



## Dry Eye Syndrome

**Dry Eye Syndrome** is caused by a chronic lack of sufficient lubrication and moisture on the surface of the eye.

*Signs* of Dry Eye Syndrome:

- Blurry vision
- Excessive watering (tearing)
- Red eyes
- Problems wearing contact lenses
- Fatigued eyes
- Irritation from windy conditions
- Scratchy/gritty feeling
- Sensitivity to light

*Causes* of Dry Eye Syndrome:

- Deficiency of tear producing glands - Aqueous Deficient Dry Eye Syndrome
- Deficiency of oil layer in tear film - Lipid Deficient Dry Eye Syndrome
- Environmental factors (dust, etc.)
- Heavy computer/digital device use
- Prolonged contact lens wear
- Medications (antihistamines, BC, etc)/ Health conditions (diabetes, Sjogren's)
- Hormonal fluctuations (especially in women)
- Smoking
- LASIK

*Management/treatment* of Dry Eye Syndrome:

- Artificial Tears – see attached page for complete listing
- Eat a healthy diet rich in Omega 3 Fatty Acids or take an Omega 3 supplement
- Hydrate and humidify – drink water and consider using a humidifier
- Avoid environmental factors – such as dust, sand, electric fans, etc.
- Check medications and consider alternatives
- Ask your eye doctor about other treatments such as punctal (collagen) plugs or Cyclosporine (Restasis)



## Artificial Tear Options

<b>Lipid Based (Preserved)</b>	<b>Aqueous Based (Preserved)</b>	<b>Vials (Non- Preserved)</b>	<b>Nighttime Ointments</b>	<b>Contact Lens Rewetting</b>
Refresh Optive Advanced (Allergan)	Refresh Optive (Allergan)	Refresh Optive Preservative Free (Allergan)	Refresh PM (Allergan)	Refresh Contacts (Allergan)
Systane Balance (Alcon)	Systane Ultra (Alcon)	Systane Ultra Preservative Free (Alcon)	Systane Nighttime (Alcon)	Systane Contacts (Alcon)
Blink Gel Tears (AMO)	Blink Tears (AMO)	Blink Tears Preservative Free (AMO)	Systane Gel Overnight Therapy (Alcon)	Blink Contacts (AMO)
Soothe XP (B & L)	Soothe Xtra Hydration (B & L)	Soothe Preservative Free (B & L)	Soothe Nighttime (B & L)	Blink-N-Clean (AMO)
Retaine MGD (Ocusoft)	TheraTears Dry Eye Therapy (Akorn)	TheraTears Dry Eye Therapy Preservative Free (Akorn)	TheraTears Nighttime (Akorn)	TheraTears Contact Lens Comfort (Akorn)
Genteal Lubricant Gel Drops (Alcon)	FreshKote (Focus Labs)	Oasis Tears Plus (Oasis Medical)		

<b>Extra Viscous (Non-Preserved)</b>
Refresh Celluvisc (Allergan)