

ABOUT OUR OFFICE

Our office is committed to providing comprehensive eye care of the highest quality to you, your family and our community. We promise to thoroughly explain your eye health status and vision needs with emphasis on preventative care, resulting in an enhanced quality of life. Our friendly staff is dedicated to providing this care in an atmosphere of compassion and respect.

Our goal is to remain on the forefront of eye care through continuing education utilizing the latest state-of-the-art instrumentation, technology, contact lens and eyewear products.

We will strive to exceed your expectations with a level of service and value that is without reservation, to ensure you will return and recommend our practice to others.

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DRY EYE CHECKLIST

RED EYES
BURNING
ITCHING
FOREIGN BODY SENSATION
SANDY OR GRITTY FEELING
LIGHT SENSITIVITY
WATERY EYES
OCCASIONALLY TEARING
CONSTANT TEARING
PAIN OR SORENESS IN OR AROUND EYES
TIRED EYES
CONTACT LENS DISCOMFORT
DECREASED CONTACT LENS TOLERANCE
SEASONAL ALLERGIES
DRY THROAT OR MOUTH
ARTHRITIS/ JOINT PAIN



*If you experience any of the symptoms
of Dry Eye Disease, please contact
our office.*

(901) 754-6020

A Guide to DRY EYE DISEASE



*Relief for dry,
uncomfortable eyes*

DO YOU SUFFER FROM CHRONIC DRY EYES? DRY EYE DISEASE (DED)

WHAT IS CHRONIC DRY EYE (DED)?
DED is a complex disease of the tears and ocular surface that results in symptoms of discomfort, visual disturbances and tear film instability. If left untreated, DED can damage the ocular surface.

WHAT ARE THE RISKS FOR DEVELOPING DED?

CERTAIN MEDICATIONS-
ex. anti-histamines, anti-hypertensives,
decongestants, diuretics,
oral contraceptives

CLIMATE- heat, air vents

EXTENSIVE VISUAL TASKING-
ex. long hours at the computer

AGE- Aging increases risk
for DED development

NUTRITION- diets too high in unhealthy
omega-6 fatty acids and too low in
healthy omega-3 fatty acids

WHAT CAUSES DED?

The main cause of DED is INFLAMMATION. Inflammatory cells in tears reduce the production of tears. This creates Tear Deficiency Dry Eye (less tears than normal). Inflammation also decreases the production of the oily layer of the tear film. This causes the watery layer of tears to evaporate too quickly (Evaporative Dry Eye).

HOW DO YOU TREAT DED?

TRADITIONAL DRY EYE

TREATMENTS INCLUDE:

Over the Counter Artificial Tears

Hot Compress Massage

Prescription eye drops

Punctal Occlusion by punctal plugs

LIFESTYLE CHANGES

MAY ALSO PROVIDE RELIEF

Increasing dietary water intake

Wearing sunglasses while outside and driving

Turning off bedroom fans

Increasing room humidity

Stop smoking

Oftentimes, traditional treatments and lifestyle changes fail to provide relief from DED. This is due to excessive inflammation in the body. In these cases, the inflammation in the body must be decreased in order to treat DED. This is done by identifying possible sources of inflammatory conditions. Possible sources of inflammation include:

Food allergies

Hormone imbalances

Vitamin deficiencies

Digestive tract disorders

Mineral Deficiencies

Environmental Toxicities

Enzyme deficiencies

Fatty acid (omega 3:6) imbalance

Balance (homeostasis) is thought to be key to controlling inflammation in the body.

