

WHAT IS DRY EYE SYNDROME?

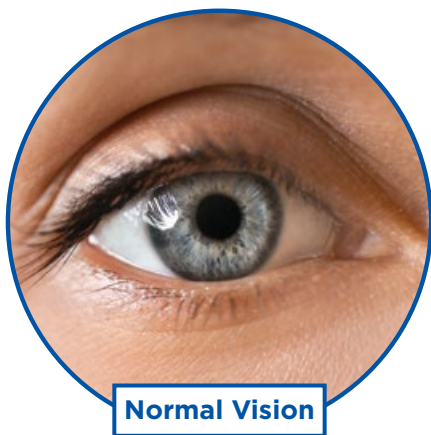


VISUAL DEFECT

PATHOLOGY

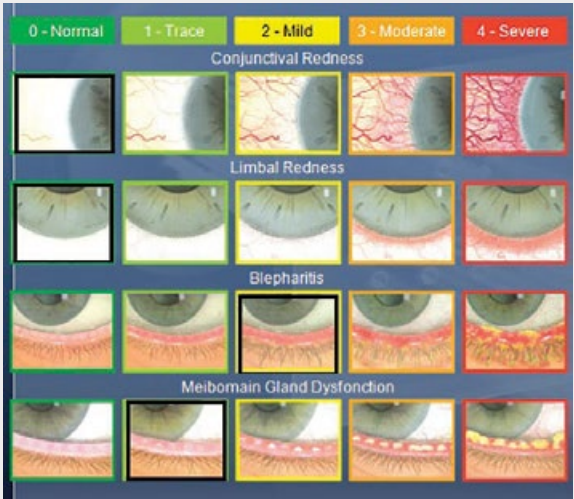
WHAT IS DRY EYE SYNDROME?

Dry eye disease is a common condition that happens when your eyes do not produce enough healthy tears to stay comfortable. Tears are important because they keep the eyes moist and protect the surface of the eye. Dry eyes can occur if your eyes do not make enough tears or if the tears are poor quality and dry up too quickly. When this happens, the surface of the eye can become irritated and inflamed.



▶ DRY EYE STAGES:

Dry eye disease is measured in stages from 0 to 4 using the Efron Grading Scale. This scale helps describe how mild or severe your dry eye disease is. Your eye care provider can review your stage with you during follow-up visits and explain the specific condition of your eyes.



▶ DRY EYE PREVALENCE



50%
of all red eyes
and irritable
eyes are due
to Dry Eye
Syndrome



Age over



70%
of people
over 45
years old

45

▶ DRY EYE CAUSES

Air conditioning



Some medications



Smoking



Contact lenses



Time spent in front of screens



▶ HOW TO KEEP YOUR EYES HEALTHY

- Eat healthy food.
- Get regular physical exercise.
- Follow specific guidelines if you use digital devices.
- Wear UV protective glasses.
- Have your eyes checked annually.



ASK YOUR EYE CARE PROFESSIONAL !

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