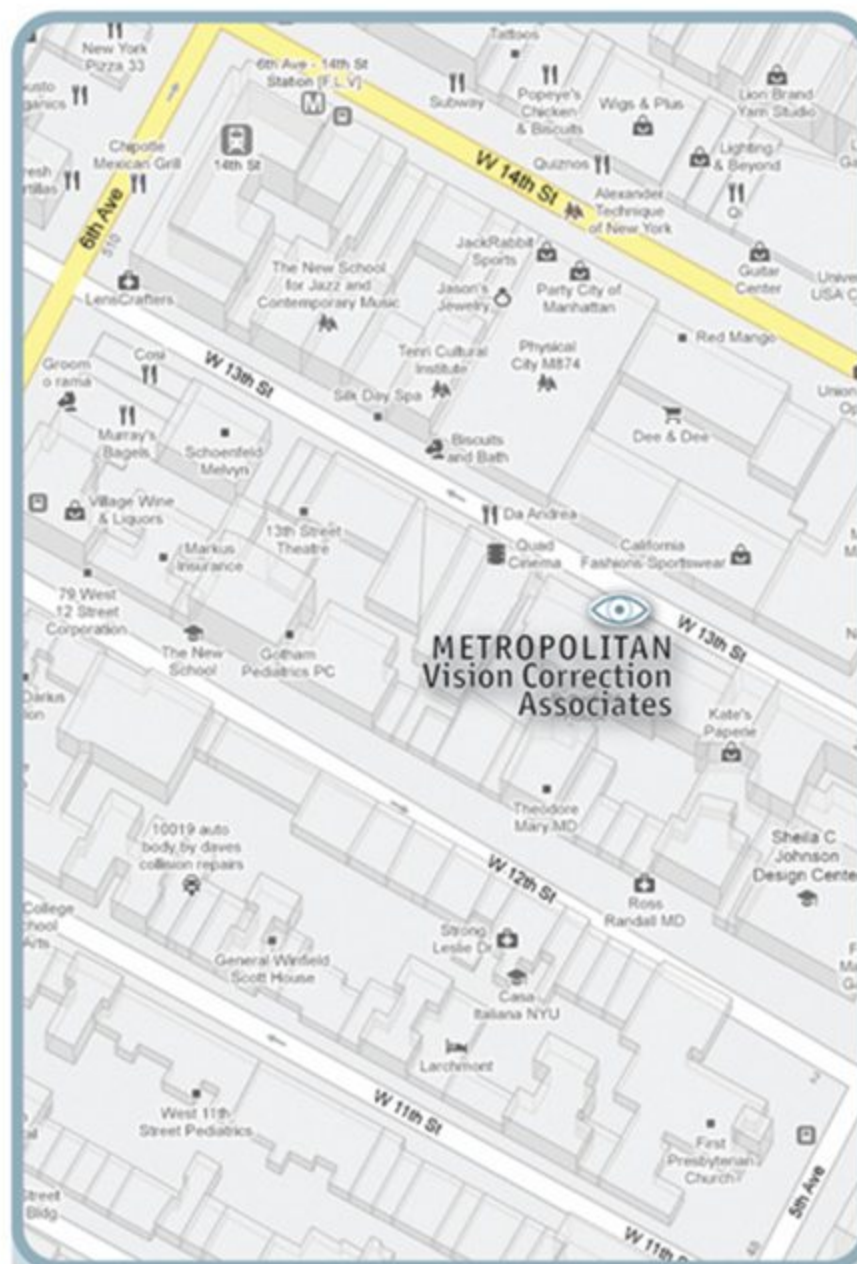


# METROPOLITAN

## Vision Correction Associates

Optometrists



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### DIAGNOSIS AND TREATMENT FOR DRY EYE:

At the initial visit to our office an in-depth medical and ocular history will take place. This will often be the key to making a correct diagnosis. In most cases, eyelid disease is either the root cause of your symptoms or will worsen your dry eye condition.

Your visit to our office will also include an evaluation of the following:

- The upper and lower eyelids and eyelashes
- The surface of the cornea and sclera
- The quantity and quality of the pre-corneal tear film
- The secretions from the individual glands that make up the tear film
- The rate at which the tear film evaporates
- The quality and the rate at which you blink
- Signs of allergy, inflammation and infection of your eyes and eyelids

Once we determine the underlying cause(s) of your dry eye, an individualized treatment plan will be developed. Anti-inflammatory eye drops, antibiotics, warm compresses, and lid hygiene may be prescribed. Treatment may also include homeopathic and nutritional supplements, as well as artificial tears. At each follow-up visit the treatment plan will be modified as needed.

