

See

Celebrating
a World
of Vision



INSIGHTS

Headaches Behind the Eyes: Is It Serious?



A headache behind the eyes is something many people will experience. Symptoms include pain—sometimes pulsating—that starts in the sinuses or back of the eyes. When a headache behind the eyes emerges, you want fast relief. But it's also important to get answers if a vision problem is causing the headache and what you can do to manage the pain.

In most cases, a headache behind the eyes is a type of referred pain, meaning pain is perceived at a location other than the site where it originates. However, just because the pain is in the eye, it doesn't mean the problem is in the eye. In fact, this is rarely the case. Experts say it's unlikely that a headache is related to an eye problem if the white portion of the eye isn't red and there is no blurred or distorted vision.

Common Causes

Common causes of headache behind the eyes include migraine, cluster headaches, and sinus infections. Migraines are the most disabling. These are periodic headaches that last up to 72 hours and often produces severe, throbbing pain on one side of the head and behind the eye. There are many migraine triggers, including fatigue, emotional stress, poor sleep, skipping

meals, and bright or flickering lights, among others. When diagnosed early, migraines can be treated with over-the-counter painkillers. Several prescription therapies are also available for preventing pain or manage it after a migraine starts.

Cluster headaches are different than migraines. These are numerous, frequent attacks of short and extremely painful headaches that cluster for weeks or months. A cluster headache usually hits quickly and can last up to 3 hours. Symptoms include excruciating pain that may emerge behind the eyes and then radiate to other parts of the face, head, and neck. Treatments for cluster headaches focus on decreasing pain severity, shortening the cluster period, and preventing future attacks. Oxygen therapy, injectable triptans, and local anesthetics are among the treatment choices.

The sinuses are located behind the nose, forehead, and cheeks, but also behind the eyes. Sinusitis, an infection of the sinuses, is a common cause of headaches behind the eyes. Of note, migraine headaches are often misdiagnosed as sinus headaches. Treatments for sinus headache include prescription antibiotics and decongestants.

Eye Condition Causes

It's important to know that several eye conditions can cause headache behind the eyes, including glaucoma, scleritis, optic neuritis, and Graves' disease. If you experience unusual headaches behind the eyes, don't take chances! See your optometrist as soon as possible. This is especially important if the white of your eye is discolored or if you experience nausea or visual problems with the headache. These are signs and symptoms of an acute glaucoma attack that could cause permanent vision loss.



EYE HEALTH

How We Prioritize What We See



In our daily lives, we're constantly hit with an overwhelming amount of sensory information from visual images, but people are largely unaware of how this information is prioritized as it's being processed. For years, scientists have known that the processing of visual information consumes a great deal of energy, which is finite and must be managed. Different regions of the brain help us prioritize information so we can efficiently process visual scenes.

A new study from scientists at New York University suggests that one specific region—the occipital cortex—appears to play a causal role in steering attention to manage how we process images. The study, published in the journal *Current Biology*, used a method called transcranial magnetic stimulation (TMS) to help better understand this dynamic. By briefly disrupting cortical excitability of the occipital cortex with TMS, the study team was able to extinguish the known effects of involuntary covert spatial attention, and thus reveal a causal link between the occipital cortex and the effect of covert attention on vision.



EYE-Q

Q: In a single second, it's possible to blink how many times?

See answer on back.

FIND THE RIGHT LENS FOR EVERYONE IN THE FAMILY

New semester or new day at work:

No matter what's on the schedule, every member of the family can start each day with a fresh pair of contact lenses to match their lifestyle – and your budget.



DAILIES TOTAL1® contact lenses create a cushion of moisture on your eye making them so comfortable, you'll forget you're wearing them.




Experience the freedom of precise vision, dependable comfort and easy handling with **PRECISION1®** one-day contact lenses.



DAILIES® AquaComfort Plus® contact lenses offer blink-activated moisture for all-day comfort and simplicity that doesn't break the bank.

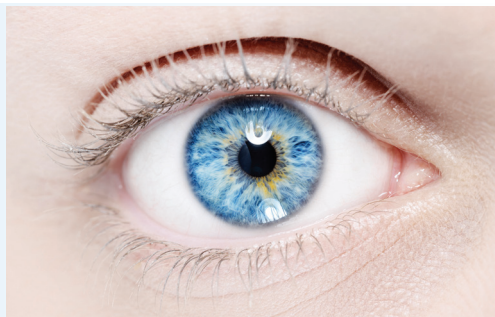
Ask your eye care professional if daily disposable contact lenses are right for you and your family!

Ask your eye care professional for complete wear, care and safety information. 
© 2021 Alcon Inc. 1/21 US-DAP-VCL-2100001

Alcon

EYE DROPS

Our **eyes** remain the same size throughout life, whereas our nose and ears never stop growing.



Helping People See Colors Better

Approximately 13 million Americans suffer from red-green color vision deficiency, a form of color blindness. While people with normal color vision see more than 1 million hues and shades, those with color vision deficiency see a vastly diminished range of colors. People with color vision deficiency experience colors that are muted and washed out. Some colors cause confusion or are more difficult to differentiate.

A new UC Davis Eye Center study has found that special patented glasses that were engineered with technically advanced spectral notch filters enhanced color vision for those with the most common types of red-green color vision deficiency. After using the glasses for 2 weeks, patients could still identify expanded colors even when not wearing the glasses.

The research team reported that sustained use of the special patented glasses over 2 weeks led to increased chromatic contrast response. Importantly, these improvements persisted when tested without the filters, thereby demonstrating an adaptive visual response. In fact, a study participant reported the glasses helped him "better navigate color and appreciate the world."

EYE-Q

Answer to Eye-Q (from page 1)
A: 5 times

Thank you to our sponsors:

CONTACT

Tara O'Grady
tara@alldocsod.com

Heather Kreidler
hkreidler@foxeyecare.com



CooperVision®

Alcon

Johnson & Johnson VISION

BAUSCH + LOMB See better. Live better.

BAUSCH + LOMB Specialty VISION PRODUCTS