

# **DON'T DENY YOUR DRY EYES**



**DRY, ITCHING,  
BURNING**



**SENSITIVITY TO  
LIGHT/BLURRY  
VISION**



**PROBLEMS WEARING  
CONTACT LENSES**



**WATERING EYES**

**It may surprise you that if you're experiencing any of these symptoms, you may have Chronic Dry Eye (CDE) disease**

**LEARN MORE NOW:**



**DON'T DENY YOUR DRY EYES**

## What are the symptoms of Chronic Dry Eye disease?



When you have Chronic Dry Eye disease, your dry eyes may not just feel dry—you may also experience other uncomfortable, even painful symptoms.

**Though they may vary from person to person, common Chronic Dry Eye symptoms include:**

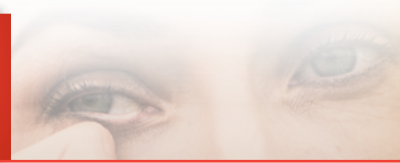
- » Dryness/itching
- » Burning/stinging
- » Watery eyes
- » A gritty or sandy sensation
- » Feeling like something is in your eye
- » Sensitivity to light
- » Blurry vision or difficulty seeing at night
- » Problems wearing contact lenses

If you have any of these symptoms, you may have Chronic Dry Eye disease. Your next step should be to see your ophthalmologist or optometrist to get a Chronic Dry Eye medical exam.





## How can Chronic Dry Eye disease affect you?



While experiencing symptoms of dry eye can be temporary for some, people with Chronic Dry Eye disease may find that their symptoms get worse over time and also limit daily activities that involve their eyes.

### **Recurring dry eye symptoms can limit your ability to perform the following activities:**

- » Reading
- » Working on the computer
- » Driving at night
- » Wearing contact lenses
- » Watching TV

If your dry eye symptoms are limiting any of the above daily activities, it may mean that you have Chronic Dry Eye disease. Your next step should be to see an ophthalmologist or optometrist to get a Chronic Dry Eye medical exam.



# What are the risk factors for Chronic Dry Eye disease?



## Risk factors for Chronic Dry Eye include:

### Growing older

- » Chronic Dry Eye disease is more common in people 50 years of age or older. While Chronic Dry Eye is more common in women, it also occurs in men

### Hormonal changes

- » Chronic Dry Eye disease is associated with hormonal changes, which are very common among women who are experiencing menopause or who are postmenopausal

### Inflammation

- » Chronic Dry Eye disease may involve inflammation:
  - Inflammation may affect the glands, which can decrease tear production
  - Inflammation can also impact the glands' ability to create and maintain the lipid layer, or the top layer, of the tear film. The lipid layer slows tear evaporation

### Other conditions

- » Chronic Dry Eye may be associated with other eye or health conditions. Some of these include:
  - Glaucoma
  - Diabetes
  - Lupus
  - Rheumatoid arthritis
  - Sjögren's syndrome

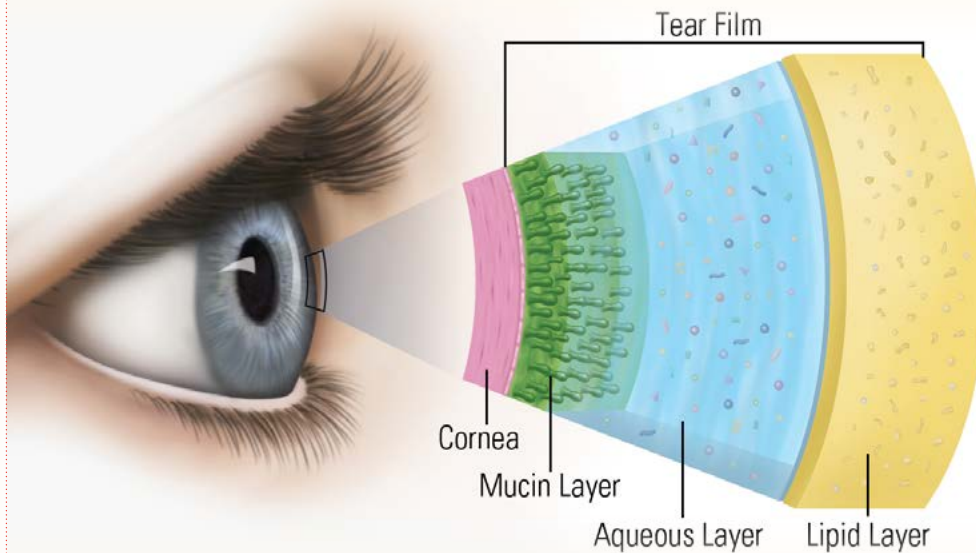
### External conditions that can aggravate dry eye symptoms

