



Transforming eye health

PRESS RELEASE

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Sneezing season?

DO YOU dread the season of sneezing and scratching? Does spring mean little more than a runny nose and itchy eyes?

Hay fever – allergic rhinitis – affects many at this time of the year. The most common cause is pollen, released by plants and trees as they begin their new reproductive cycle.

For some sufferers, this pollen can cause eyes to become irritated and inflamed. This can be uncomfortable, debilitating and particularly problematic for contact lens wearers.

Specsavers clinical spokesperson Dr Nigel Best says: 'Hay fever sufferers who wear contact lenses may notice the vision through their lenses can appear smeary, and eyes can generally feel uncomfortable.

'There are some things contact lens wearers can try, to help reduce the irritation:

- Contact lens-friendly eye drops to calm itchiness
- Wearing glasses rather than contact lenses on days where pollen is set to be high. Wraparound sunglasses can also help
- Trying daily disposable lenses during the summer months
- Try to remove as much pollen from your skin and hair by showering after you've been outside
- If possible, stay inside when the pollen count is high to avoid irritation

Dr Best continues: 'Some symptoms associated with allergies could indicate other potentially serious eye conditions. If your symptoms don't ease with over the counter solutions or they get worse, book an appointment with your optometrist.'

Your eyes can reveal a lot about your general health and so it's really important to have regular eye tests – once every two years, or more often if recommended by your optometrist. To book your next appointment visit www.specsavers.co.uk.

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Issued by Beattie Communications on behalf of Specsavers

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Specsavers notes to editors

- Specsavers is a partnership of almost 2,000 locally-run businesses throughout the world -all committed to delivering high quality, affordable optical and hearing care in the communities they serve.
- Each store is part-owned and managed by its own joint venture partners who are supported by key specialists in support offices
- More than 28 million customers used Specsavers in 2014 and the partnership had a turnover of more than £2bn.
- More than one in three people who wear glasses in the UK buy them from Specsavers.
- Specsavers is a champion of the National Health Service – of its 19.2m customers in the UK, 60% are from the NHS and the company is the largest provider of free NHS digital hearing aids
- Specsavers supports several UK charities and is in partnership with RNIB for a public awareness campaign to transform the nation's eye health.