

July is Dry Eye Awareness Month

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Dry Eye Syndrome is one of the most common eye-related complaints in the United States, affecting nearly 21 million people. As we get older, our eyes naturally produce fewer tears. Sometimes, two of the three components that make up our tears become so unstable that tears can't remain on the eye long enough to keep it lubricated. As a consequence, some people with dry eye may actually have tears running down their cheeks!

In some people, dry eyes are the result of an imbalance in the composition of their tears or an inability to produce enough tears to keep their eyes sufficiently lubricated. Additionally, eyelid problems, environmental factors (living in the desert!), certain medications and other causes can lead to dry eye syndrome.

Other factors can aggravate dry eye syndrome, including workplace conditions such as prolonged computer use and exposure to air conditioning, heating, dust and allergens.

Common symptoms include:

Eyes that sting or burn, feel scratchy, become irritated and tear excessively.

Difficulty wearing contact lenses.

Mucus in or around the eye.

Pain and redness in the eye.

A feeling of heavy eyelids.

Blurred, changing or decreased vision.

In severe cases, sensitivity to light.

We do a lot of Dry Eye treatment here at Vision Care 4Life and are happy to educate you on symptoms and treatments.

See this link: http://www.visioncare4life.com/index.php?p=1_29 for our custom education sheet on Dry Eye Syndrome.