

Information provided by Franciscan Skemp Holmen Clinic
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Katy's Korner

CONJUNCTIVITIS – OTHERWISE KNOWN AS “PINKEYE”

If one or both eyes are pink or red in color, itchy, having blurred vision or a sensitivity to light, you may have Pinkeye. Otherwise known as in a medical term Conjunctivitis which is an inflammation of the membrane called the conjunctiva, which lines the inside of the eyelids and part of the eyeball. Pinkeye can be either bacterial or viral and is highly contagious. Two of the most common signs of pinkeye are having a gritty feeling in the eye or a discharge from the eye that forms a crust during the night making eyelids stick together.

The inflammation makes pinkeye an irritating condition, but it's usually harmless to sight. However, with being so contagious it is very important to have a diagnosis and treatment early. Occasionally, pinkeye can cause eye complications. Although viral and bacterial pinkeye is most common among children it also affects adults.

Viral conjunctivitis usually produces a watery discharge, whereas bacterial conjunctivitis often produces a good deal of thick, yellow-green matter. Allergic conjunctivitis affects both eyes and is a response to an allergen (such as pollen) rather than an infection. In addition to intense itching, tearing and inflammation of the eye, you may experience some degree of itching, sneezing and watery discharge from the nose.

If you have any symptoms of pinkeye, see your physician. He or she may culture the eye secretions to determine which form of infection you have. A physician may prescribe antibiotic eyedrops or ointments if the infection is bacterial. Viral conjunctivitis disappears on its own. If your doctor determines that you have allergic conjunctivitis, he or she may recommend medications to treat the allergy or your eye symptoms. He or she may also recommend some home remedies to help sooth the symptoms such as:

- Viral or Bacterial pinkeye- you can apply a warm compress to the affected eye or eyes. Soak a clean, lint- free cloth in warm water, squeeze it dry and apply gently over eyelids.
- Allergic conjunctivitis is often effectively soothed with cool compresses.

TIPS FOR PREVENTION

Because pinkeye spreads easily and quickly, good hygiene is the most useful method of control. Once the infection has been diagnosed in you or a family member, the following steps may be used to contain or stop the spread of it:

- Keep your hands away from your eyes
- Wash your hands frequently
- Change your towel and washcloth daily; don't share them
- Wear your clothes only once before washing
- Change your pillowcase each night
- Discard eye cosmetics, particularly mascara, after a few months or when infected
- Don't use other people's eye cosmetics, handkerchiefs or other personal items.
- Keep children away from other children, keep home from schools or daycares

Another common eye problem that occurs is a STY. A sty is a red, painful lump on the edge of the eyelid. It's caused by inflammation or infection from a blocked gland in the eyelid. Sties usually fill with pus and then burst in about a week. For persistent infections, your health care provider might prescribe an antibiotic cream. SELF-CARE TIP: Apply a clean, warm compress four times a day for 10 minutes to relieve the pain and help the sty come to a point sooner. Let the sty burst on its own, then rinse your eye thoroughly.

Trempealeau County



Humane Society

2nd Annual

**Longaberger Basket Bingo
Fundraiser**

Saturday, October 24th, 2009
Riverland Energy Building
Hwy 93, Arcadia, WI

Bingo games start at 1:00pm
Doors open at 12:30pm

Over 30 Baskets & Pottery Items to Win!
Valued at over \$3000

\$20 Buys a card for all Bingo Games
Additional cards only \$10

Snacks and Beverages will be served