



Prevention AUSTRALIA

little black book **of eye-care**

How your eyes change

Is your make-up aging you?



What your eyesight looks like after 40 *and how to deal with those changes*

By the editors of Prevention

One of the changes we may start to notice as we reach our 40s is our eyesight. From blurriness to dryness, these problems are easier to deal with if you follow the right advice.

For those of us in our 40s or early 50s, gradually losing the ability to focus on nearby objects occurs when our lenses start to harden, causing you to create more distance between yourself and an object in order to see it more clearly. You'll know it's happening when you start holding books further away from you to see clearly.

Get Focused

While there's no way to prevent this from happening all together, the good news is there are many simple options that could help you see clearly once more.

There's one glaringly simple solution, which of course is a pair of reading glasses. Although, the lens is designed to only aid you with reading. This means anything further than a book or a piece of paper in your hand would still be blurry. This is where multifocal lens come in.

These allow the functions of both reading and distance vision to exist in a single pair of glasses. This means you won't have to rummage around in your bag whenever you have to read a text message while out and about.

Multifocal contact lenses are also available if that is more your style. These function in the same way multifocal glasses do, with zones for both kinds of vision, without the need for frames if you find them uncomfortable.

Not a Dry Eye

Dry eyes aren't just an issue for those over 40—any person at any age could get them as a result of producing not producing enough tears. Those who are constantly looking at a screen for extended periods or are exposed to dry air and wind or irritants like dust are particularly at risk.

When you're struggling with dry eyes, it can feel sore and itchy or as if you have something in your eye. Strangely enough, watery eyes can also be a symptom of dry eyes when it occurs as a result of not being able to produce adequate tears to keep your eyes hydrated.

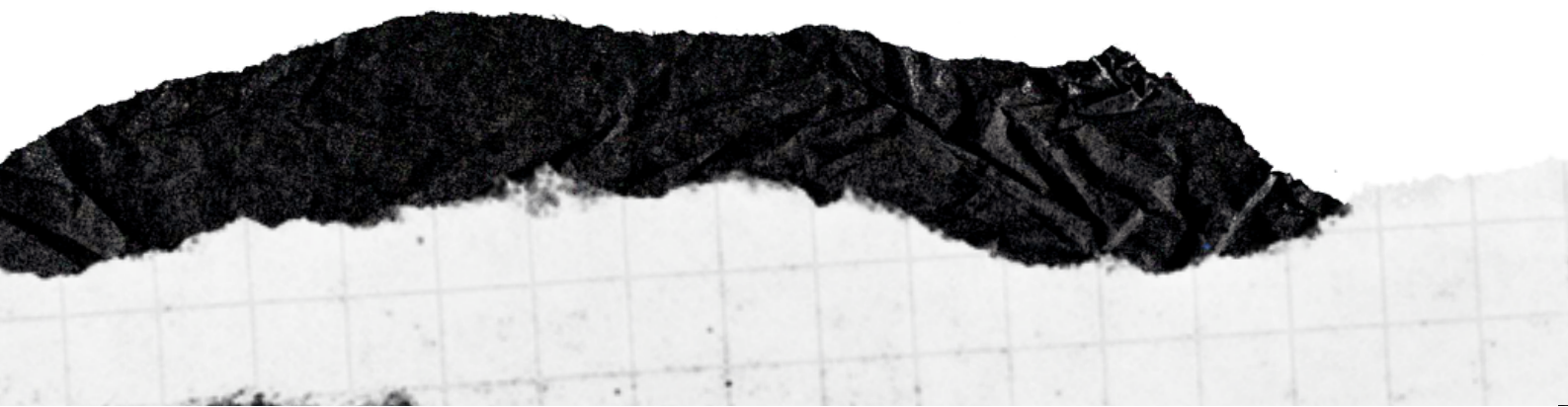
There are a few easy solutions that could help you cope with this problem including frequent eyelid washing or using eye drops. When you are completing your skin care routine, you might want to introduce a process of placing a damp washcloth on each of your eyelids for a few minutes. This helps to ensure your eyelids and eyelashes are clean and free from the grime of the day.

