



## What is Dry Eye?

Dry Eye, a condition in which the tear film designed to protect your eyes is inadequate for health, comfort, and good vision. It is a very common condition and affects approximately 15% of the population in the United States.

Dry Eye is not life-threatening, but it is chronic and uncomfortable, often significantly impact one's quality of life by reducing vision and causing discomfort. Since it is a chronic condition and never completely goes away, treatment requires daily intervention to maintain the health and comfort of your eyes.

### Symptoms

- Fluctuating vision which is often worse first thing in the morning or towards the end of the day
- Tearing, burning, itching, irritation, foreign body sensation, redness, pain

### What are some things that make the condition of Dry Eye worse?

- Age: Tear production decreases as we get older. By age 65, the eye produces 60% fewer tears than it did at age 18.
- Smoking
- Auto-immune diseases
- Medications
- Dehydration
- Lack of sleep
- Environment: wind, dry
- Contact lens use
- Allergies
- Infrequent blinking
- Computer use
- Incomplete blinking
- Thyroid and nerve diseases
- Heavy makeup
- LASIK surgery and other eye surgeries

### Treatment

- Artificial tears and ointments
- Lachrymal plugs
- Medications such as Restasis, Xidra
- Treating blepharitis
- Nutritional supplements
- Appropriate contact lenses use
- Lacrisert
- Lipiflow
- Home remedies
  - Blink
  - Drink water
  - Decrease diuretics such as caffeine and alcohol
  - Fish oil
  - Flax seed
  - Clean your eyelids
  - Remove makeup
  - Wear sunglasses
  - Use humidifier
  - Reduce heat in the car

Return to office for further evaluation as you have success with lifestyle changes and home remedies.