

## Low Level Light Therapy

The Revolutionary Treatment for Dry Eye Syndrome

### Do You Suffer From Dry Eye Syndrome (DES)?

Are you tired of dealing with the painful and uncomfortable symptoms of dry eye syndrome? Do you experience a burning, stinging, or scratchy sensation in your eyes, making it difficult to wear contact lenses? Are your eyes overly watery, making it difficult to see clearly? If so, you're not alone. These symptoms can significantly impact your quality of life and prevent you from enjoying daily activities.



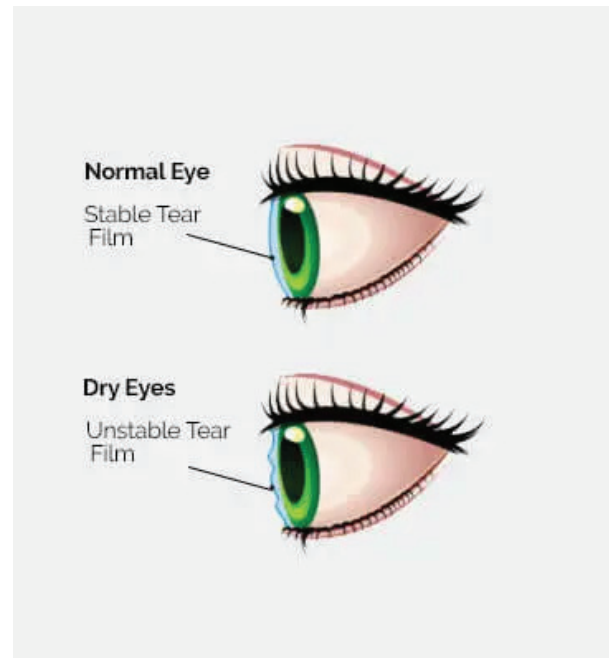
### What Causes Dry Eye Syndrome?

The most common cause of DES is meibomian gland dysfunction, where the tiny glands that line the upper and lower eyelids become clogged and cannot deliver nourishing oils to the eye's surface.

### Risk factors for developing DES include:

- Advanced age
- Being female
- Certain medical conditions
- Certain medications
- Living in a dry, windy, or cold environment
- Excessive screen time or other near work
- Previous refractive surgery or other eye surgery
- Incorrect contact lens usage

If any of the above symptoms or risk factors apply to you, you'll be excited to hear about the revolutionary treatment that's taking the optometric world by storm.



## Low Level Light Therapy.

### What is LLLT?

Originally developed by NASA, Low Level Light Therapy, or LLLT, is a non-invasive treatment that uses specific wavelengths of light to stimulate cellular activity and promote healing in the affected area. By using a gentle stream of light, LLLT can significantly reduce inflammation and stimulate the production of natural oils that keep your eyes lubricated.

### What is LLLT?

The LLLT device applies gentle light to the periorbital region of your eyes, including the eyelids, eyebrows, and upper cheekbones.

This lightly warms the meibomian glands so the hardened old oils can flow freely from the glands. This allows new and healthy oils to reach the eye's surface, increasing the tear film's stability.

## Unique Benefits of LLLT in Dry Eye Treatment

- Safe, gentle, effective
- Provides immediate relief
- No downtime
- Non-invasive
- Easy to use
- FDA-approved
- Painless
- Takes only 15 minutes per treatment
- Safe for adults and children
- Also treats styles and chalazions
- May decrease the appearance of rosacea, fine lines, and acne

## You Don't Have To Suffer From Dry Eyes Any Longer!



## Meet Your Eye Doctor

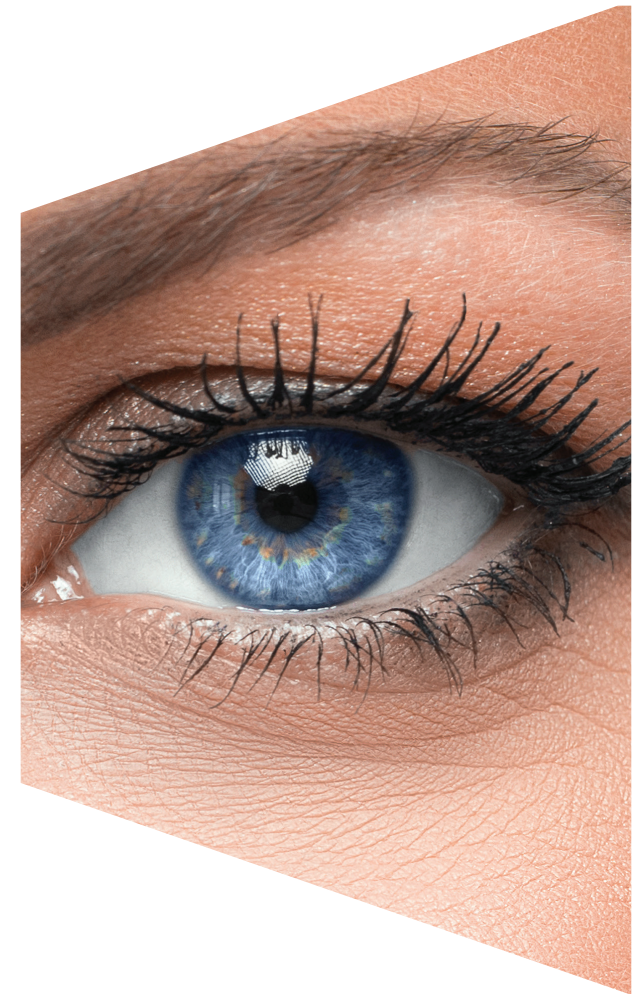
**Dr. Brian Cho O.D., F.A.A.O.**

Dr. Brian Cho is an extremely devoted, passionate optometrist with well over 17 years of experience. He is committed to providing the finest and personalized eye care to patients of all ages. He is a firm believer that excellent health begins with proper perspective, education and prevention. Dr. Cho attended the prestigious State University of NY, College of Optometry, where he earned his doctorate and M.S. degrees in 2003. Afterwards, he further honed his clinical skills and refined his education by completing his residency at the world renowned Bascom Palmer Eye Institute in Miami Florida. After his residency, Dr. Cho returned to NY to join a multi-location group ophthalmology practice and University Eye Center as Assistant Clinical Professor. In Spring 2018, Dr. Cho seized the opportunity to join a private practice in Bellport NY.



**Book your dry eye appointment today!**

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# Dry Eye