

Q. What causes Chronic Dry Eye?

A. Anyone can suffer from Chronic Dry Eye. The aging process, as well as some health conditions, can affect how your eyes make tears, such as

- Hormonal changes related to aging, pregnancy, menstruation, and menopause
- Thyroid problems and vitamin deficiencies
- Medical conditions, such as Sjögren's syndrome, lupus, and rheumatoid arthritis
- Medications (prescription and over-the-counter)

Many people mistake Chronic Dry Eye for allergies or just "eyestrain." While these may aggravate Chronic Dry Eye symptoms, they are not the cause. There are other factors that can make your dry eye symptoms worse, such as

- Heating and air conditioning
- Smoke from cigarettes, pipes, or cigars
- Wind
- Wearing contact lenses

The Chronic Dry Eye Five

If you think you have Chronic Dry Eye, here are 5 questions to ask yourself:

- 1) Are you using artificial tears multiple times a day?**
- 2) Have you been using them for several months?**
- 3) Have you tried 2 or more types?**
- 4) Are dry eyes affecting your use of the computer? Reading? Driving?**
- 5) Are you unsatisfied with the relief you're getting from your current dry eye treatment?**

If you've answered "Yes" to any of these questions, don't wait for your annual eye checkup. Talk to your doctor today.

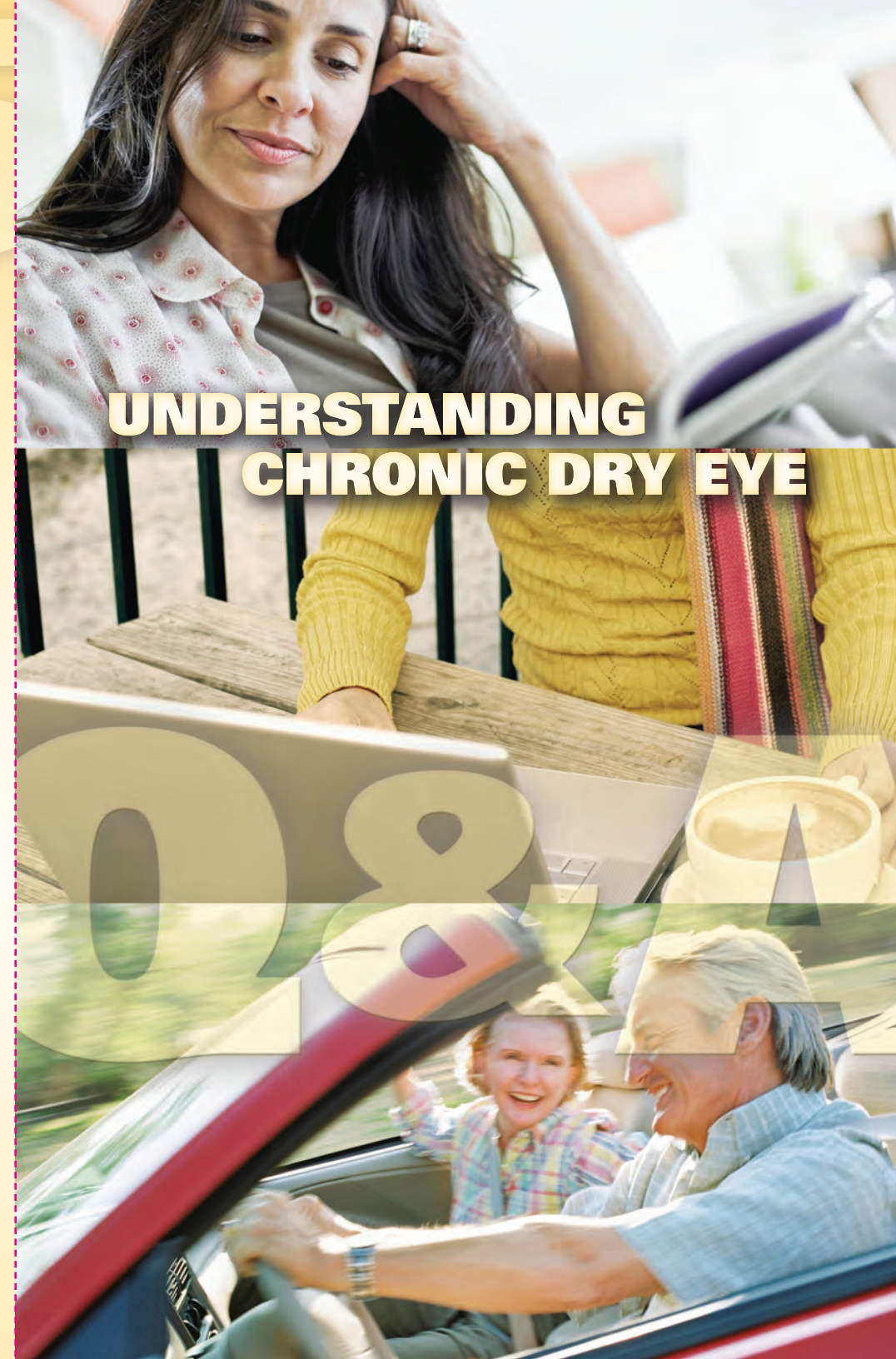
For more information, go to focusondryeye.com



