

# TOP 6 DRY EYE QUESTIONS

## ① *What is dry eye?*

Dry eye is a condition in which the eye does not provide adequate nutrients to the eyes surface. Roughly 300 million people worldwide have been diagnosed with dry eye. When dry eye occurs it can be the result of the lack of tear volume, tear stability, or tear quality. Dry eye has a spectrum from mild to severe. When you come into the office we begin with a questionnaire to determine if you are having symptoms of dry eye disease. We then can create a custom treatment to improve your dry eye disease. The treatment may include topical medications, mechanical cleaning of the lids, tear replacement and gland rejuvenation.

## ② *What causes dry eye?*

Dry eye is caused by decreased volume, lack of stability, or tear quality. Some of the factors that contribute to decreased tear volume are hormone levels, medical conditions, dehydration and side effects of medication. The decrease in stability and quality can occur from poor oil gland function, a chronic and progressive condition, Meibomian Gland Dysfunction (MGD), which we now know is the root cause of most dry eye (86%).

## ③ *What are the symptoms of dry eye?*

Dry eye symptoms include blurry vision, pain, burning, redness, light sensitivity, aching and heaviness of the eyes.

## ④ *When is treatment recommended?*

The treatment of dry eye is necessary at every level as symptoms are progressive. It is much easier and you get better results when you treat the condition early.

## ⑤ *What treatments are available?*

There are a variety of options to treat dry eyes including eye drops, prescription medications, punctal plugs, eyelid scrubs, warm/hot compresses and omega-3 oils. While these treatments for alleviating dry eye symptoms provide temporary relief, they do not treat the root cause of the disease — oil gland dysfunction.

## ⑥ *Why choose CarlinVision?*

As the largest, most experienced eye care practice in Gwinnett County, we are fully committed to providing advance eye care with a hometown touch. We do not entrust the care of your eyes to a technician or some outside, less experienced doctor. We use the most advanced technology. Please call our Dry Eye Service Coordinator, at 770-979-2020 x246 today for your FREE evaluation.