Applying eye drops frequently can be helpful if you need an extra boost of hydration. However, speaking to your optometrist beforehand is encouraged to ensure that you are choosing the right kind of eye drops for your eyes.

Eat with Your Eyes First

Lastly, different foods can impact on your eyesight in a number of ways. If you struggle with dry eyes, you may need to eat more healthy fats in order to allow you to produce more tears. Healthy fats can include oily fish, nuts and seeds.

If you're concerned about your changing eyesight, please make sure you speak to your doctor or an optometrist to find the best option for you.





A Makeup Artist's Secret *to younger looking eyes*

By award-winning make-up artist Amanda Ramsay

Say goodbye to puffy, tired eyes. Award-winning make-up artist, Amanda Ramsay, shares her tips on how to look years younger, fresher and brighter.

SECRET #1 Shape up your brows

Studies have found that brow colour and impact fades with age. The simple act of filling in sparse areas and making them a little darker is like a mini eyelift.

SECRET #2 Add definition

Don't skip mascara, instead, load up your lashes for instant definition.

SECRET #3 Conceal dark circles

Strategically place a tiny amount of concealer in the deepest or darkest zone. The secret is to apply with a fine-tipped brush, like an eyeliner brush. Apply sparingly, then gently pat the product in with your ring finger.



SECRET #4 Disguise under-eye bags

It's all about reflecting light. So use a lightweight, illuminating liquid concealer that bounces the light to deliver a vibrant under-eye.

SECRET #5 Create illusions with make-up

Sweep a matte, taupe eyeshadow under the lower lash line to create an instant eye lift. Extend it ever so slightly beyond your upper lashline, then simply join this bottom line to your top line – and you're done!

SECRET #6 Pick the right eye cream

There's an eye cream for every issue under the sun (and around your eyes). If puffiness is your problem, try a cream with caffeine or vitamin K, which helps flush out fluids. Caffeine also helps to constrict the blood vessels, working wonders on dark circles, while vitamin C eye creams can help fade brown spots. To soften crow's feet, look for a cream with retinol, to boost collagen, and antioxidants, to prevent further damage.





Can your eyes get sunburnt?

the answer is yes!

By the editors of Prevention

As the summer sun intensifies and you slip, slop and slap, don't forget to slide on some sunnies to protect your eyes from the sun's harsh rays.

The eyes are more sensitive than our skin to UV rays and without protection they are at risk of photokeratitis, a painful eye condition that occurs when your eyes are exposed to too much ultraviolet (UV) radiation, said optometrist Luke Arundel. "Photokeratitis can occur in one or both eyes simultaneously. Similar to sunburn like that which occurs on your skin, it is not usually noticed until well after the damage has occurred," he said. "Symptoms include pain, redness, blurriness, tearing, swelling and sensitivity to light." Arundel also warned the risk to children's eyes from sun exposure is significantly greater than for adults.

There are many conditions affecting the eyes that are related to UV exposure such as cataract, macular degeneration, pterygium (a fleshy growth over the front of the eye) and even eye cancers.

"Maximal ocular exposure happens when the sun is lower on the horizon, which is why it's still important to wear sunnies in winter, said Arundel. "And it is not only the direct sun on a fine, clear cloudless day that can cause damage. Up to 90% of ultraviolet rays can reach the eye through clouds and light reflected from the ground and off sand, snow or water is also a significant factor."

Tips to try:

- Always check the tag as sunglasses sold in Australia must state the level of UV protection (Go for sunglasses marked category 2, 3 or 4).
- Novelty or toy sunglasses with coloured lenses in category 0 or 1 should be avoided.
- Polarised lenses are great for cutting reflected glare and are useful for water activities.
- Sunglasses are also available with prescription lenses and come in tinted, polarised or variable colour (photochromatic) options.
- Close-fitting, wraparound styles and sunglasses with thicker arms help block glare entering the eyes from the side of the head.
- Get children into the habit of wearing sunglasses while they're young. Sunglasses with an elasticated band around the back can help to keep them in place.
- The next best thing to sunglasses is a broad brimmed – but note that hats stop only around 50 per cent of UV rays from entering the eyes.
- For young babies, cover their pram to protect their skin and eyes from the sun's rays.





