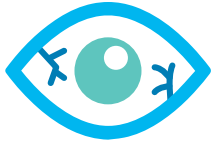


THINK YOU MIGHT HAVE DRY EYE DISEASE? THESE ARE THE SYMPTOMS



Gritty or Scratchy Eyes

Could be blocked oil glands in your eyelids, reducing tear film.



Eyes Feel Dry

Sometimes staring for long periods of time slows your blink rate, reducing tears that lubricate the eyes.



Burning, Stinging, or Watery Eyes

Caused by irritation or inflammation, these symptoms can be due to problems with the eyelashes, eyelids, or allergies.



Foreign Body Sensation

This may be blepharitis, which affects two areas of the eyelids. Prone to having styes? These are inflamed oil glands, and repeated outbreaks can eventually destroy gland function.

SOUND FAMILIAR?

This is how it happens:

DRY EYE TRIGGERS



Short-Term Relief From Eye Drops or Artificial Tears

Water-based eyedrops can disrupt oily tear film and may leave eyes MORE dry!



Medications

Many medications can contribute to Dry Eye Disease.



Eye Irritation From Contact Lens Wear

Age and hormones can play a role in irritation caused by contact lens wear.



Sleep Factors

Constant air flow from CPAP machines or sleeping under a ceiling fan may lead to waking up with dry eyes.



Hours of Screen Time

Looking at a smart phone or computer screen all day long can lead to evaporative tear loss.



Seasonal Allergies

Allergies to dust, pollen and other allergens increase inflammation, the fuel for Dry Eye Disease.

DIAGNOSING DRY EYE DISEASE

Your diagnosis starts with your doctor asking you the right questions and a thorough eye exam

The SPEED Questionnaire

Your eye care professional asks questions about the frequency and severity of your Dry Eye Disease symptoms.

Your Health History

Includes any health problems, medications, or any environmental factors that may contribute to your symptoms.

Comprehensive Eye Examination

Your eyes will be tested, along with the quantity and quality of your tears.

External Examination of the Eye

- Checks for lid structure and how often you blink
- Your eyelids and corneas are checked under a bright magnified light
- The quality and quantity of your tears are examined
- Special dyes may be put in your eyes to observe tear flow and highlight any changes

DRY EYE DISEASE TREATMENT

Once your exam is complete, and if you're diagnosed with Dry Eye Disease, the type and the severity determines the treatment



Artificial Tears and Eyedrops



Masks and Sealed Goggles



Prescription Eye Medications



Scrubs for Eyelid Hygiene



Healthy Eye Supplements



In-Office Dry Eye Treatments

Ready to start feeling better?

Ask Questions and Follow Your Doctor's Orders—
You'll See How Soothing the Results Can Be