

How is Dry Eye treated?

Dry eye disease may require an extensive treatment plan and continuous therapy. Various dry eye disease treatment plans are available, based on the discretion of your eye doctor. Typical treatment options may include a combination of artificial tears, omega-3 supplements, tear duct plugs, or anti-inflammatory therapies.^{2,17}

Using the InflammDry test to determine if inflammation is a factor in your dry eye helps guide your doctor's approach to your treatment. Patients who test positive with the InflammDry test have confirmed inflammation and may benefit from anti-inflammatory therapy. Over time, as inflammation is reduced by anti-inflammatory therapy, dry eye symptoms may reduce and the overall health of the eye may improve.¹⁸



Dry Eye Disease

EYE HEALTH INFORMATION GUIDE

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- ¹¹Albietz JM. Dry eye: an update on clinical diagnosis, management and promising new treatments. *Clin Exp Optom.* 2001 Jan-Feb;84(1):4-18.
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- ¹⁴Miljanović B, Trivedi KA, Dana MR, et al. Relation between dietary n-3 and n-6 fatty acids and clinically diagnosed dry eye syndrome in women. *Am J Clin Nutr.* 2005 Oct;82(4):887-93.
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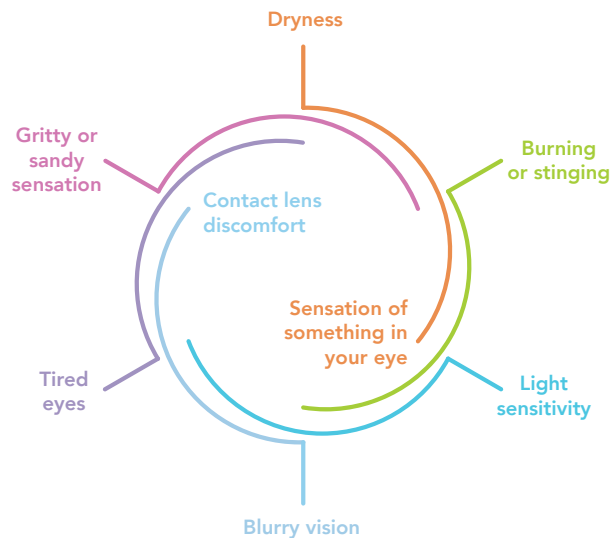


What is Dry Eye Disease?

Dry eye disease is a condition in which a person either does not produce enough tears or has tears of poor quality that evaporate too quickly. Tears bathe the surface of the eye, are necessary for maintaining the health of the front surface of the eye, and for providing clear vision. When the surface of the eye is exposed to environmental stress or is damaged, it may activate an inflammatory response that can result in the common symptoms of dry eye disease.¹ Over time, dry eye disease may progress into a chronic condition, and can potentially damage the surface of the eye, increase the risk of eye infection, and impair vision.²⁻⁴ Dry eye disease is an extremely common condition that affects nearly 30 million adults in the United States.⁵

What are the symptoms?

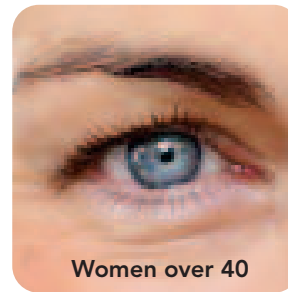
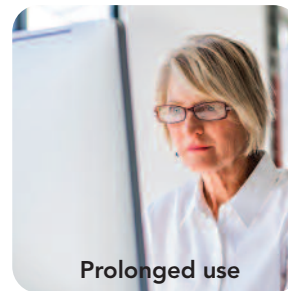
Quality of life and daily activities can be negatively impacted by dry eye symptoms.⁶ Common symptoms of dry eye, as described by patients include:⁷⁻⁸



Extreme dryness on the surface of the eye may stimulate excessive tearing, causing some dry eye patients to experience watery eyes.⁸

What causes Dry Eye?

Dry eye can have many causes. The prevalence of dry eye increases with age and is more common in women.⁹ Other risk factors include the use of certain medications, autoimmune inflammatory diseases, contact lens wear, LASIK and refractive surgery, and menopause.¹⁰⁻¹³ Dry eye can also be caused by diets deficient in omega-3 foods and exacerbated by environmental factors such as low humidity, a drafty environment, and prolonged computer use.¹⁴⁻¹⁶



How is Dry Eye diagnosed?

Accurately diagnosing dry eye is the critical first step to implementing a proper treatment plan. Dry eye disease can be diagnosed through a comprehensive exam from your eye doctor, which may include:¹⁷

- Symptom questionnaire
- Physical examination of the eyelids and cornea
- Measurement of the quantity and quality of tears
- Diagnostic tests that measure tear composition

What is InflammADry®?

InflammADry is a diagnostic test that can be performed in your eye doctor's office to test your tears for the presence of inflammation. Inflammation may increase as dry eye progresses into a chronic condition, and if left untreated, can potentially damage the cells on the surface of your eye.¹⁸ By using the InflammADry test to determine if there is an above normal level of inflammation on the surface of your eye, your eye doctor can determine the best and most appropriate dry eye treatment plan for you.

How does it work?

To perform the InflammADry test, tears are collected from your lower eyelids. Each eye requires the use of a separate InflammADry test. A small, soft piece of fabric will be gently dabbed along your lower eyelid to collect tears, very similar to the way a paper towel absorbs liquid from a surface. The tear collection process takes less than a minute and is not painful. Once the tear sample is collected, the InflammADry test is activated and results are provided before you leave your doctor's office. A positive InflammADry test result indicates that there is a significant amount of inflammation on the surface of the eye.