3 expert tips to banish puffy eye bags

Prevention in association with John Plunkett's

Everyone gets puffy, dark bags under their eyes once in a while, but what do you do when you look perpetually exhausted? Here's everything you need to know about why your eyes get so swollen, and how to de-puff fast.

What causes puffy eyes and circles?

Sometimes, dark circles and puffy eyes are simply out of your control, however there are many day-to-day habits and irritants that could be making that area look more inflated than it needs to be, including lack of sleep, allergies, loose skin, certain medications, drinking too much alcohol and eating too much salt. While you may not be able to do much if your eyes are just naturally a bit puffy, there are certain measures you can take - try these three simple tips to brighten up your peepers.

1. Sleep on your back

Firstly, make sure you clock in enough shuteye each night. Aim for at least 7 to 8 hours of sleep per night. Snoozing on your back is best, with your head elevated above your heart to prevent puffiness. This prevents fluids from settling in your face as you sleep which causes eyes to puff.

2. Drink enough fluid

When you're dehydrated your body holds onto fluids, which can cause puffiness. The Institute of Medicine recommends women drink 2.7 litres of fluid through liquids and food every day. That includes water-rich produce, like tomatoes, watermelon, and cucumbers. If you need help to drink more water, try an infuser bottle, which allows you to flavour your water naturally to help you meet your hydration needs.

3. Plump your skin

Sometimes you can be saddled with bags because loose skin around your under-eyes makes things look puffy. The fix? Look for an eye cream with hyaluronic acid, an ingredient that binds with water to fill out the area and stimulates elastin production to tighten over time.

We love John Plunkett's SuperLift Collagen Eye Lift Treatment Cream. This light, non-fragranced eye cream that is infused with Rosehip Oil to soften and smooth skin and Hyaluronic Acid to deeply hydrate the delicate eye area. It also contains peptides Matrixyl 3000, which has shown to boost collagen production by 100% whilst Eyeseryl helps reduce puffiness and eyebags by a whopping 70%.



John Plunkett's SuperLift Collagen Eye Lift Treatment Cream

Available at selected pharmacies nationally and at Priceline and TerryWhite Chemmart.



9 reasons why your eyes are so itchy

By Adele Jackson-Gibson

Plus, why you really need to stop rubbing them.

Itchy eyes are the worst. Not only do they get red, watery, and irritated, but you also have to (somehow) restrain yourself from rubbing and scratching them.

The reason? Your hands have likely been touching all sorts of germ-infested surfaces, like doorknobs and keyboards—and you really don't want unwashed digits anywhere near your sensitive eyes.

To put an end to the agony, you've got to treat whatever's causing the flare up in the first place. There are many things that can cause itchy eyes, from allergies to skincare products, so getting to the root of the problem is key for finding relief.

Here are the most common causes of itchy eyes, plus at-home treatments to help you feel better fast.

1. You suffer from seasonal allergies

If you notice that both of your eyes get irritated around the same time of year and you experience other common allergy symptoms, there's a good chance you have seasonal allergies - called seasonal allergic rhinitis (though you should see your doctor for an official diagnosis).

According to the Australasian Society of Clinical Immunology and Allergy, seasonal allergies affects around 18% of people in Australia and New Zealand. Symptoms include sneezing, a runny or stuffy nose, a sore throat, and those dreaded red, itchy eyes.

Here's why: When you have an allergic reaction to something like pollen, your immune system tries to “protect” you, explains Dr Megan McCarville. “Our bodies are designed to recognize things that are not supposed to be there and try to fight them off,” she says. “But when you’re exposed to something that you’re allergic to, the cells in your body go haywire and you have a list of different chemicals like histamine that lead to the kind of [allergy] symptoms people have.”

Indeed, histamine triggers that itchy feeling, so over-the-counter antihistamines, like Clarityne and Zyrtec, or even eye drops specifically made for allergy sufferers, can help provide relief. Staying indoors and closing the windows during pollen season can also give your eyes a break.