- » Certain external conditions can aggravate symptoms of Chronic Dry Eye. These include:
  - Pollen and allergies
  - Dry air or wind
  - Dust or smoke
  - Working on the computer
  - Wearing contact lenses

**Nearly 5 million Americans have Chronic Dry Eye disease**

# What is the role of the tear film in Chronic Dry Eye?

Healthy eyes are continuously covered by a tear film that consists of **3 layers**

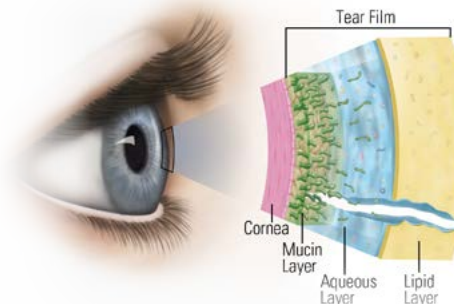


**Your tears are not just water. They also contain nutrients, electrolytes, proteins, and lubricants.**

- ① The inner, or **mucin layer**, which enables tears to “stick” to the eye
- ② The middle, or **aqueous layer**, which provides the eye surface with oxygen and nutrients
- ③ The outer, or **lipid layer**, which prevents the tear film from evaporating

## A stable tear film:

- » Protects and lubricates the eyes
- » Reduces the risk of eye infection
- » Washes away foreign particles
- » Keeps the surface of the eyes smooth and clear



## What can happen if the tear film becomes unstable?

If your eyes don't create the right quality or quantity of tears, your tear film may become unstable. This can cause dry areas and irritation on your eye, which may develop into Chronic Dry Eye disease.



## What are the potential consequences of Chronic Dry Eye disease?



**Over time, Chronic Dry Eye disease may get worse and may have potential health consequences for your eyes, including:**

- » Damage to the front surface of the eye
- » Increased risk of eye infection
- » Effects on your vision



**Treatment options for Chronic Dry Eye are available.** If you think you may have Chronic Dry Eye disease, your next step should be to see an ophthalmologist or optometrist and get a Chronic Dry Eye medical exam.

Take the Dry Eye  
Questionnaire



DON'T DENY YOUR DRY EYES

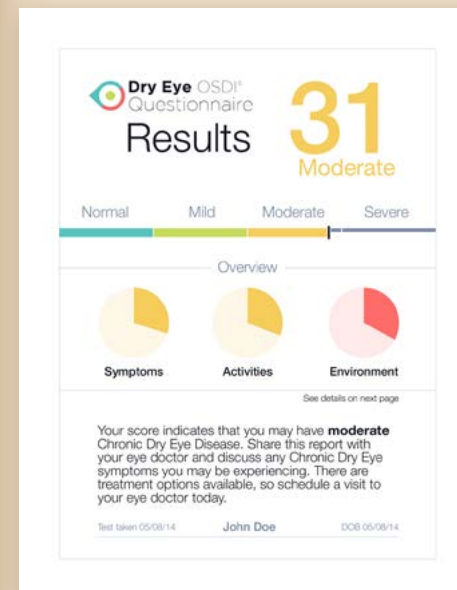
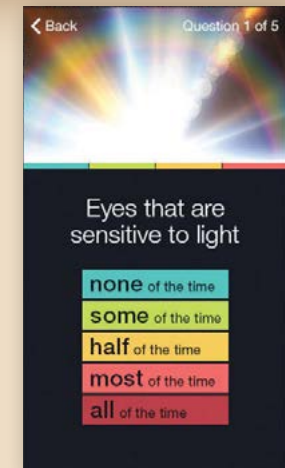
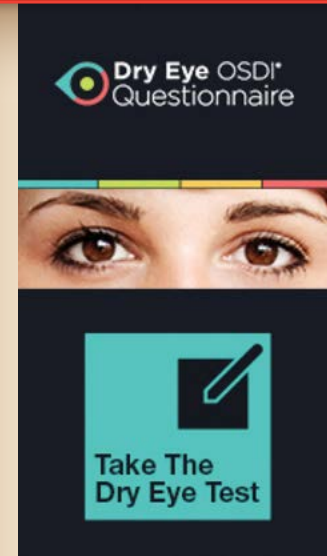
## Take the Dry Eye OSDI® Questionnaire and show your results to your eye doctor

