

## WHAT CAUSES DRY EYES?

CDED has many causes, which explains why millions are affected. The most common causes include:

- **THE AGING PROCESS** Tear flow normally decreases with age. In fact, approximately 75% of individuals over age 65 suffer from CDED symptoms.
- **CONTACT LENS WEAR** Contact lens wear can dramatically increase tear evaporation, causing discomfort, infection, and/or increased protein deposits. Research shows that CDED is the leading cause of contact lens intolerance.
- **HORMONAL CHANGES IN WOMEN** Various hormonal changes associated with pregnancy, oral contraceptives and menopause can contribute to CDED.
- **ENVIRONMENTAL FACTORS** People who are exposed to smoke, air pollution, high altitude, sunny, windy, cold or dry air conditions are at risk for CDED.
- **SIDE EFFECTS OF DISEASE/MEDICATIONS** There are several diseases and medications which can lower your ability to produce tears. Be sure to give your doctor a complete medical history.
- **SJÖGREN'S SYNDROME** An immune system disorder characterized by inflammation and dryness of the mouth, eyes and other mucous membranes. This disorder damages the lacrimal glands and affects tear production.
- **LASER VISION CORRECTIVE SURGERIES** Following various ophthalmic surgical procedures, patients may develop CDED. Many patients have benefited from temporary punctal occlusion following such procedures.

## WHAT TREATMENTS ARE AVAILABLE?

Depending on the intensity of the condition, treatment may be as simple as using artificial tears a few times a day. In more persistent cases, however, a simple non-surgical procedure is available that provides long-term relief of CDED through the use of tiny plugs called "punctal occluders."

## DRY EYE CHECKLIST

- RED EYES
- BURNING
- ITCHING
- FOREIGN BODY SENSATION
- SANDY OR GRITTY FEELING
- LIGHT SENSITIVITY
- WATERY EYES
- OCCASIONAL TEARING
- CONSTANT TEARING
- PAIN OR SORENESS IN OR AROUND EYES
- TIRED EYES
- CONTACT LENS DISCOMFORT
- DECREASED CONTACT LENS TOLERANCE
- SEASONAL ALLERGIES
- DRY THROAT OR MOUTH
- ARTHRITIS/JOINT PAIN

If you experience three or more of the symptoms above, you may be suffering from CDED. Left untreated, your symptoms will most likely intensify, making your daily life unpleasant, or worse, deteriorate your visual acuity. If in doubt, ask your eye care specialist if the Parasol® Punctal Occluder can help you.



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DO YOU SUFFER FROM

# DRY EYES?

GET THE FACTS

DRY EYE CHECKLIST



## WHAT IS CHRONIC DRY EYE DISEASE?

Your tears function to protect the eyes and keep them lubricated and comfortable. Chronic Dry Eye Disease (CDED) is the decline of the quantity and/or quality of the tears produced. It is caused when the tear glands in the upper and lower eyelids do not produce enough tears, or they don't produce the right kind of tears. This phenomenon causes irritation, scratchiness, burning, redness, and discomfort. Chronic Dry Eye Disease is the most common of all eye disorders, affecting approximately 20% of our population.

## THE COMPLEXITY OF TEARS

Your eyes are moistened by two different types of tears: lubricating tears and reflex tears. Lubricating tears are produced continuously to moisturize the eye and contain natural infection-fighting antibiotics. Reflex tears are produced in response to sudden irritation (smoke, onions, foreign particles), injury, or emotion. Ironically, the irritation from dry eyes can trigger reflex tears, which flood the eye. But because reflex tears do not have the proper lubricating composition, the discomfort persists. Thus, "watery eyes" can actually be a symptom of CDED.

# YOU DON'T HAVE TO SUFFER ANY LONGER.

## WHAT ARE PUNCTAL OCCLUDERS?

As the name suggests, these devices occlude (block) the punctum, or tear duct, which is the drainage duct that carries tears away from the surface of the eye. There are upper and lower punctum ducts in the inner corner of each eye. Blocking these drainage ducts prevents tears from draining away too quickly. Punctal occlusion can be compared to putting a stopper in a sink drain, keeping the tears on the eye's surface for longer periods. This widely performed procedure is safe, quick, painless, and totally reversible.

Punctal occluders are made of a very soft flexible silicone, similar to that used in contact lenses. Though they are barely visible to the naked eye, they are carefully manufactured into an extremely smooth and precise design.

## THE PARASOL® PUNCTAL OCCLUDER

The Parasol® Punctal Occluder from Odyssey Medical is one of the most advanced occluders available. Its unique, patented shape is easy to insert because it automatically adjusts to the patient's tear duct opening.

In addition, the Parasol's advanced design provides a truly custom fit which, in turn, means greater patient comfort. The Parasol Punctal Occluder can also reduce or eliminate the major cause of discomfort for many contact lens wearers, or those who are unable to tolerate contact lenses.

