

SORRY SORE EYES?

By: **Lalaine Betonio**

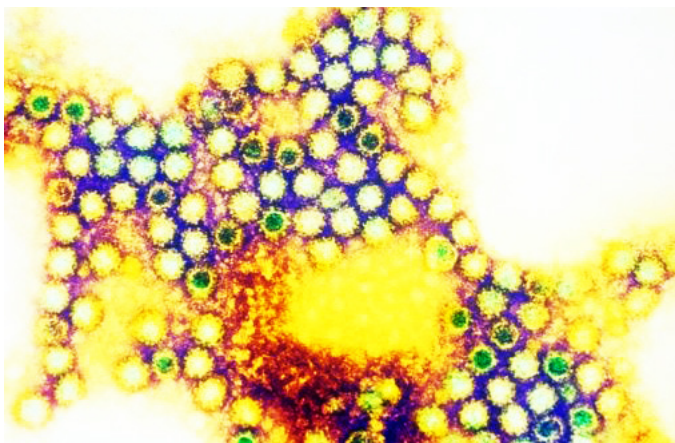
Sore eyes interfere with a lot of our daily activities. Not only does it bring about inconvenience; it also isolates one from the rest of the family members who shy away for fear of being the next victim.

Why sore eyes? In medical terms, it is called conjunctivitis. It is an infection characterized by irritation of the outer parts of the eye, particularly the inner eyelids. Virus and bacterial infection cause red eye that's why it is very contagious. Among the signs and symptoms of this condition are redness of the eyes, discomfort, burning, gritty sensation, photophobia or sensitivity to light, pain or difficulty in opening one's eyes after sleeping and a water-like discharge. Usually, a person with sore eyes is advised not to go anywhere such as attending school, or reporting for work to avoid

infecting other people.

On "PhilHealth, Hataw sa Serbisyo" over DWIZ 882 KHz-AM, Dr. Rey B. Aquino, President and CEO of the Philippine Health Insurance Corporation (PhilHealth) discussed the common myths in the treatment of sore eyes. Among these are using mother's breast milk to cure the sore area, applying or rubbing a cotton ball with oil and salt in it, applying warm compress and even using urine to cure sore eyes. But Aquino clarified that myths do not have scientific evidences to prove their therapeutic capacity, so to keep listeners away from harm and from doing more damage to their already sore eyes, Aquino emphasized that it is always safe to seek the doctor's advice. He said that eye doctors or ophthalmologists should be consulted for further evaluation. He even discouraged the public from purchasing over-the-counter eye drops without doctor's prescription, adding that self-medication is not advisable.

He reiterated that avoiding close contact with someone with sore eyes and maintaining good personal hygiene work best. However, should complications require confinement, PhilHealth provides the financial cover in the form of allowances for hospital room and board fees of as much as P400 in Level 2 hospitals, allowances for X-ray and other laboratory examinations of up to P2,240, drugs and medicines of up to P3,360 and professional fees of attending physicians up to P2,000. Aquino also reminded listeners to make sure that their premium contributions and their Member Data Records are updated and to always ensure that the hospital is PhilHealth-accredited.



PhilHealth Hataw sa Serbisyo airs every Friday, 10:00 – 10:30 a.m. over Radio DWIZ 882 KHz-AM. It is hosted by PhilHealth President and CEO Dr. Rey B. Aquino and is co-hosted by DWIZ News Director Ely Aligora and seasoned anchor Marou Pahati-Sarne. It can also be heard LIVE through www.dwiz882.com.

