

Our eyes are a reflection of what is happening in our bodies. When it comes down to it, the way we live our lives day in and day out determines our overall well-being and is a huge factor in how our eyes are equipped to handle the every day situations we ask them to perform for us at the highest level. We may spend long hours reading or looking at our devices for work, play, and communication. We are driving, possibly wearing contact lenses long hours, spending time in varying environments inside and outside that can cause challenges for our tear film balance. So many factors contribute to how our eyes feel on a daily basis: amount and quality of sleep, diet, adequate hydration, and last but not least, our level of stress. When we truly engage in treating our dry eyes from a “whole body” perspective, we will have more successful outcomes and our whole body will benefit. Our eyes are truly one indication of our overall health.

Please talk to your doctor about any concerns you have about your eyes and schedule your **Dry Eye Evaluation!**



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DRY EYE SYNDROME



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WHAT IS DRY EYE SYNDROME?

Many think that Dry Eye is the result of not having enough tears, however, most people who suffer from ocular surface disease actually suffer from an imbalance of the tear film. There is a lack of healthy oils that help to keep the tears from evaporating, that usually stems from changes occurring in the meibomian glands that line our eyelids.

WHAT ARE SOME SYMPTOMS OF DRY EYES?

- GRITTY, SANDY, OR IRRITATED FEELING
- BURNING
- REDNESS
- WATERING
- BLURRED VISION
- LIGHT SENSITIVITY
- EYE FATIGUE OR STRAIN



HOW DO WE TEST FOR DRY EYE SYNDROME?

Your doctor may note some signs of Dry Eye during your comprehensive eye exam and recommend that you return for a Dry Eye Evaluation. This visit begins with a thorough history; some systemic conditions or medications increase the likelihood of dryness and inflammation of the eyes. Traditionally, older people are thought to be at higher risk, however, we are seeing dry eye related changes even in young children. Microscopic evaluation of the lids, lashes, and front surface of the eye is performed with specialized equipment including the Oculus 5M with Crystal Tear Report or Firefly imaging system. These tests assess the amount and quality of the tears, the effects of dryness and your blink pattern on the cornea, conjunctiva, and lid margins, and assist in grading the structural changes and function of the meibomian glands.

HOW DO WE TREAT DRY EYES?

Treatment ranges from prescribing the best lubricating or therapeutic drops for your eyes, to facilitating the use of autologous tears that are made from your own blood serum. Often, at home treatments including warm compresses, lid hygiene, and supplements formulated for Dry Eye can produce meaningful improvement. In office procedures include eyelid margin deep cleaning, punctal plugs, placement of amniotic membranes, Lipiflow, LLLT, and IPL.

Lipiflow is performed for obstructive meibomian gland disease. It is a non-invasive 12 minute thermal pulsation procedure that unblocks the meibomian glands, to promote expression of the thick oil in the glands.



Equinox Low Level Light Therapy (LLLT)

is a relaxing treatment that utilizes specially designed LED lights to warm the upper and lower eyelids, forehead, and cheek areas. This therapy reduces inflammation and promotes improved meibomian gland function.



Lumenis OptiLight Intense Pulsed Light (IPL)

uses precise pulses of light to target abnormal blood vessels associated with increased inflammation. This technology has been used for years in dermatology, therefore, patients may note the added benefit of cosmetic enhancement with these treatments aimed at improving meibomian function.

