

My **DRY**
EYES 

**Do your eyes
feel dry,
gritty,
burning?**

You may have Chronic Dry Eye (CDE)—a disease with potential consequences for your eyes. If you have CDE, you are not alone—CDE affects approximately 5 million people in the United States.

TALK TO YOUR EYE DOCTOR IF YOU HAVE SYMPTOMS OF CDE.
Read on: The information in this brochure could be eye opening...

How to get the most out of your visit to the eye doctor: Answer 6 CDE Questions

Your doctor's office is busy. As soon as you arrive for your appointment, mention your dry eye symptoms and make sure everyone understands how they are impacting your daily activities.



Tip: The office staff can help make your visit productive. If you think you may have CDE, mention your symptoms to them as soon as you arrive for your appointment to make sure they share your concerns with your eye doctor.

Answer the questions

in the form below and bring it with you into the exam room.

1. Are you using artificial tears often?

Yes No

2. Do you feel your use of artificial tears has increased over time?

Yes No

3. Have you experienced any of the following symptoms during the last week?

Yes No

- Sensitivity to light
- Eyes that feel gritty
- Painful or sore eyes
- Blurred vision
- Poor vision

4. Have you experienced difficulties in performing any of the following during the last week?

Yes No

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

5. Do your dry eyes interfere with any of your leisure or work-related activities?

Yes No

6. Would you like to discuss more treatment options with your eye doctor?

Yes No

If you answered "yes" to any of these questions, talk to your eye doctor now. Don't hesitate to ask your doctor questions—the health of your eyes is very important!

If you know dry eye symptoms are limiting daily activities that involve your eyes, you may have CDE. Wouldn't NOW be a good time to talk to your doctor about your options?

What are the symptoms of CDE?



Though they may vary from person to person, common CDE symptoms include:

- » Dryness
- » An itchy sensation
- » A stinging, burning sensation
- » A gritty or sandy sensation
- » Sensitivity to light
- » Excessive tearing
- » Blurry vision or difficulty seeing at night



While experiencing dry eye symptoms can be temporary for some people, others find that recurring CDE disease symptoms can limit daily activities that involve their eyes:

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

It may be surprising how many people endure the discomfort and frustration of living with the symptoms of CDE. About 5 million Americans experience symptoms of CDE and many may not even know they have it.



"I was making an important presentation at work. But my eyes kept tearing because of the dryness."

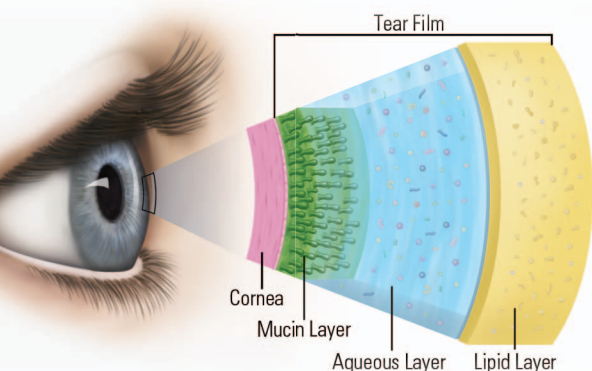
The symptoms are the first signs. Talking about them with your eye doctor is the next important step.

Be sure to talk to your eye doctor first thing about your symptoms and ask to be tested. Be specific, and let your eye doctor know how your symptoms are affecting your eye-related activities. After all, the health of your eyes is very important!

What causes CDE disease?

Taking a closer look...

You may not be aware of it, but every time you blink, your tears are spread across the front surface of your eyes and are continually covered by this tear film—a layer of fluid that is designed to stay stable between blinks.



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

And, your tears are not water. They contain nutrients, electrolytes, proteins, and lubricants.

CDE can be caused by:

- » The aging process
 - CDE disease is more common in people 50 years or older
- » Hormonal changes
 - CDE disease is associated with hormonal changes, which are very common among women who are experiencing menopause or who are postmenopausal
- » Inflammation
 - Inflammation can impact the glands that make your natural tears
- Inflammation associated with the glands that create and maintain the top layer of the tear film can cause increased tear evaporation
- » Other diseases
 - Including diabetes, glaucoma, lupus, rheumatoid arthritis, and Sjögren's syndrome
- » Medical treatments
 - Including antihistamines, hormone replacement therapy, and androgen therapy
- » Environmental factors
 - Including pollen and allergies, dry air or wind, dust or smoke, working on the computer, wearing contact lenses



“My dry, gritty-feeling eyes make it difficult to focus. I have to talk to my eye doctor about how these symptoms are affecting me.”

What are the potential consequences of CDE to your eyes?

If your eyes don't make or maintain the right quality or quantity of tears, your tear film may become unstable and break down. This can create dry spots and cause irritation on the front surface of your eye, and may develop into CDE. Over time, CDE may have potential consequences for your eyes, including:

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

You may have thought that you could deal with your dry eye problem on your own. But if you have questions about CDE, talking to your eye doctor is crucial.

The only way to find out if you have CDE disease is to talk to your eye doctor. He or she will examine your eyes and determine what options are best for you.

