

# TEARS WANTED!



**DRY EYE**

- SYMPTOMS
- CAUSES
- TREATMENT

## What You Need To Know About Dry Eye

**38%** OF ADULTS EXPERIENCE DRY EYE<sup>(1)</sup>, A LACK OF TEARS OR POOR QUALITY OF TEARS, WHICH CAN CAUSE:

Irritated or Gritty Eyes

Redness

Burning

Blurred Vision

## DRY EYE CAN STEM FROM:

### AGE

Those 65 and Older

### GENDER

Particularly in Women Who are Pregnant or Experiencing Menopause

### MEDICATIONS OR MEDICAL CONDITIONS

Decongestants, Antidepressants, Diabetes, Thyroid Issues

### ENVIRONMENT

Conditions, Such as Smoke, Wind, or Dry Climate

### TECHNOLOGY

Not Taking Breaks from Digital Devices

### TO HELP ALLEVIATE SYMPTOMS:

Increase the level of humidity



Wear sunglasses to reduce exposure to wind and sun



Use nutritional supplements (if recommended)



Drink 8-10 glasses of water per day



**Advanced dry eyes could damage and impair vision. Your optometrist can help prescribe treatment to keep your eyes healthy.**



AMERICAN OPTOMETRIC ASSOCIATION

TO FIND A DOCTOR OF OPTOMETRY NEAR YOU, VISIT [AOA.ORG](http://AOA.ORG).

<sup>1</sup>2014 American Eye-Q<sup>®</sup> survey created and commissioned in conjunction with Penn, Schoen & Berland Associates (PSB).