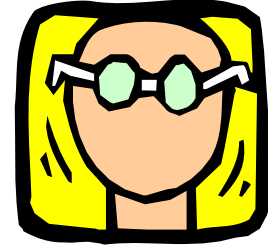


Eye Problems



What is it?

***Subconjunctival Hemorrhage (Blood in the Eye)**- broken blood vessels in the white part of the eye causing a red speck or spot, usually no harm and goes away in 2 to 3 weeks

***Allergies**- red, itchy, watery eyes caused by smoke, makeup, contact lens or just rubbing your eyes

***Eye Infections**- excessive discharge from your eye, sandy feeling, swollen eyelids, red eyes, could be contact lens

***Styes**- swelling or pimple on the eyelid

***Eye Pain**- eye infection, chemical burn, cluster or migraine headache, object in the eye, contact lens

***Other Eye Problems**- dry, scratchy eyes; red spot on white of eye, black eye

***Dry Eyes**- lack of moisture, feel hot, gritty or sandy

-Causes- smoking, low humidity, certain diseases, natural aging process, and certain medications (birth control pills, some antidepressants, decongestants, antihistamines)

-Suggestions- let your eyes rest, blink your eyes more often, when working take frequent breaks and rest your eyes, try an artificial tear solution

-AVOID- smoke, irritants

***Flashes, Floaters**- specks, spots or lines across your vision field, gel-like substance that fills the eyeball, annoying but not serious, mention at your next eye examine

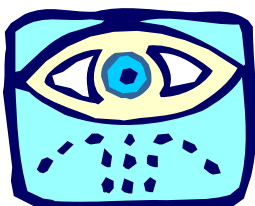


What can I do?



***See your Physician**- if your eye is painful and bloody, if the bleeding followed a blow to the eye or head or if blood is in the colored part of the eye, call if bleeding in the eye occurs often or after taking a blood thinner (anticoagulant); or covers more than 25% of the eye

-Also see your Physician if- reddened eyeball, blurred vision, severe eye pain



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