Dry, itchy eyes? Remedies are available

By Jessica Stephen
jaspeterhansen@kenoshanews.com

People's Pharmacy: Don't run out of Zyrtec on a remote island

Question: I live on a remote island in the Pacific that is almost 12 hours away from the nearest city. A week ago, I ran out of Zyrtec, and the nearest pharmacy is seven miles away. How could this be true?

Answer: Acid-suppressing medications like Prilosec and Nexium, lansoprazole (Prevacid) and omeprazole (Nexium), reduce stomach acid production. Parkinson's disease was more likely to experience dry eye. Certain cosmetics can cause dry eye. And people who have had laser vision correction or other eye surgeries are also at higher risk.

Eye on prevention

■ People with thyroid issues, diabetes and arthritis are at a greater risk.

■ Corticosteroids — the medicines that manage the symptoms of dry eye — can increase the chances of getting dry eye, including some nonsteroidal anti-inflammatory drugs and antidepressants.

■ Those who wear contact lenses, especially soft lenses, or have had laser vision correction or other eye surgeries are also at higher risk.

■ Staying hydrated and increasing the humidity in your environment can help prevent dry eye.

“People’s Pharmacy: Don’t run out of Zyrtec on a remote island” by Jessica Stephen was published on December 22, 2015, in the Kenosha News. The article discusses the importance of staying hydrated, especially on remote islands, and how it can help prevent dry eye. The author, Jessica Stephen, writes about her experience running out of medication and the importance of planning ahead. The article also highlights the significance of staying hydrated and increasing the humidity in one’s environment to prevent dry eye. The piece concludes with the emphasis on the importance of being prepared and planning ahead, especially in remote areas. The article highlights the importance of staying hydrated and increasing the humidity in one’s environment to prevent dry eye. The piece concludes with the emphasis on the importance of being prepared and planning ahead, especially in remote areas.