

# DRY EYE-Q TEST

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## HOW OFTEN DO YOU HAVE THESE SYMPTOMS?

	NEVER	RARELY	COMMONLY	ALWAYS
Redness	_____	_____	_____	_____
Sandy-gritty feeling	_____	_____	_____	_____
Itching	_____	_____	_____	_____
Excess watering	_____	_____	_____	_____
Burning	_____	_____	_____	_____
Excess Mucous	_____	_____	_____	_____
Blurred Vision helped by blinking	_____	_____	_____	_____
Dryness	_____	_____	_____	_____
Light Sensitivity	_____	_____	_____	_____
Lid Infections	_____	_____	_____	_____
Sties	_____	_____	_____	_____
Tired Eyes	_____	_____	_____	_____
Contact Lens Discomfort	_____	_____	_____	_____
Contact Lens Solution Sensitivity	_____	_____	_____	_____
Blurred vision after extended near-work	_____	_____	_____	_____
Stinging	_____	_____	_____	_____
Crusting on your lashes	_____	_____	_____	_____

## DO YOU HAVE ANY OF THESE RELATED CONDITIONS?

- |                        |                             |                           |
|------------------------|-----------------------------|---------------------------|
| _____ sinus congestion | _____ runny nose            | _____ headaches           |
| _____ nasal congestion | _____ Post-nasal drip       | _____ muscle pain         |
| _____ chronic cough    | _____ bronchitis            | _____ sneezing            |
| _____ allergies        | _____ hay fever             | _____ dry throat or mouth |
| _____ frequent colds   | _____ middle ear congestion |                           |

## DO YOU HAVE ANY OF THESE DISEASES WHICH HAVE DRY EYES AS A SIDE EFFECT?

- |                          |                            |                      |
|--------------------------|----------------------------|----------------------|
| _____ Sjogren's Syndrome | _____ Rheumatoid Arthritis | _____ HIV            |
| _____ Thyroid Disease    | _____ Vitamin A Deficiency | _____ Acne Rosacea   |
| _____ Diabetes           | _____ Lupus                | _____ Sarcoid        |
| _____ Asthma             | _____ Seasonal Allergies   | _____ Ocular Rosacea |

## DO YOU TAKE ANY OF THESE MEDICATIONS THAT CAUSE DRY EYES?

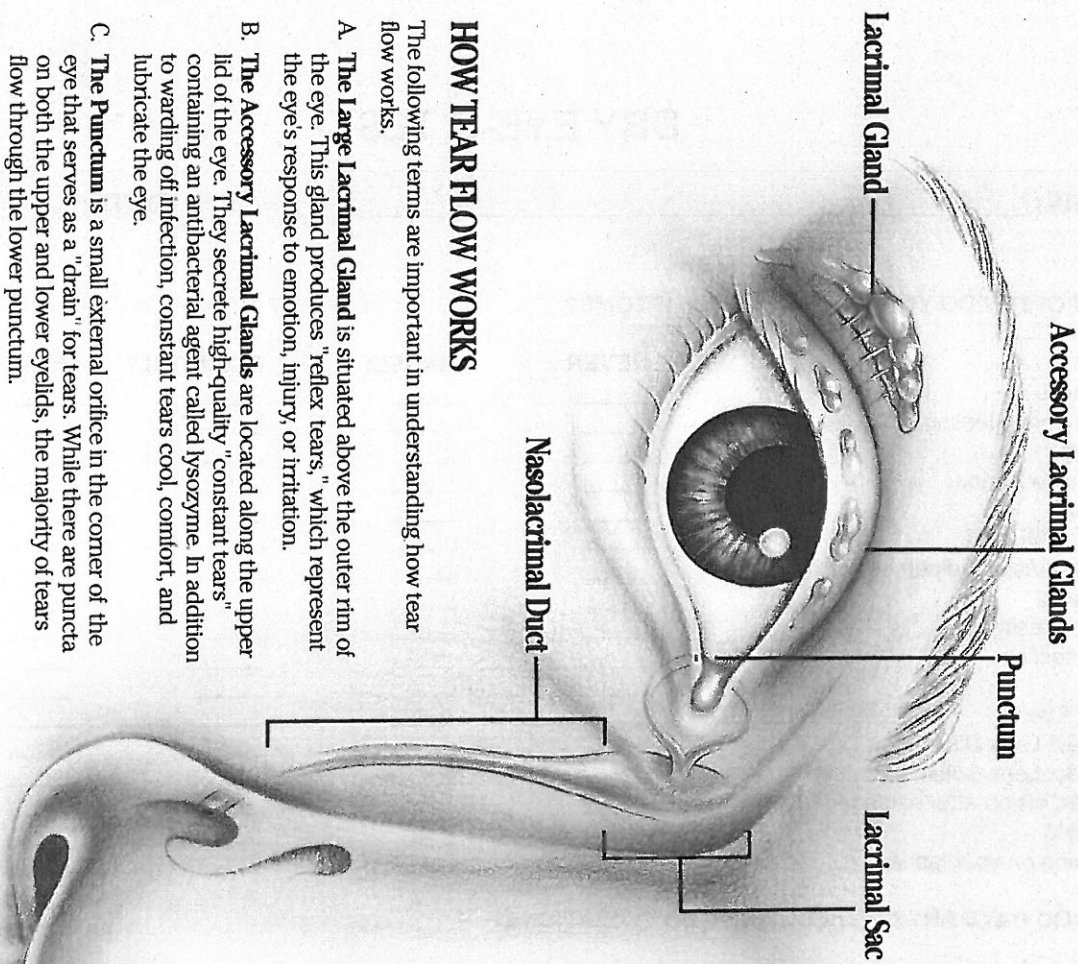
- |                                  |  |
|----------------------------------|--|
| _____ Antianxiety Medications    | _____ Decongestants (ex. Sudafed)        |
| _____ Antihistamines             | _____ Beta Blockers                      |
| _____ Oral Contraceptives        | _____ Diuretics                          |
| _____ Tricyclic antidepressants  | _____ Anticholinergics                   |
| _____ Niacin & Vitamin A analogs | _____ Codeine & Morphine                 |
| _____ Marijuana/Hashish          | _____ Phenothiazine                      |
| _____ Acutane                    | _____ Muscle relaxant                    |
| _____ Sleeping Medication        | _____ Methotrexate or other cancer drugs |

