

OFFICIAL NEWSLETTER OF  
**OPTICOLOGY**  
EYECARE

April 2021

## Get Relief from Springtime Allergies

It's getting to be that time of year again - when most allergy sufferers find their seasonal allergies kicking into full swing. The strong Kansas winds are often to blame for pollen allergies. Eye allergies, also known as "allergic conjunctivitis," tend to be chronic, and flare up during periods of heavy pollen, dust, and other allergen exposure. Common allergic conjunctivitis symptoms are: itchiness, watery eyes, redness, swelling of the eye tissues, and eye irritation. These symptoms can cause significant discomfort, blurry vision, and cause problems with contact lens wear.

To minimize the impact of eye allergies:

- Do not touch or rub your eyes
- Wash hands frequently with soap
- Wash bed linens/pillowcases in hot water
- Reduce contact lens wear time or consider switching to daily disposable lenses
- Wash hair at night to prevent pollen from lodging in your pillows/blankets (allergens can get trapped in hair during the day, causing morning symptoms).
- See your eye doctor for prescription strength eye drops that can reduce (and sometimes prevent) the allergic response.

Opticology Eyecare uses the most advanced technology to ensure superior vision health with diagnostic and treatment excellence.



## New Building Update

Concrete work complete & exterior walls going up!



## March Sunglasses Event

Thank you to everyone who came and shopped with us! Next glasses event will be in August for Back to School



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**Your Vision is Our Passion.**