

If you believe you may have dry eye use the following checklist to help your doctor assess your condition.

Have you been diagnosed with any of the following?

- Thyroid abnormality
- Rheumatoid arthritis
- Asthma
- Diabetes
- Glaucoma
- Lupus
- Post menopause



Do you take any of the following types of medication?

- Allergy antihistamines
- Decongestants
- Eye drops / artificial tears
- Blood pressure medicine
- Hormones
- Oral contraceptives
- Incontinence therapy
- Diuretics
- Ulcer medicine
- Tranquilizers
- Beta blockers



Are your eyes sensitive to the following?

- Smoke
- Light
- Air pollution
- Wind
- Heaters
- Air conditioning
- Contact lenses
- Computer screens



Other common questions.

- Do you blink excessively?
- Do your eyes ever feel strained?
- Do your eyes water excessively?
- Are you considering refractive surgery (LASIK)?

Next steps.

If you've checked multiple boxes above, talk to your doctor about the possibility that you may have dry eye.

Doctor's Address

Do you have Dry Eye?



Preserve your own tears!

What is dry eye?

Dry eye is also referred to as “dry eye disease” or “dry eye syndrome”. Dry eye occurs when your eyes do not produce enough tears or the right types of tears. Tears are produced to help keep your eyes comfortable and healthy.



How common is dry eye?

According to the American Academy of Ophthalmology nearly 5 million Americans over the age of 50 have dry eye. It is estimated that up to 60 million people in the United States may have some symptoms.

What are common symptoms?

- Redness
- Watery eyes
- Stinging
- Irritation
- Itchiness
- Burning
- Grittiness
- Occasional blurry vision
- Foreign body sensation in your eye

How is dry eye diagnosed?

There are many different tests that help diagnose dry eyes. Your doctor may measure the quality of your tears and/or how quickly you produce them. Use the checklist on the back to help your doctor assess if you have dry eye.



How is dry eye treated?

Depending on the causes, tears must be replaced and/or conserved in order to provide dry eye relief.

REPLACING TEARS:

Artificial tears are the most common form of treatment. Artificial tears will provide temporary relief, but with long-term use, some preservatives may disrupt the eye's natural production of tears. Prescription eye drops and steroids may also help.

CONSERVING TEARS:

In cases of persistent dry eye symptoms, punctal occlusion may be the best solution.

Punctal occlusion is a simple procedure where your doctor inserts a tiny punctum plug into the tear drainage area of your eye (*shown below*). Punctum plugs allow you to keep your own, natural tears without the bother or expense of constantly replacing the tear film with artificial tears.

What are punctum plugs?

Punctum plugs are small, soft silicone plugs, about the size of a sesame seed, that are non-surgically inserted into the natural punctal openings (much like a “stopper” in a sink drain). This happens during a simple in-office doctor visit. They help to keep your natural tears on your eye longer.