2. Or you have year-round allergies

If your eyes are itchy throughout the year (regardless of the season) and you have other allergy symptoms, you may have what is called a “perennial allergy.” These are often triggered by things like dust mites and animal dander (you can thank your cat for that).

Like seasonal allergies, you can potentially relieve symptoms with antihistamines, according to Dr McCarville. But again, it's best to consult your doctor to figure out your triggers. They can do this by performing a variety of exams, like the skin prick test: This is where a physician seeps various allergens under your skin to see which elicits a reaction, thus potentially solving your itchy eye mystery.

3. An irritating substance is causing trouble

Sometimes it's not an allergen but something else in the environment that's bothering your eyes. “It's pretty common for people to have eye irritation due to a variety of things like chlorine in a pool, cigarette smoke, or dust,” says Dr McCarville. “Sometimes that irritation can feel like itchiness.”

This can even occur if you're particularly sensitive to strong fragrances, perfumes, or other airborne irritants. Luckily, these flare ups are short-term and usually get better on their own, especially when the irritant is gone, according to Dr McCarville. In the meantime, you can soothe your eyes by applying a cool compress to them or lubricating them with artificial tears. Anti-redness drops may also provide some relief, but make sure you're not using them over the course of several days. Experts have found that overdoing it with anti-redness drops can increase your eyes' dependence on them and may mask more serious eye conditions that need to be treated by a physician.

4. You have dry eyes

If you stare at a screen all day, you might have dry, itchy eyes. The reason: You forget to blink. Normally, humans blink an average of 15 times a minute, which keeps your eyes lubricated. But when you're scrolling through social media or doing any sort of prolonged computer work, that blink rate reduces to five to seven times a minute, resulting in gritty-feeling eyes.

If you think digital eye strain is causing you itchiness, “just trying to take breaks is helpful,” says Dr McCarville. Experts recommend the 20-20-20 rule: every twenty minutes shift your eyes off your screen and look at something about 20 feet away for at least 20 seconds. Artificial tears can also be useful in relieving dry eye symptoms.

“But if it doesn’t get better after two weeks, see a doctor,” says Dr. McCarville. “There are [medicated] drops that can make a difference.”

Certain medications (like allergy and heart meds) can also cause dry eyes, adds Dr McCarville. And sometimes dry eyes are a symptom of much more serious conditions like rheumatoid arthritis, Sjögren’s syndrome, thyroid disease, and lupus. In these cases, it’s best to work with your physician to figure out a treatment plan.

5. Your contact lenses are dirty

As convenient as contact lenses are, they can be super agitating—especially if you don’t take care of them properly. Contact lenses that either haven’t been cleaned or have some foreign body on them can make your eyes feel itchy,” says Dr McCarville. So it’s important to follow your doctor’s instructions for cleaning and replacing them, whether that’s daily, weekly, or monthly.

If you don’t, lipid and protein deposits from tears, as well as debris, can build up on your contacts and irritate your eyes. This can lead to giant papillary conjunctivitis, a type of severe pink eye where the inner lining of the eyelid becomes inflamed with little bumps. Even when you’re taking the very best care of your lenses, you can develop an allergy to your contacts or contact solution. If you think that’s the case, talk with your ophthalmologist to see if switching up the material of your lenses or your solution would solve the issue.

6. An eye infection may be lurking

If only one of your eyes is red or itchy, you most likely have an infection, which could be caused by bacteria or a virus, according to Dr McCarville.

It can be tough to tell what’s causing the infection on your own, “but bacteria are more likely to make your eye much redder, much puffier, and more goopy,” Dr McCarville says. “If a virus is causing it, you’ll often have other cold-like symptoms.” In other words, with a viral infection, you might also have a runny nose or a sore throat.

Both bacterial and viral infections tend to get better on their own. “If [the infection] is relatively mild, and you’re not having any trouble seeing, just managing symptoms will help your eye feel better,” says Dr McCarville. “That would be something like putting a warm compress on it to help get rid of any crusting.”

