

Dysfunctional Tear Syndrome

**Watery, burning eyes? Do your eyes feel like the Sahara?
Are your eyes red and irritated all the time?**

The tears play a large role in the comfort of the eyes, the appearance of the eyes, and the vision. The tear film is composed of three layers: oil, water, and mucous. If the three layers are not mixed properly, the tear film will not provide protection and proper vision for you. The tear film must be functioning properly to maintain the best possible vision.

Evaporation may play a large part in your tear film. Staring at a computer screen, working outdoors, and dusty, windy environments may contribute to evaporation issues.

Evaporative-type dry eyes may water, burn, itch, feel scratchy or may become red. Many times, adding



artificial tears to help supplement your natural tears may

be recommended. The oil in the tears is responsible for "sealing" your tears and reducing the evaporation rate. However, sometimes the oil layer is not working properly. If this is the case, then usually I will recommend lid hygiene with the use of warm compresses and lid scrubs, increasing your daily water intake, or increasing your Omega-3

supplementation. Omega-3s are "building blocks" for the body, that are naturally found in oilier fish such as salmon, tuna, and mackerel.



Sometimes, dry eyes may be due to poor production by the tear glands. In these instances, the eyes (and sometimes the mouth if related to medications or health issues) may feel dry,

Please see reverse side...



The site for your sight.

scratchy and tired because there is not enough water in the tear film. For this type of tear film deficiency, I will recommend prescription eye drops once the over-the-counter artificial tears are not providing long enough relief. After several months of prescription drops, it may also be beneficial to place "plugs" in the drainage system to help keep the increased tear production in the eye longer.

Why do my eyes water if I have dry eyes?" is a very common question!

We have several types of tears, such



as: "normal" everyday tears, emotional tears, and reflex tears. When you have been diagnosed with dry eyes, I am usually referring to your "normal" tears, which contain

the eye's nutrients. When you get sand in your eyes or if your eyes tear while peeling onions, then your reflex tears respond to this irritation. The composition of emotional tears and reflex tears is different from the normal tears. If your normal tears are not working properly, your eye may eventually become irritated, thus triggering your reflex tears. Oftentimes, watery eyes are a big indicator of dry eyes!

If you've been told that you have dry eyes, it can take several treatment options to improve your symptoms. I will be sure to work with you to find the best options for you.

Thank you for choosing Full Spectrum Family Vision Care for your eye care needs!

Heather L.
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