
 - iv. Antihistamine/mast cell stabilizer combination
- 3) (26-35min) Contact lenses
 - a. Foreign body in the eye
 - b. Many potential sources of irritation
 - i. Further exacerbating allergic conjunctivitis
 - ii. Dryness
 - iii. Solution sensitivities
 - iv. Deposits on contact lenses
 - v. Corneal/ Conjunctival staining
- 4) (36-43min) Contact lens wear with seasonal allergic conjunctivitis
 - a. Minimize potentially irritating chemicals in multi-purpose solutions
 - b. Importance of Daily replacement contacts
 - i. No cleaning solutions
 - ii. Deposits on contact lens from poor cleaning regimen are not an issue
 - c. Treatment options similar to those if patient does not wear contact lenses
 - i. Remove yourself from the allergen
 - ii. Artificial tears
 - iii. Cold compresses
 - iv. Oral Antihistamines
 - v. Medications
 1. Vasoconstrictor

2. Antihistamine
3. Mast cell stabilizer
4. Antihistamine/mast cell stabilizer combination
- 5) (44-50min) Interactive case presentations illustrating the concepts discussed to offer comfortable contact lens wear for allergy sufferers

Learning Objectives/Outcomes:

- 1) To familiarize the audience with the basic mechanism of ocular allergies
- 2) Discuss current treatment options for ocular allergies
- 3) To understand strategies for comfortable contact lens wear when allergies are an issue

Summary:

This presentation includes an overview of ocular allergy, allergic response and ocular symptoms, goals of anti-allergy treatment, and an evaluation of ocular allergy treatment options