

For when golf is an eye watering experience

Cambridge UK, 31 July 2012 – Eye care is particularly important for golfers, who are exposed not just to glare and UV light but also to dust, pollen and wind – all of which can irritate the eyes. Many golfers suffer from watery eyes and are unaware that it may be a symptom of dry eye, which can also cause a scratchy, gritty or smarting feeling and can be easily relieved with eye drops.

Gareth Thomas of Ophthalmic specialists Altacor explains that the eye has a sophisticated protective system and many golfers are suffering unnecessarily:

“Dry eye is when there is insufficient tear volume and the eye feels scratchy, or may have a foreign body sensation. Golfers are vulnerable to dry eye as they are outside for long periods and often play in bright sunlight or dusty conditions. Those with contact lenses and women players over fifty are particularly affected.”

“Your eyes are constantly bathed in tears which are produced to lubricate the eye. The tear film has three distinct layers, which aim to capture water and increase dwell time on the eye. The layers can be disrupted by medication, aging and environmental conditions and this causes dry patches to form on the surface of the eye.”

A few drops of preservative free artificial tears such as Clinitas Soothe can add moisture to the eye and protect against the discomfort of dry eye symptoms. Using a resealable eye dropper means that you can slip into a pocket and reapply when necessary significantly increasing the benefit.

Dry eye can also be caused by anti-histamines.

“Ironically treatments for hay fever can also cause dry eye discomfort,” continues Gareth. “Medications that block histamine receptors to reduce allergic conditions have a drying effect, reducing mucus and aqueous production within the tear film.

“We would recommend that golfers consider wearing sun glasses to protect the eye from UV, dust and pollen and again to use the eye drops as a precaution when taking anti-histamines and other prescription drugs such as pain killers and decongestants.”

Tears are produced in the small gland located above and outside each eye and in the small cells found in the membrane that covers the eyeball. When you blink, tears are spread over the front of your eyes.

The tears drain away through tiny channels known as canaliculi, which are found on the inside of your eyes. The tears drain into a tear "sac" before flowing down a tube and into your nose.

Persistent watery eyes might be due to conjunctivitis or a blocked tear duct and it is advised to seek medical advice. However, occasionally watery eyes in windy conditions can be another symptom of dry eye.

“The drying effect of wind can cause the eye to make more tears, normally this isn’t a problem but if you have an underlying dry eye condition then your eyes will over compensate causing them to stream. Wraparound sun glasses will protect the eye from the wind and again eye drops will help increase the effectiveness of the tear layer at keeping the eye moist, “ explains Gareth.

You can get watering eyes at any age but it is most common in people over the age of 60. It can affect one or both eyes and can cause blurred vision, sore eyelid skin and sticky eyes.

Altacor has developed a range of products to overcome the problem, including Clinitas Hydrate which can be used overnight to restore the water balance of the tears. Clinitas is available on prescription or at high street opticians and pharmacists including Boots.

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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.