We at *Metropolitan Vision Correction Associates* believe in drawing treatments from a number of medical modalities to allow for a synergistic effect. In other words, where each of the modalities alone may have little or no effect, together they work to produce a much larger result and achieve a cure for your dry eye.

Treating dry eye is a marathon and not a sprint. Do not look for instant cures, but do look for incremental improvement in symptoms over a period of weeks to several months.

### WHAT IS DRY EYE?

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Dr. Frederic K. Nevins

Dr. Traci M. Goldstein

Dr. Arthur D. Jung

Dr. Robert E. Behan

Est. 1978  
"Serving 3 generations of families in  
the heart of Greenwich Village"

212 • 807 • 0019



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Serving 3 Generations Of Families  
In The Heart Of Greenwich Village

## WHAT IS DRY EYE?

Dry Eye, or Dry Eye Syndrome, is a very common eye condition that affects millions of Americans. The symptoms of dry eye almost always start from a deficiency or imbalance in the tear film. To effectively treat dry eye and to achieve a lasting cure, it is necessary to have an understanding of its cause.

Simply supplying artificial tears --- or other eye drops --- without treating the true underlying cause will consistently result in failure to improve the condition.

## CAUSES OF DRY EYE SYNDROME:

1. **The inability to produce enough tears.** This is actually a relatively uncommon cause of dry eye and represents only 5% of the cases. It may be associated with certain systemic medical conditions, hormonal changes, eye surgery, and trauma to the eye.
2. **Inflammatory disease of the eyelids and associated glands.** This is the most common cause of dry eye, comprising up to 95% of the cases. It is thought to be one of the most underdiagnosed and incorrectly treated conditions for which patients seek treatment.

## THE TEAR FILM:

The tear film, or pre-corneal tear film, is very complex. A healthy tear film is composed of three distinct layers: **mucus**, **water**, and **lipid**. The fluids that make up each of these layers are produced and secreted by different types of glands found in the upper and lower eyelids, and in the lacrimal gland above the eye.

**Inner Mucus Layer:** allows the tears to stick to the eye.

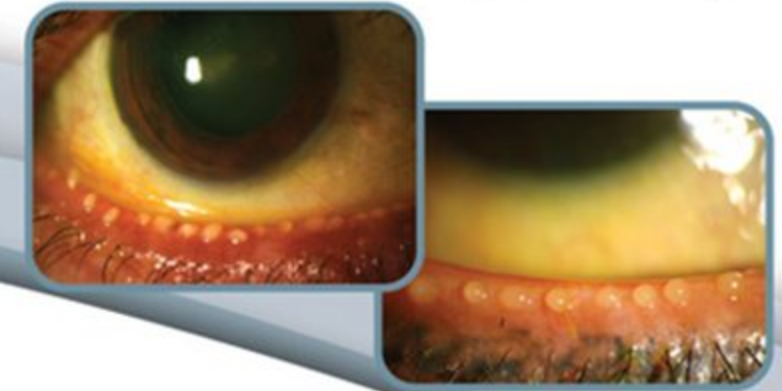
**Middle Watery Layer:** provides moisture, oxygen, and nutrients to the cornea.

**Outer Oily Layer:** acts to prevent evaporation of the components of the tear film beneath it.

Each blink smoothes and spreads the tear film over the surface of the cornea. This allows sharp vision to be maintained with each blink. Without restoring the eyelids and associated glands to a healthy state, both normal tear production and the pre-corneal tear film will be consistently compromised.

*Dry eye is caused by a deficiency or abnormal composition in any one or more of the tear film layers, and any change of the tear film could result in irritation of the eye.*

Abnormal gland secretions from the lower eyelid



## COMMON SYMPTOMS OF DRY EYE SYNDROME:

- Dry or Sandy Feeling
- Eye Pain
- Achy Eyes or Eyestrain
- Excessive Tearing
- Headaches
- Difficulty Concentrating
- Irritation & Burning
- Redness
- Foreign Body Sensation
- Blurry Vision, Distance or Near

Interestingly, people with dry eye will often complain of excessive tearing. This is due to an inadequate tear film resulting in irritation to the cornea, thereby causing reflex or excessive tearing.