

Conjunctivitis

Conjunctivitis, also known as pink eye is an inflammation of the membrane lining the eyelids giving the eye a pink or reddish color.

Causes

Pink eye results from viruses, bacteria, irritants (like swimming pool chlorine), and allergens (like pet dander or dust mites) either infecting or irritating the eye and eyelid lining.

Pink eye caused by viruses or bacteria spreads easily from person to person but is usually mild and generally gets better on its own, even without treatment.

Symptoms

Depending on the cause, pink eye symptoms vary but usually include the following:

- * Redness in the white of the eye or inner eyelid
- * Increased amount of tears
- * White, yellow or green eye discharge
- * Itchy and burning eyes
- * Blurred vision
- * Crusts that form on the eyelid overnight
- * Increased sensitivity to light
- * Gritty feeling in the eye

Prevention

Good hygiene can help prevent the spread of conjunctivitis:
1- Wash your hands often. 2- Change pillowcases frequently. 3- Avoid sharing towels, blankets and pillowcases. 4- Do not share eye cosmetics. 5- Do not share towels or handkerchiefs. 6- Handle and clean contact lenses properly. 7- Keep hands away from the eye. 8- Replace eye cosmetics regularly.

Treatment

Treatment of conjunctivitis depends on the cause. Allergic conjunctivitis may respond to allergy treatment.

Cool compresses may help soothe allergic conjunctivitis. Antibiotic medication, usually eye drops, is effective for bacterial conjunctivitis.

Viral conjunctivitis will disappear on its own. You can calm the discomfort of viral or bacterial conjunctivitis by applying warm compresses to your closed eyes.

Pink Eye

