

## **Clinitas offers high flyers quick relief from dry eye**

**Cambridge UK, 2 May 2012** – The dehydrating effects of flying do not only affect the skin, eyes can also suffer particularly if you wear contact lenses or are using a laptop. Resealable eye drops could be the answer, Clinitas Soothe is available in small 0.5ml vials and contain enough treatment for even a long haul flight.

Gareth Thomas of Cambridge-based Altacor, a specialist ophthalmic products company, explains that there is more to tears than salty water.

“Lubrication of the eye is very sophisticated. The eye is bathed in a film of tears every time you blink. This film has a watery inside contained by an oily outside layer to reduce evaporation, and a lubricant on the innermost layer nearest the eyeball. These delicate layers can easily be disrupted by the very low humidity in the cabin of an aircraft or indeed a drier, dusty environment at your destination.

“In drier conditions the tear volume is less and evaporates more easily creating dry spots on the corneal surface. But the problem is easily remedied.”

Humidity in airline cabins can run as low as 5% during flights, which can cause dry eye, dry skin, dry mouth and nasal passages, fatigue and jet lag. This is because at cruising altitudes, external air is very dry. After pressurising and conditioning, fresh air is delivered to the cabin at less than 1% RH. Although some water vapour is added to the cabin atmosphere, the relative humidity is much lower than usually experienced.

Other precautions include drinking lots of water while on flight and using the eye mask at night.

Gareth also suggests considering maintaining the use of eye drops while away to cope with air-conditioned hotels. Also bathing the eyes on arrival and gently massaging them to stimulate the oil producing glands, which thicken the tears.

Using preservative-free eye drops is safe even if you are on other medication or wear contact lenses. Clinitas Soothe has a high concentration of sodium hyaluronate, which provides a long period of relief. It also comes in resealable vials ready for a quick application as needed. Clinitas is available on prescription or from opticians and pharmacists including Boots.

###

### **Contacts**

Dr Fran Crawford, CEO +44 (0)1223 421411

### **About Altacor**

Altacor is a specialty ophthalmology company with a portfolio of marketed pharmaceutical products and a diverse development pipeline. The Company's portfolio is focused on ocular surface diseases,

glaucoma/glaucoma surgery and retinal diseases. The Company differentiates its products primarily through formulation or reprofiling existing compounds with established clinical activity and systemic safety.

Altacor has five products marketed in the UK and Ireland which are commercialised through its own sales and marketing organisation and network. Clinitas and Clinitas GEL are prescription products for the treatment of moderate dry eye conditions and are gaining acceptance by clinicians nationwide. The Clinitas range, comprising Clinitas Hydrate, Clinitas Soothe and Clinitas Ultra 3, are also for treating the major causes of dry eye, and are sold to the retail market via pharmacists and opticians.

Altacor is developing its Blepharitis range of products to loosen and remove Meibomian secretions, which underlie blepharitis, and an 'AREDS' formula chocolate for the maintenance of healthy vision. AREDS is a well-established formula that slows the progression of age-related macular degeneration.