



Optic One Eye Care Centers of Spokane

1720 North Hamilton Street
Spokane, WA 99207

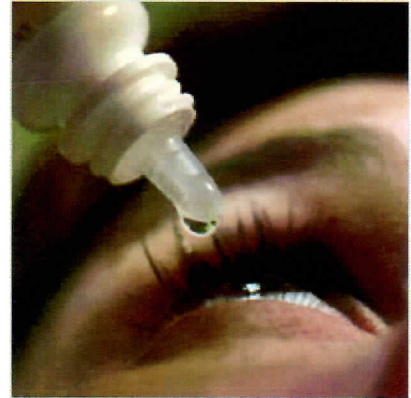
513 East Hastings Road
Spokane, WA 99218

Tel: (509) 328-2632 Fax: (509) 324-2377

askus@opticone.com

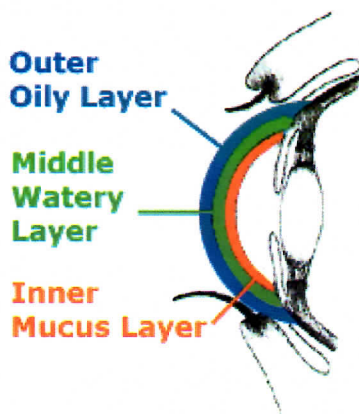
What is Dry Eye?

The tears your eyes produce are necessary for overall eye health and clear vision. "Dry Eye" means that your eyes do not produce enough tears or that you produce tears which do not have the proper chemical composition. Often, dry eye is part of the natural aging process. It can also be caused by blinking or eyelid problems, medications like antihistamines, oral contraceptives and antidepressants, a dry climate, wind and dust, general health problems like arthritis or Sjogren's syndrome and chemical or thermal burns to your eyes.



If you have dry eye, your symptoms may include irritated, scratchy, dry, uncomfortable or red eyes, a burning sensation or feeling of something foreign in your eyes, excessive watering and blurred vision. Dry eyes can damage eye tissue, scar your cornea (the front covering of your eyes), impair vision, affect post LASIK results, and make contact lens wear difficult.

If you have symptoms of dry eye, see your optometric physician for a comprehensive examination and treatment options.



Dry eye cannot be cured, but your optometric physician can prescribe treatment so your eyes remain healthy and your vision is unaffected. Some treatments that your optometric physician might prescribe include blinking more frequently, increasing humidity at home or work, using artificial tears and a moisturizing ointment, apply punctal plugs in the corners of the eyes to slow tear drainage, medication intervention, and in some cases permanent surgical closure of the drainage ducts.

Please read all package inserts for both prescription and non-prescription medications and consult with your doctor and/or pharmacist with any questions or concerns regarding their use and/or interaction with other medications you may be taking.

We appreciate the opportunity to serve you. If you have any questions regarding this handout please contact our office at the phone numbers listed above or email your inquiry to askus@opticone.com