TEARS WANTED!

What You Need To Know About Dry Eye

38% of adults experience dry eye, 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.

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