

SYMPTOM CHECKLIST

If you experience any of the symptoms below, you may have Dry Eye:

- Dry Sensation
- Scratchy, Gritty Feeling
- Burning
- Stinging
- Itching
- Excess Tearing (Watery Eyes)
- Mucous Discharge
- Irritation from Wind or Smoke
- Redness
- Tired Eyes
- Light Sensitivity
- Contact Lens Discomfort
- Contact Lens Solution Sensitivity
- Soreness
- Lid Infections/Sties
- Sensitivity to Artificial Tears
- Eyelids Stuck Together at Awakening

ARE YOUR

EYES

DRY,
BURNING,
IRRITATED,
WATERY?

YOU MAY HAVE

DRY EYE

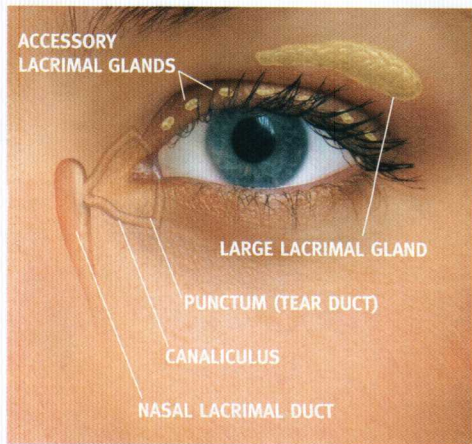
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The human eye is lubricated by two kinds of tears produced by glands in the upper and lower eyelid.

CONSTANT TEARS are continuously formed to lubricate the eye and contain natural antibiotics to help fight infections. When constant tear flow is reduced, there is irritation that can cause excessive reflex tearing ("watery eyes"). These excess tears lack the oil needed to keep from evaporating and do not lubricate the eye.

REFLEX TEARS are produced only in response to irritation, injury, or emotion. They help rinse the surface of the eye.

A balance is necessary between the two types of tears to ensure that your eyes are comfortable and protected.

A lack of tears, improper lubrication, or tears draining too quickly from the eye result in a condition known as Dry Eye. Dry Eye is a common problem that is easily diagnosed.

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AGING

As we age, tear production decreases. Men and women of any age can be affected, however, after menopause and during pregnancy women are especially susceptible.

CONTACT LENSES

Wearing contact lenses often increases tear evaporation that can result in irritation, increased protein deposits, infection, and pain. Dry eye has been shown to be the leading cause of contact lens discomfort.

ENVIRONMENT

Exposure to various environments can reduce eye lubrication. These include sunny, dry or windy conditions; heaters, dehumidifiers, fans or air conditioning; sand, dust or pollen, smoke, high altitudes; work environment and prolonged computer use.

MEDICATIONS

A variety of medications reduce tear secretion. Some common examples are decongestants, antihistamines, sleeping pills, beta-blockers, anti-depressants, diuretics, pain relievers and alcohol.

AUTO IMMUNE DISEASE

Auto Immune Disease accompanied by a dry mouth and dry eyes is called Sjogren's Syndrome.

SURGERY

Surgical procedures can disrupt the production of tears or the balance between Constant and Reflex tears. Post-surgical dry eye is almost always temporary.