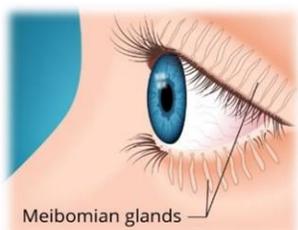


THE CAUSE OF DRY EYES

Tears are made up of three parts: **oil, water, and mucus**; each component is made from different parts of the eye. The primary cause of Dry Eyes is a deficiency of one of the tear-producing glands.



The most common cause of Dry Eyes is Meibomian Gland Dysfunction (MGD). There are about 30 Meibomian glands in the upper eyelid, and around 25 in the lower. Their function is to secrete oils onto the surface of the eye, keeping tears from evaporating too quickly. MGD is a blockage or some other abnormality of the glands so that they don't secrete enough oil into the tears. This causes the tears to evaporate more rapidly leading to dry eye and blepharitis.

Signs of Dry Eyes

- Red Eyes
- Burning
- Itching
- Foreign Body Sensation
- Sandy/Gritty Feeling
- Light Sensitivity
- Watery Eyes
- Pain/Soreness in or Around Eyes
- Tired Eyes
- Contact Lens Discomfort
- Dry Mouth

FORCED BLINKING

Forced blinking is designed to help retrain your brain to blink completely and encourage the Meibomian glands to secrete oil.

- Step 1:** Close your eyes completely.
- Step 2:** Squeeze your lids together. Be sure *NOT* to scrunch your face or eyebrows. This is just a lid exercise!
- Step 3:** Open your eyes and relax your muscles.
- Step 4:** Repeat this process 10 times.
- Step 5:** Be sure to repeat the whole process 4 times a day, or whenever you get the chance!



Additional Websites & Support Videos

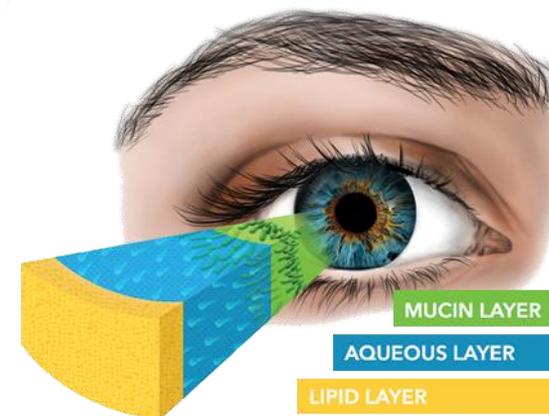
AlaskaDryEyeCenter.com
AllAboutVision.com
TheDryEyeZone.com
TearFilm.org
DryEyeAndMGD.com

Nova Eye Care
Dr. Nhan T. Tran
Dr. Thomas Roselius
450 E Tudor Dr
Anchorage, AK 99503
T: (907)274-7825
novaeyecares.com



DRY EYE SYNDROME

“Dry Eye is Sick Tears”



Welcome to Nova Eyecare Center!
Alaska's First and Only Dry Eye Center

Dry Eye Specialist, Dr. Nhan Tran, is committed to treating your specific dry eye issues.

www.AlaskaDryEyeCenter.com

We've created the above website just for our dry eye patients. It has tons of information about dry eye and the various treatment methods we offer.

Based on today's eye exam, you have been diagnosed with Dry Eyes, otherwise known as

Ocular Surface Disease (OSD) or Dry Eye Disease (DED).

Specifically:

<input type="checkbox"/> Meibomian Gland Dysfunction (MGD) with Evaporative Dry Eye:	Mild	Moderate	Severe
<input type="checkbox"/> Aqueous Deficiency Dry Eye	Mild	Moderate	Severe
<input type="checkbox"/> Inflammatory Dry Eye	Mild	Moderate	Severe
<input type="checkbox"/> Blepharitis	Mild	Moderate	Severe

•Please visit our website, www.AlaskaDryEyeCenter.com, for more information regarding any of the recommended treatments below!•

Self-Care Therapy & Over-the-Counter Products:

- Apply **hot compress** daily: improves oil gland function. Microwave for 20 seconds!
- Forced blinking** 10 times per hour: pushes oils onto the eyes and “retrains” your brain to blink completely.
- Foaming Lid Wash** daily: removes a buildup of excess bacteria and debris on the lash line.
- Lid Wash Pads:** removes the buildup around the lash line, focusing on the oil gland openings.

Supplements

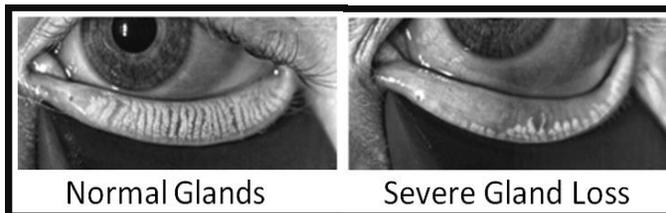
- Pro-Omega 1 tablet** daily: maintains ocular health and decreases inflammation.
- Hydro-Eyes 4 tablets** daily: maintains ocular health and decreases inflammation.
- Retaine MGD**, twice daily: works with all three layers of the tear film to reduce evaporation and adds oil to the eyes.
- Oasis Tears**, twice daily: lubricate the eyes to relieve the gritty dry sensations that cause irritation
- NanoTears**, twice daily: Nanopids revitalize the eyes natural lubrication by restoring the lipid layer of tear film
- Lumify**, once daily: as needed for redness.

Medications:

Drops

- Regener-Eyes**, one drop in each eye 2-4 times daily to help promote healing & decrease inflammation. **MUST BE REFRIGERATED** at all times.
\$195/bottle (lasts about 2-6 weeks)
- Xiidra**, one drop in each eye twice daily: decreases inflammation. Keep in mind that this drop takes about 2 weeks to take effect.
- Restasis**, one drop in each eye twice daily: encourages mucin production.
- Steroids** twice daily for 2 weeks
- Autologous Serum Drops**
- Antibiotics** (Doxycycline)

Oral



Normal Glands

Severe Gland Loss

In-Office Treatments & Procedures:

- ZEST Self Pay = \$200
- BlephEx Self Pay = \$200
(both exfoliate and clean the lid margin to remove bacteria and debris and decrease blepharitis)
- LipiFlow:** Warms and expresses the oil glands to remove any blockages and soothe dry eye issues. Do after BlephEx for best results!
Self pay = \$1000, both eyes



- iLux:** Maintains the effects of LipiFlow and helps keep the glands in the lower lid open and unblocked. Self Pay = \$400
- Punctal Plugs:** keeps your tears from draining too quickly. This is billable to insurance!
- PROKERA Amniotic Membrane:** helps to heal corneal surface damage from dry eye. This is billable to insurance!