® marks owned by Allergan, Inc.
©2010 Allergan, Inc., Irvine, CA 92612, U.S.A.

APC38WA10

UNDERSTANDING CHRONIC DRY EYE



UNDERSTANDING CHRONIC DRY EYE

Q. What is Chronic Dry Eye?

A. To understand Chronic Dry Eye, you first need to know what keeps your eyes healthy. Every time you blink, the eyes make a natural tear film that keeps your eyes moist, protected, and clean. And, tears are much more than just water. They contain nutrients, electrolytes, proteins, and lubricants to help keep your eyes healthy.

If your eyes don't make the right amount of tears or the right kind of tears, your tear film can break down. This can create dry spots on the surface of the eyes. When this happens, your eyes become dry and easily irritated. This can lead to damage on the surface of your eyes and the symptoms of Chronic Dry Eye.

A healthy tear film

- Keeps your eyes moist, protected, and clean
- Helps fight infection
- Helps prevent damage to the surface of the eye
- Is important for your vision

Over time, if dry eye is not treated, it may get worse and lead to more serious conditions, such as

- Damage to the eye surface
- Infection
- Damage to your vision

Q. What are the symptoms of Chronic Dry Eye?

A. The symptoms of Chronic Dry Eye can be different for each person. Common symptoms include

- Dryness
- A stinging, burning, or scratchy sensation
- Sensitivity to light
- Discomfort caused by wind, smoke, pollen, and airborne elements
- Difficulty wearing contact lenses

Some people who suffer from Chronic Dry Eye use artificial tears. Over time, some people need them more and more. They may also find that using different kinds or brands of eye drops aren't enough. Using artificial tears can help moisten the eyes, but they only provide temporary or short-term relief.

The symptoms of Chronic Dry Eye may interfere with certain daily activities, making them more difficult to do—such as reading, looking at a computer, or driving at night.

Q. How is Chronic Dry Eye treated?

A. Right now, there is no cure for Chronic Dry Eye. But, there are treatment options available to help manage it.

- Artificial tears can lubricate your eyes and may give you temporary relief of your eye symptoms. Your doctor or pharmacist may recommend REFRESH® Brand Lubricant Eye Drop products
- Prescription medications are available. Talk to your eye doctor about which options may work best for you
- Tear duct plugs, also known as punctal plugs, are silicone plugs that can be inserted by your eye doctor. They close the ducts that drain tears out of your eye

Remember, only your eye doctor can determine which treatment is the best choice for managing your dry eye condition.

Do you have Chronic Dry Eye?

The only way to find out is to talk to your eye doctor. Ask questions.

Tell your doctor about

- Symptoms you feel
- How these symptoms affect your daily life and activities
- How you have been managing your dry eyes

The more information you give your eye doctor, the more it will help your doctor choose the treatment that works best for you.