**Talking to your eye doctor about Chronic Dry Eye disease just got easier!**

Before speaking to your eye doctor about Chronic Dry Eye disease, make sure to take the **Dry Eye Ocular Surface Disease Index (OSDI®) Questionnaire**. The OSDI® is a trusted test eye doctors have been using for years to help assess Chronic Dry Eye disease. Take this brief questionnaire before your visit.

**It only takes a few minutes to complete.**

1. Take the Dry Eye OSDI® test
2. See how your personal Dry Eye OSDI® score adds up
3. Bring your OSDI® results to your Chronic Dry Eye medical exam to give your eye doctor a head start in evaluating if you have Chronic Dry Eye disease



# What are your treatment options for Chronic Dry Eye disease?

There are several ways to manage Chronic Dry Eye that you should discuss with your optometrist or ophthalmologist.

## Treatment options include:

### » Artificial tears

Also known as over-the-counter eye drops, most of these temporarily provide moisture to the eye and temporary dry eye symptom relief. An eye care professional may recommend one of several eye drops for dry eyes, such as REFRESH® Brand Lubricant Eye Drops.

### » Prescription medicine

Some treatment options for Chronic Dry Eye are available by prescription only. Talk to your eye doctor about these options.

### » Tear duct plugs

Also known as punctal plugs, these are silicone plugs that can be inserted by an eye doctor to close the ducts that drain tears out of the eye.

**You and your eye doctor will work together to choose a Chronic Dry Eye treatment option for you. Don't wait**—make an appointment for a Chronic Dry Eye medical exam now!





# Why is it important to schedule a Chronic Dry Eye medical exam?

Over time, Chronic Dry Eye disease may get worse, and may have health consequences for your eyes, including damage to the front surface of the eye, increased risk of eye infection, and effects on your vision. Take action now to get diagnosed and treated.

If you're experiencing dry eye discomfort, you can get a Chronic Dry Eye medical exam from an ophthalmologist or optometrist; either can diagnose you and provide appropriate treatment.

## A dry eye visit is considered a medical visit.

The examination to diagnose Chronic Dry Eye disease and the cost of treatment may be covered by your medical health insurance (not your supplemental vision insurance plan). This is a good reason to keep this visit separate from your annual vision exam.

**Remember:** Make sure and identify the reason for your visit as a *Chronic Dry Eye disease medical exam* when you call to make your appointment, and when you arrive for your visit.



# How should you talk about Chronic Dry Eye with your eye doctor?

Before your visit, **go to [mydryeyes.com](http://mydryeyes.com) and take the brief questionnaire eye doctors use** to help assess Chronic Dry Eye disease—the **Dry Eye Ocular Surface Disease Index (OSDI®)**—and show your results to your eye doctor.

## Be prepared to provide the following information:

- » Any dry eye symptoms you're experiencing
- » How much your dry eyes are limiting your daily activities
- » How often you use artificial tears
- » How long you've been using them (be as specific as possible—if it's been several months, for example, let your eye doctor know)
- » How many types of over-the-counter eye drops you have already tried
- » Exactly how satisfied or unsatisfied you feel about the relief you're getting from artificial tears
- » Your desire to talk about other options

