

TEARS WANTED!



DRY EYE

- SYMPTOMS
- CAUSES
- TREATMENT

What You Need To Know About Dry Eye

38% OF ADULTS EXPERIENCE DRY EYE⁽¹⁾, 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.

¹2014 American Eye-Q® survey created and commissioned in conjunction with Penn, Schoen & Berland Associates (PSB).