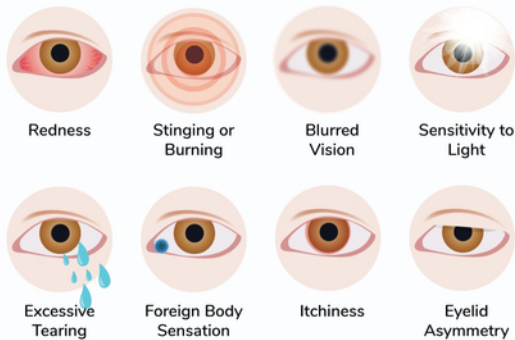


# SYMPTOMS AND CAUSES

Dry eye can occur as a result of not enough tears on the surface of your eye or not enough oil production by the glands in your eyelids. If there is not enough oil, your tear film evaporates, causing dry eye. Some symptoms you may experience are burning, tearing, redness or a feeling that something is in your eye.

## ***Other symptoms:***



## ***Common causes:***

- Aging
- Medications
- Fat gland dysfunction
- Staring at screens
- Environment
- Other medical conditions



## Our Locations

### **Southport**

2600 Post Road, Southport, CT 06890  
(203) 255-4005

### **Trumbull**

6515 Main Street, Trumbull, CT 06611  
(203) 374-2020

### **Norwalk**

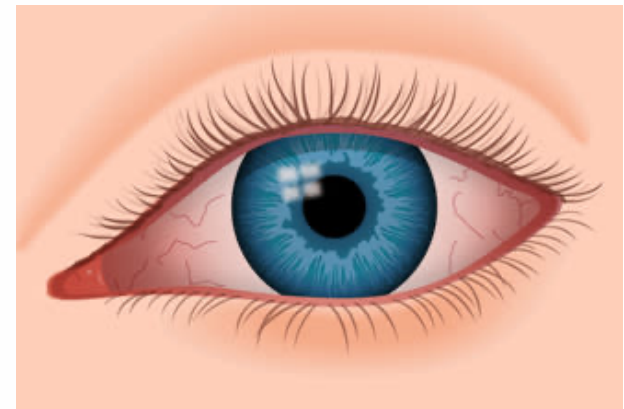
444 Westport Avenue, Norwalk, CT 06851  
(203) 840-1991

### **Stamford**

1425 Bedford Street, Stamford, CT 06950  
(203) 357-0204

**EyeCare Associates, PC**  
[www.cteyecareassociates.com](http://www.cteyecareassociates.com)

Dr. Randy Schulman  
Dr. Jason Grygier  
Dr. Diana Ngo  
Dr. Justin Rapp  
Dr. Steven Shaby  
Dr. Sonia Singh  
Dr. Magy Tepliz



[www.cteyecareassociates.com](http://www.cteyecareassociates.com)

# DRY EYE

# TREATMENTS

To treat symptoms, the following methods can be recommended by your eye doctor:

- Warm compresses
  - Use a warm, clean towel and place it across both eyelids for 10 minutes 3-4x/day. gently massage eyelid margins after warm compresses are done.
- Lid scrubs
  - Use OcuSoft lid scrubs, We Love Eyes, tea tree oil cleanser, or baby shampoo to thoroughly clean your lids and lashes 1-2x/day
- Artificial tears
  - Instill artificial tears 4-6x/day.
- Restasis or Xiidra
  - Instill 2x/day
- Contact lens solution
  - Switch to a hydrogen peroxide contact lens cleaning solution.
- Fish oil
  - Take at least 1600mg of fish oil/omega-3 daily
- Punctal plugs
- Humidifier



# NUTRITIONAL SUPPLEMENTS

Take the following vitamins and minerals on a daily basis.

- Vitamin A 10,000 I.U.
- Beta-carotene 15,000-25,000 I.U.
- Vitamin B1 (thiamin) 100 mg
- B2 (riboflavin) 100 mg
- B3 (niacin) 100 mg
- B5 (pantothenic acid) 500 mg
- B6 (pyroxidine acid) 100 mg
- Folic acid 1,000 mcg
- B12 (cobalamin) 100 mcg
- Chlorine 100 mg
- Inositol 100 mg
- Biotin 500 mcg
- Vitamin C (buffered form) 3,000 mg



# VISION DIET

- Avoid refined sugars, artificial sweeteners, alcohol, fried foods, dairy products, non-organic red meat and hydrogenated oils (margarine and shortening). Drink 8-10 glasses of water per day, but not with food- 30 minutes before a meal or 2 hours after a meal.
- Avoid coffee and smoking
- Beneficial foods include fresh fruits (especially bananas and green leafy vegetables, such as kale and collard greens) along with cold water fish like salmon, mackeral and sardines.
- Eat organic or free range whenever possible