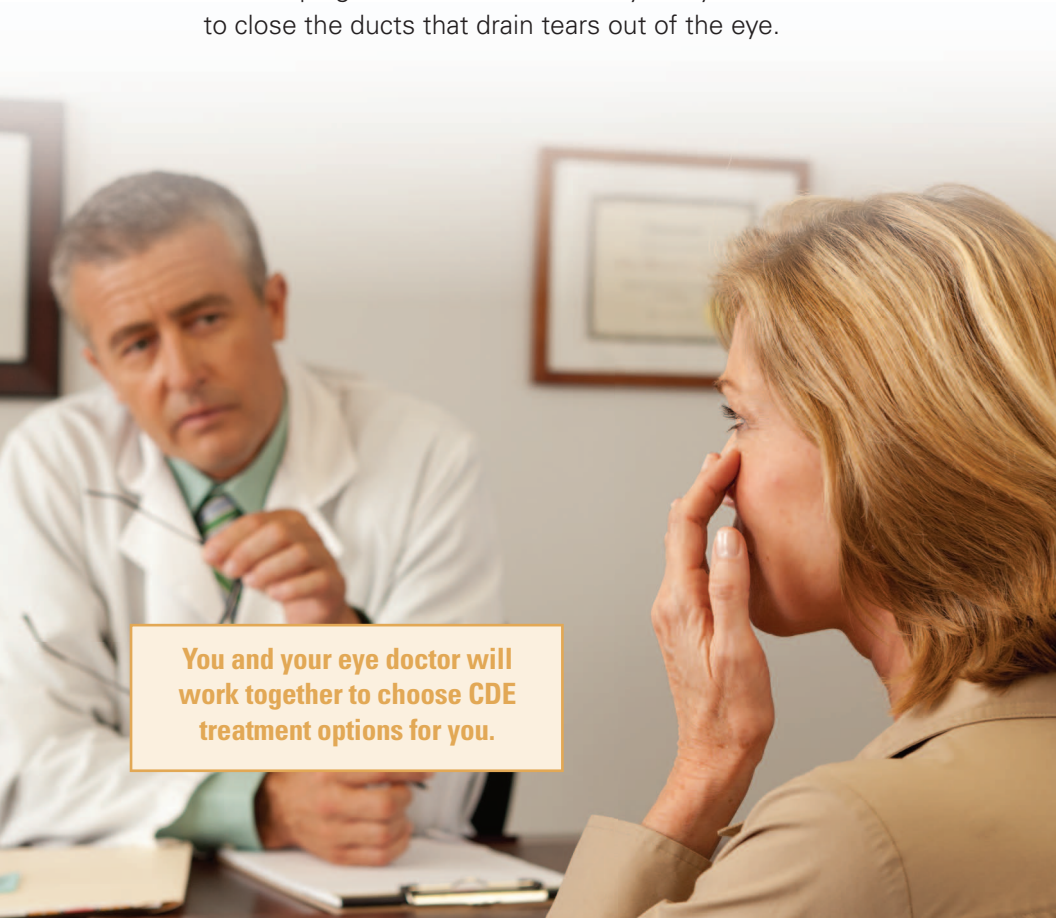
How is CDE treated?

What are your treatment options?

Currently, there is no cure for dry eye. But the good news is that there are treatment options available that you should discuss with your eye doctor.

Treatment options include:

- » Artificial tears are also known as over-the-counter drops. Most of these temporarily provide moisture to the eye and relieve dry eye symptoms. An eye care professional may recommend one of several eye drops, such as REFRESH® Brand Lubricant Eye Drops.
- » Prescription options for CDE are also available.
- » Tear duct plugs, also known as punctal plugs, 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 CDE treatment options for you.

Talk to your eye doctor early in your visit if CDE:

- » Affects daily activities such as reading, driving, working at the computer, or your ability to wear contact lenses
- » Is different now, more severe than usual, or is getting worse
- » If you're using artificial tears more frequently

Remember...CDE may have potential consequences for your eyes—damage to your eye's surface, increased risk of eye infections, and effects on your vision

Talk to your eye doctor about your CDE symptoms right away. Only your eye doctor can determine if you have CDE.

Ask your eye doctor questions. Learn all you can about the available treatment options, and what options might be right for you. After all, your eyes are truly your windows to the world.

"Carly and I would head to the park every Saturday. Now, my dry eyes are making it hard for me to enjoy the best part of my week."



Tips for talking to your eye doctor

Talk about how the symptoms of dry eye affect you. This is very important information for your eye doctor to hear today.

Be specific. Tell your eye doctor about your past or current use of any over-the-counter products, like artificial tears.

Be clear. Go into detail about your symptoms and how they affect your daily activities. The more information you give, the more it could help your doctor diagnose the cause.

Be confident. It's very important to take care of the health of your eyes. Your eye doctor can help you do this. Talk to your doctor and ask questions.

CDE is a disease that can have potential consequences for your eyes. The good news is that there are options available that you can discuss with your eye doctor.

LEARN MORE about CDE
MyDryEyes.com

TALK TO YOUR DOCTOR about your symptoms
ASK QUESTIONS about your options