

# The Signs & Symptoms



1

## IRRITATION OR BURNING FEELING

Those with dry eyes will often feel burning or eye irritation constantly or often throughout the day

2

## BLURRY OR SENSITIVE VISION

Temporary blurriness or sensitivity to light can be due to dry eye, especially after extended periods of visual focus

3

## EXCESSIVELY WATERY EYES

Dry eye can sometimes cause your eyes to produce too many tears, as your body tries to alleviate symptoms



### Want to Learn More?

Head to our website for our full explainer



SCHEDULE A VISIT



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# Dry Eye Disease



Know  
the  
Facts

**WITH MYRIAD CAUSES, DRY EYE DISEASE CAN CAUSE LIFE-CHANGING EYE IRRITATION**



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# WHAT IS DRY EYE?

Dry Eye Disease is a condition where the eyes cannot produce or retain enough tears to keep one or both eyes properly lubricated.

There are myriad possible causes of dry eye.

Sometimes the eyes simply do not produce enough watery tears to properly cover the surface of the eyes.

In other cases, portions of the eyelid called the meibomian glands do not release enough of the oils that also coat the eyes. Without enough of these oils, tears evaporate too quickly. The result is often very watery and very dry eyes at the same time!

## 20-20-20 RULE HELP DRY OR TIRED EYES DURING PROLONGED SCREEN TIME. LOOK 20 FEET AWAY FOR 20 SECONDS EVERY 20 MINUTES

There are several factors that increase the likelihood someone will develop dry eyes.

Age and gender are among the most important risk factors. Those over 50 are more likely to suffer from eye dryness; women, likewise, more often develop dry eyes, especially during periods of hormonal changes such as in pregnancy and menopause.

Some behaviors can cause or exacerbate dry eyes. Among the most common is excessive screen time. Because you blink less often when reading a computer or phone screen, the eye has less opportunity to replace tears on the eye.



**PROLONGED SCREEN TIME CAN CAUSE DRY OR TIRED EYES**

“ Dry Eye Disease is no mere nuisance. Severe dry eye can significantly impact vision and overall quality of life.



SMART LIFESTYLE CHANGES CAN HAVE A BIG IMPACT

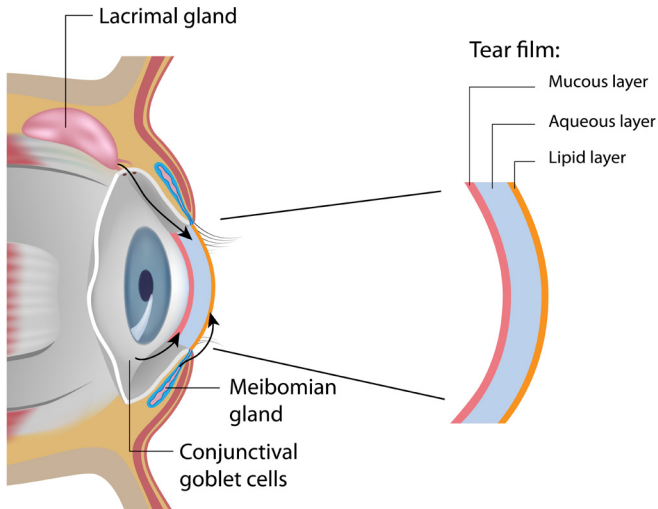


DRY EYE CAN AFFECT BOTH VISION AND EYE HEALTH



PRESCRIPTION EYE DROPS CAN HELP IN SEVERE CASES

## PREVENTION & TREATMENTS



Contact lens use, exposure to cigarette smoke, allergy medicines, and some medical conditions, such as rheumatoid arthritis and thyroid conditions, are known to cause dry eye. Diets low in omega-3 fatty acids or dehydration can also result in low tear production.

Addressing dry eye often requires understanding the underlying causes. Some dry eye can be treated with simple lifestyle changes such as drinking more water, taking breaks during digital activities, or adopting an eyelid hygiene regime.

More severe cases may need medical intervention. Prescription eye drops may offer relief, so may in-office medical procedures that help the body restore its own tear production.

### LIFESTYLE CHANGES

Jumpstart natural tear production with small steps such as installing a humidifier, taking dietary supplements, or using a moist heat mask

### PRESCRIPTION EYE DROPS

If over-the-counter drops don't offer enough relief, prescription eye drops can help promote the body's natural tear production

### IN-OFFICE MEDICAL PROCEDURES

For severe cases, your eye doctor can perform in-office procedures to promote tear and lipid production to keep your eyes better hydrated