## ARE YOU EXPOSED TO ANY OF THESE ENVIRONMENTS THAT CAN CAUSE DRY EYES?

- |                     |                                |                   |
|---------------------|--------------------------------|-------------------|
| _____ computer use  | _____ fluorescent lights       | _____ dry climate |
| _____ air pollution | _____ tobacco smoke            | _____ wind        |
| _____ Nutrasweet    | _____ heating/air conditioning |                   |

# THE ANATOMY OF DRY EYE

A Look at the Factors that Cause Dry Eye

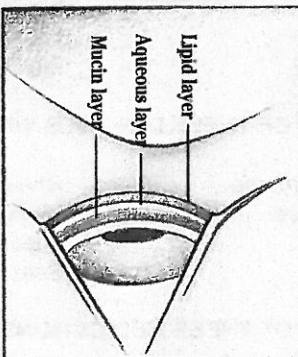


## HOW TEAR FLOW WORKS

The following terms are important in understanding how tear flow works.

- A. **The Large Lacrimal Gland** is situated above the outer rim of the eye. This gland produces "reflex tears," which represent the eye's response to emotion, injury, or irritation.
- B. **The Accessory Lacrimal Glands** are located along the upper lid of the eye. They secrete high-quality "constant tears" containing an antibacterial agent called lysozyme. In addition to warding off infection, constant tears cool, comfort, and lubricate the eye.
- C. **The Punctum** is a small external orifice in the corner of the eye that serves as a "drain" for tears. While there are puncta on both the upper and lower eyelids, the majority of tears flow through the lower punctum.
- D. **The Lacrimal Sac** is an enlarged area within the "drainage system" through which tears flow from the eye into the nose. Tears flowing into the punctum are processed in the lacrimal sac before passing into the nasolacrimal duct.
- E. **The Nasolacrimal Duct** is the downward continuation of the lacrimal sac into the nose.

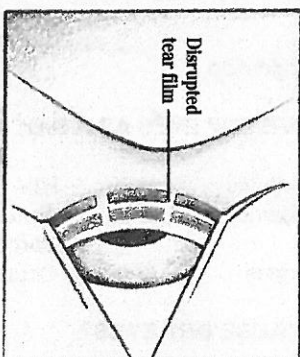
## NORMAL EYE



Three exceedingly thin layers make up the healthy tear film that coats and protects the eye.

- The outer, or lipid, layer provides an oil-based surface that retards evaporation of tears. If this layer did not exist, tears would evaporate 10 to 20 times faster than they do.
- The middle, or aqueous, layer includes salt and protein in a base that is 98% water.
- The inner mucin layer coats the surface of the eye, allowing the other layers to form a film. Without this layer the tears would "bead up," much like rain on a waxed car.

## DRY EYE



When tears lack the important components shown above, or when too few tears are produced, the tear film can break down. This breakdown produces dry spots on the cornea, causing the symptoms associated with dry eye – a feeling of itchiness, grittiness, a burning sensation, and general discomfort.

Aside from the wearing of contact lenses, perhaps the most important cause of dry eye is the natural aging process. At age 65, the eye produces about 60% fewer tears than it did at age 18. But dry eye can also result from disruption of the blinking reflex, medications such as antihistamines, decongestants, and heart medications, Vitamin A deficiency, and environmental factors (sun, wind, smoke, and air conditioners). Even low humidity or high atmospheric pressures can produce dry eye in some individuals.