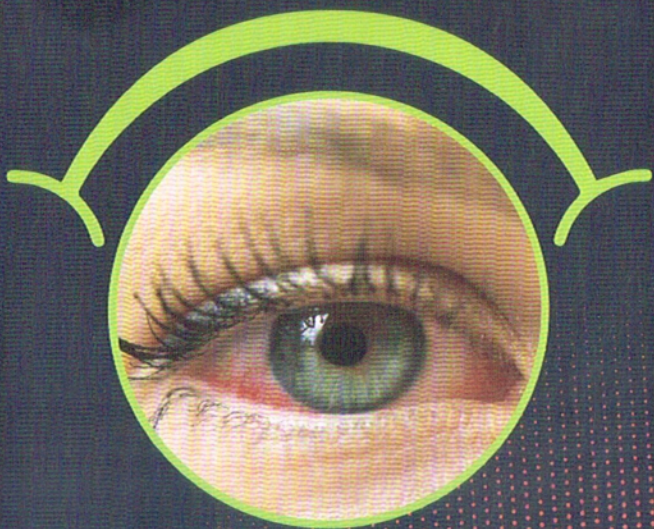


WHAT IS DRY EYE?¹

If your eyes do not produce enough tears, it is called dry eye. Dry eye is also when your eyes do not make the right type of tears or tear film.



DRY EYE SYMPTOMS¹

The most common symptoms of dry eye syndrome are:



BLURRED VISION



STINGING



REDNESS



BURNING

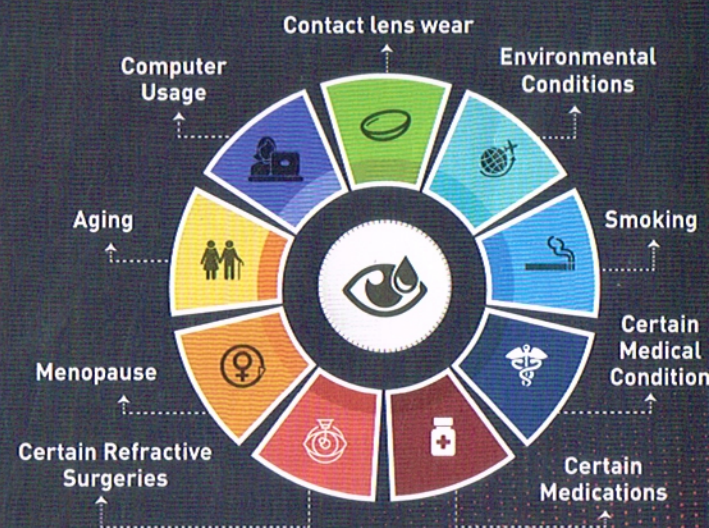


GRITTISSNESS



IRRITATION

FACTORS ASSOCIATED WITH DRY EYE SYMPTOMS^{1,2}



HOW TO TREAT DRY EYE SYNDROME?^{1,3}

- ↪ Increase tears production
- ↪ Adding artificial tears
- ↪ Conserving tears



PREVENTION OF DRY EYE SYNDROME^{1,3}

- ↪ Blink regularly
- ↪ Wear sunglasses when outdoor
- ↪ Drink plenty of water
- ↪ Increase humidity at work and at home
- ↪ Avoid environments that are drier than normal
- ↪ Use artificial tears



Reference:

1. Available from <https://www.aao.org/eye-health/diseases/what-is-dry-eye> as accessed on 11/2/2022
2. de Paiva CS. Effects of Aging in Dry Eye. Int Ophthalmol Clin. 2017 Spring;57(2):47-64.
3. Available from <https://www.aao.org/healthy-eyes/eye-and-vision-conditions/dry-eye/symptoms> as accessed on 11/2/2022

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have to take the **happiness** out of you

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