If, however, you notice that there’s severe swelling around the eye or there’s a ton of discharge, you’ll want your doctor to take a look, she adds. They can prescribe you specific medication like antibiotics (in the case of a bacterial infection) or steroid drops. In the meantime, avoid touching your eyes and sharing face towels, pillowcases, and makeup since these kinds of infection are highly contagious.

7. Your makeup or skincare products could be causing irritation

Sometimes the problem isn’t the eye itself but rather the skin around it, says Dr McCarville. This skin can be particularly sensitive to substances it doesn’t like such as ingredients in makeup, skincare products, and cleaning products. These substances may lead to an uncomfortable rash called contact dermatitis, a form of eczema that is caused by skin contact with either an allergen or a specific irritant.

If you think a product you regularly use is causing your eyelids to flare up, give it a break for a few days to see if things improve. These types of rashes tend to go away when your skin is no longer in contact with the irritant. Once the rash is gone, you can pinpoint the specific product that is causing the problem by re-introducing them one-by-one.

To curb the itch, doctors typically recommend mild forms of topical steroids (like 0.5 to 1% hydrocortisone) since stronger ones can thin the already-delicate eyelid skin. If your rash doesn't do away within a few days, stop use and consult a dermatologist who can help you get to the root of the issue.

8. You might have blepharitis

Blepharitis is a skin condition that usually affects both eyelids. It develops when the oil glands at the base of your eyelashes become clogged.

"It can cause itching for a few reasons," explains Dr McCarville. "One is that the oil glands are part of what helps keep your eyes moist, and the other is because of skin inflammation."

While the cause of blepharitis isn't clear, it often manifests in conjunction with other skin conditions like seborrheic dermatitis and rosacea. In many cases, washing your eyes and using a warm compress can ease your symptoms. But if that doesn't help, go see your doc. There are medications that can help.

9. A sty could be causing issues

If you've got a red, painful, and itchy bump on your eyelid that kind of looks like a pimple, you probably have a sty, which tends to pop up when the oil glands get a bacterial infection.

Luckily, these often go away on their own within a couple of days. Again, the warm compress is your friend here—experts recommend applying it several times a day for five to 10 minutes. If it doesn't clear up within 48 hours or so, contact your primary care physician.

*When to seek urgent care for itchy eyes

If your itchy eyes don't feel better after a few days of home care, it's a good idea to make an appointment with your doctor, says Dr McCarville. If your doc suspects you have allergies or a more serious skin issue, they may refer you to a specialist such as an allergist or a dermatologist.

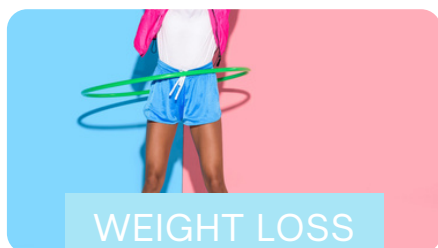
That said, if you're also experiencing any of the following, see a doctor immediately, says Dr McCarville:

- A loss of vision
- Pain when you move your eye(s)
- Sensitivity to light

These symptoms are rare, but they are major red flags that may indicate an infection or eye pressure issue that can cause severe vision damage. If your doctor is booked for the day, don't hesitate to head over to urgent care. Your eyes will thank you.

Your daily dose of Prevention^{AUSTRALIA}

Visit us online for easy exercises, healthy recipes and weight-loss tips to feel fabulous!



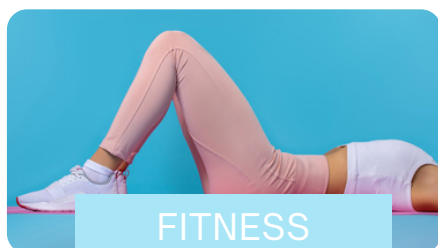
WEIGHT LOSS



FOOD



HEALTH



FITNESS



BEAUTY



TRAVEL

The most popular articles you don't want to miss:



Health

5 Ways To Calm Sensitive Skin



Fitness

4 Effective Core Exercises For Pilates Beginners



Celebrity

Brooke Shields on How to 'Embrace' Ageing at 56

Read more



PREVENTIONAUS.COM.AU