DO YOU SUFFER FROM DRY EYE SYNDROME?

If you experience any of these signs or symptoms on a regular basis, speak to your doctor about the possibility of suffering from Dry Eye Syndrome (D.E.S.). If left untreated, D.E.S. can intensify over time causing more significant damage.

WHAT CAUSES D.E.S.?

Dry Eye Syndrome (D.E.S.) affects millions of people in Canada. Causes of D.E.S. include:

- **THE AGING PROCESS**
  Tear flow normally decreases with age. In fact, approximately 75% of individuals over the age of 65 suffer from D.E.S. symptoms.

- **LASER VISION CORRECTIVE SURGERIES**
  Following ophthalmic surgical procedures, patients may develop D.E.S.

- **HORMONAL CHANGES IN WOMEN**
  Various hormonal changes associated with pregnancy, oral contraceptives and menopause can contribute to D.E.S.

- **ENVIRONMENTAL FACTORS**
  People who are exposed to smoke, air pollution, high altitude, sunny, windy, cold or dry air conditions are at risk for D.E.S.

- **SJÖGREN’S SYNDROME**
  An immune system disorder characterised by inflammation and dryness of the mouth, eyes and other mucous membranes. This disorder damages the lacrimal glands and affects tear production.

- **COMPUTER USE**
  Long periods of computer use are linked with a decreased blink rate and a corresponding increase in tear evaporation leading to D.E.S.

- **CONTACT LENS WEAR**
  Lens wear can dramatically increase tear evaporation, causing discomfort, infection, and/or increased protein deposits. D.E.S. is the leading cause of contact lens intolerance.

DO YOU SUFFER FROM DRY EYE SYNDROME?

Find out how you can get instant and long lasting relief
WHAT IS DRY EYE SYNDROME?
Dry Eye Syndrome (D.E.S.) is the most common eye disorder occurring in approximately 20% of the population. It is the result of a decline in the quantity or quality of tears produced. This is caused when the tear glands in the upper and lower eyelids do not produce enough of the right kind of tears.

THE COMPLEXITY OF TEARS
Tears function to protect your eyes and keep them lubricated and comfortable. There are two types of tears produced in your eyes:

lubricating tears that moisturize and protect your eyes from infections

reflex tears that respond to environmental stimuli (dust, smoke, etc.), injury or emotion

Interestingly enough, 'watery' eyes can be a symptom of D.E.S. Irritants that cause D.E.S. can trigger the production of reflex tears. However, since reflex tears do not have the proper lubricating composition, the discomfort remains.

WHAT TREATMENTS ARE AVAILABLE?
Depending on the intensity of the condition, treatment may be as simple as using artificial tears. You have two choices for long lasting relief:

i-drop® Pur
is indicated for use with mild to moderate dry eyes as well as with contact lenses.

i-drop® Pur GEL
is indicated for use with moderate to severe dry eyes.

In more persistent cases, however, a simple non-surgical procedure is available that provides long-term relief through the use of plugs called “punctal occluders”.

WHAT ARE PUNCTAL OCCLUDERS?
Punctal occluders block the punctum (tear duct), which is the drainage duct that carries tears away from the surface of the eye. By blocking these, tears are prevented from draining away too quickly leaving the eye dry. This procedure is widely-performed, safe, quick, painless, and totally reversible.

HOW TO ENHANCE YOUR TREATMENT?
We recommend i-Lid’n Lash®, an ocular hygiene regimen, and i-Vu® Omega-3, a nutritional supplement based on the most important components of omega-3 fish oils. These products will help maintain good health with the treatment of dry eye syndrome.

Speak to your doctor to find out which solution is right for you.