

Allergic conjunctivitis

is a common condition¹

Studies show that up to 20 % of the population may be affected by allergic conjunctivitis

Symptoms



red eyes¹



ophthalmic
discharge¹



itching¹



tearing¹

Causes

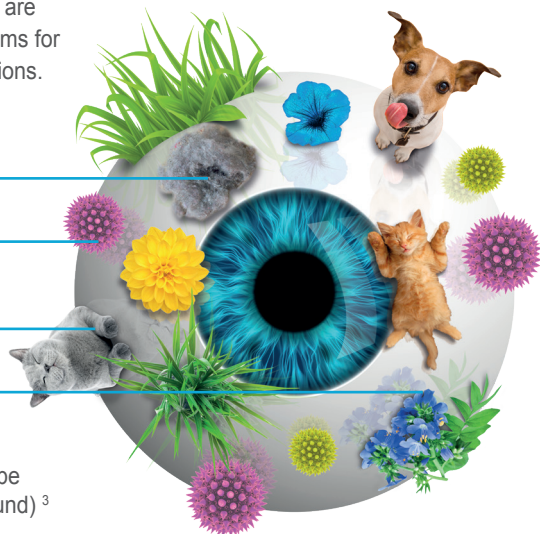
Allergic conjunctivitis is caused by allergens that are normally harmless substances that cause problems for individuals who are predisposed to allergic reactions. The most common allergens that cause allergic conjunctivitis are : ^{3,4}

dust mites

mould

pet dander

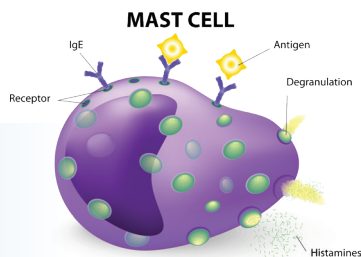
pollen



Depending on the allergen your symptoms may be seasonal or perennial (occurs the whole year round) ³

Seasonal allergic conjunctivitis (eye allergy) is a component of hay fever and usually occurs during peak pollen season. Typical symptoms include itchy, red, watery, burning and scratchy eyes, and swollen eyelids. ⁵

Allergic conjunctivitis occurs when the allergen causes mast cells and other cells from the immune system to release active chemicals such as histamine which promotes inflammation and tissue damage. ^{1,4}



What can you do?

- Avoid the allergen if possible ¹
- Proper contact lens care ¹
- Choose topical treatment based on the severity of your symptoms. These include antihistamines, decongestants, medications that stabilise the mast cell so that it has less tendency to break down and release histamine and other substances that result in the symptoms you are experiencing. ¹

TREATMENT

Spersallerg is an antihistamine and a vasoconstrictor ¹

Vasoconstrictors reduce eye redness by constricting the tiny vessels in the conjunctiva. They have no effect on symptoms but they make the eyes look less red. ¹

Antihistamine eye drops block the effects of histamine in the eye, they do this by blocking the histamine receptors preventing the histamine from binding to the them. In doing so they treat the symptoms such as itchiness and swelling. ¹ The antihistamine in **Spersallerg** starts to work 30 minutes after administration. ⁶

Spersallerg may be used in patients from 2 years of age ⁷

Spersallerg®

Antazoline Hydrochloride
Tetryzoline Hydrochloride



Zaditen has many actions that make it useful in the treatment of allergic conjunctivitis ⁸

1. It is an antihistamine ⁸
2. It stabilises the wall of the mast cell to minimise the release of histamine which is the cause of your symptoms ⁹
3. It prevents accumulation of certain cells that cause inflammation in the conjunctiva ⁹

Zaditen gives almost immediate relief from symptoms and also has a longer term effect against the inflammation associated with allergic conjunctivitis ⁹

Treatment with **Zaditen** can give prolonged and sustained relief for up to 12 hours ⁹

Zaditen may be used for up to 4 weeks ⁸

Zaditen may be used in patients that are 3 years and older ⁸

ZADITEN
Ketotifen



References: 1. Marais A. The allergic eye. *S Afr Fam Pract* 2016;58(2):6-10 2. Bielory L. Ocular Allergy Guidelines. *Drugs* 2002;62(11):1611-1634 3. AAAAI&I Conjunctivitis Allergic. definition.[Online] 2019. [Cited 2019 Nov 25]; Available from URL: <https://www.aaaai.org/conditions-and-treatments/conditions-dictionary/conjunctivitis-allergic> 4. Felman A. Medical News Today. Everything you need to know about allergies. [Online] 2017 Oct 24 [Cited 2019 Nov 26]; Available from URL: <https://www.medicalnewstoday.com/articles/264419.php> 5. Mayo Clinic. Hay fever [Online] 2019. [Cited 2019 Nov 26]; Available from URL: <https://www.mayoclinic.org/diseases-conditions/hay-fever/symptoms-causes/syc-20373039> 6. Wertheimer R and Bleßmann G. Antazolin/Tetryzolin eyedrops in comparison to levocabastine eyedrops in acute allergic conjunctivitis. *Klin Monatsbl Augenheilkd* 1997;210:33-36. 7. Spersallerg Package Insert. Adcock Ingram Pty Ltd. 1965 & Zaditen Package Insert. Adcock Ingram Pty Ltd. 2003 8. Ganz M, Koll E, Gausche J, et al. Ketotifen fumarate and olopatadine hydrochloride in the treatment of allergic conjunctivitis: A real-world comparison of efficacy and ocular comfort. *Advances in Therapy* 2003;20(2):79-90.

[S2] Spersallerg® Sterile Eye Drops. A 15.4. Each 1 ml contains: antazoline hydrochloride 0.5 mg; tetryzoline hydrochloride 0.4 mg. Ref. No. H1283 (Act 101/1965). Under license from Novartis Pharma AG, Hettlingen, Switzerland. Zaditen® Eye Drops. Each 1 ml contains: ketotifen fumarate 0.345 mg equivalent to ketotifen 0.25 mg. Reg. No. 35/15.4/0076. Under license from Novartis Pharma AG, Hettlingen, Switzerland. [S2] Zaditen® Eye Drops. Each 1 ml contains: ketotifen fumarate 0.345 mg equivalent to ketotifen 0.25 mg. Reg. No. 35/15.4/0076. Under license from Novartis Pharma AG, Hettlingen, Switzerland. For full prescribing information refer to the package insert approved by the medicines regulatory authority. Adcock Ingram Limited. Reg. No. 1949/034385/06. Private Bag X69, Bryanston, 2021, South Africa. Telephone + 27 11 635 0000. www.adcock.com. 202002101014056


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