

DRY EYES THIS HARMATTAN



- The harmattan is here once again and some of us may be experiencing dry and itchy eyes. This condition is usually common amongst people whose work involves staring at a computer screen for long periods.

- If you have dry during this season, it is probably because of the reduced humidity especially when you are working in an office with air conditioner.

- The usual symptoms of dry eyes syndrome are
 - Dry and gritty sensation
 - Redness
 - Itching

- For treatment visit your local pharmacy and the pharmacist will recommend an over-the-counter eye preparation that will lubricate the eyes as well as help to maintain moisture levels. An example of such preparations are artificial tears.
- If symptoms persist after a week or two of treatment, see an optometrist.

- To reduce the risk of dry eyes syndrome, protect your eyes from wind, smoke and dust.
- Tips to maintaining eyelid hygiene include
 - Soak a clean towel or eye pad in warm water. Gently place over your eyes for about 10 minutes.
 - Gently massage your closed eyes
 - Healthy diet rich in omega 3s
 - Adjust your computer screen to the right height and distance to minimise eye strain. Look away from your computer screen periodically

DRUG INFORMATION CENTRE

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