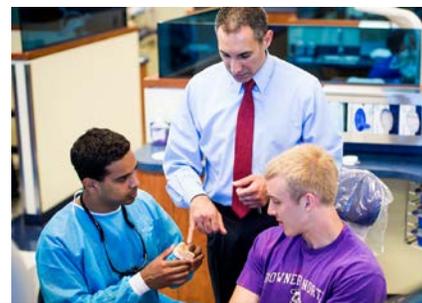


CLINIC CONVERSATIONS

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MIDWESTERN UNIVERSITY CLINICS NEWSLETTER

Spring 2018

Eye Allergies and Tips to Provide Relief

Do you suffer from itchy eyes? Environmental allergens can bring about ocular redness, itchiness, and in some cases, even minor discharge. Numerous over-the-counter eye drops promise to “get the red out.” Unfortunately, the majority of these drops will leave patients with little to no relief and can cause eye redness to rebound worse than it had been pretreatment.



References: American Academy of Ophthalmology

Margaret Wilczek, O.D., of the Northwestern University Eye Institute, offers the following tips on how to deal with eye allergens:

- Avoid known allergens when possible.
- Apply a cool compress to help relieve any itchiness or discomfort.
- Lubricating drops/artificial tears can dilute the allergens that are causing symptoms. For even faster relief, place drops in the refrigerator between uses. Be sure to avoid drops that contain tetrahydrozoline, which only provide temporary relief.
- Try over-the-counter antihistamine eye drops twice a day. Please note that it may take a few days to take full effect.
- Nasal sprays and oral antihistamines can also provide relief for itchy eyes.

If symptoms persist or worsen, consult an eye care professional to discuss further options for addressing your symptoms.

May is Better Speech and Hearing Month

The American Speech-Language-Hearing Association (ASHA) has declared this year's Better Speech and Hearing Month theme to be “Communication for All.” The goal is to spread information regarding communication difficulties and disorders that can affect people of all ages.



Signs of communication difficulties and disorders can start at birth. If you are a parent or caregiver, watch for the following signs of a delay:

- Does not smile or interact with others (birth–3 months)
- Does not babble (4–7 months)
- Makes few sounds (7–12 months)
- Does not use gestures such as waving or pointing (7–12 months)
- Does not understand what others say (7 months–2 years)
- Says only a few words (12–18 months)
- Does not put words together to make sentences (1½–2 years)
- Says fewer than 50 words (2 years)
- Has trouble playing and talking with other children (2–3 years)
- Has problems with early reading and writing skills, for example; may not show an interest in books or drawing (2½–3 years)
- Says p, b, m, h, and w incorrectly in words most of the time (1–2 years)
- Says k, g, f, t, d, and n incorrectly in words most of the time (2–3 years)
- Produces speech that is unclear, even to familiar people (2–3 years)

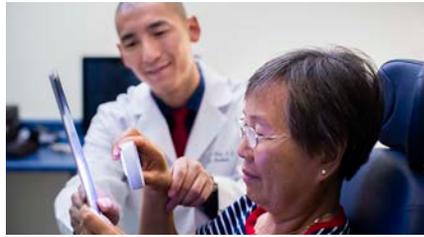
More information is available at www.asha.org or www.identifythesigns.org. Should you have concerns, schedule a screening or an evaluation with a Speech-Language Pathologist through your child's school or a local Speech-Language clinic.

References: The American Speech-Language-Hearing Association (ASHA)



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