



Is your dry eye therapy enough?

Many people suffer from itchy, burning or watery eyes but assume there's no way to treat the problem. A common cause of these symptoms is **dry eye syndrome**, a condition that affects tear production and/or drainage. Left untreated, it can even cause serious eye problems.

Fortunately, dry eye is treatable.



You might have dry eye.

Take the dry eye quiz.

Do you use artificial tears or eye drops?

☐ Have your eyes felt different after having LASIK?

☐ Do overhead fans bother your eyes?

Do you suffer from:

☐ Dryness in your eyes?

☐ Red or burning eyes?

☐ Blurry vision that changes when you blink?

☐ A sandy, scratchy or gritty feeling in your eyes?

☐ Watering or excessive tearing?

☐ Sore or tired eyes?

☐ Contact lens discomfort?

☐ Light sensitivity?

☐ Mucous discharge?

☐ Dry mouth?

☐ Excessive blinking?

Your eyes may be telling you something.

If you checked one or more of the boxes above, you may have dry eye. In this case, be sure to talk with your doctor today. After all, severe dry eye can lead to an inflamed cornea and other eye complications.

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IPL Treatment for Dry Eye Syndrome

Finally, a treatment that targets the causes of dry eye.

You may be among the millions of people that continue to suffer from dry eye syndrome.

Patients with dry eye may complain of eye stinging, burning, itching redness, irritation or discomfort. Vision may be blurred, causing difficulty viewing a computer, watching television, or seeing clearly while driving.

Dry eye is more common than you may think...

- 48% of U.S. adults experience one or more dry eye symptoms regularly.
- 52% of women experience one or more dry eye symptoms regularly.
- 43% of U.S. adults report experiencing difficulty reading as a result of their dry eye symptoms.
- 69% of U.S. adults who experience one or more dry eye symptoms have not visited an eye care professional to treat symptoms.

Source: Allergan Dry Eye Survey, conducted by Harris Interactive, 2011.

"After having LASIK, I developed a dry eye problem that wouldn't go away. After a year of discomfort and trying every drop possible, I had the IPL treatment done. Four months and four treatments later, my eyes actually produce tears AND I see 20/20! Anyone with a dry eye problem should definitely give the IPL treatment a try!"

— R.M., Memphis, TN

What causes this condition?

- **Age** – Dry eye is a part of the natural aging process. The majority of people over age 65 experience some symptoms of dry eyes.
- **Gender** – Women are more likely to develop dry eyes due to hormonal changes caused by pregnancy, the use of oral contraceptives, and menopause.
- **Medications** – Certain medicines, including antihistamines, decongestants, blood pressure medications and antidepressants, can reduce the amount of tears produced in the eyes.
- **Medical conditions** – Persons with rheumatoid arthritis, diabetes and thyroid problems are more likely to have symptoms of dry eyes. Also, problems with inflammation of the eyelids (blepharitis), inflammation of the surfaces of the eye, or the inward or outward turning of eyelids can cause dry eyes to develop.
- **Environmental conditions** – exposure to smoke, wind and dry climates can increase tear evaporation. Failure to blink regularly, such as when staring at a computer screen for long periods of time, can also contribute to drying of the eyes.
- **Other factors** – long term use of contact lenses can be a factor. Refractive eye surgeries, such as LASIK, can cause decreased tear production and dry eyes.

Finally, relief is possible with IPL dry eye treatment.

The new intense pulsed light (IPL) dry eye treatment uses IPL therapy to reduce the discomfort of dry eye. Performed in the eye doctor's office, IPL is a painless procedure. First, the doctor applies IPL shields to protect the eyes from the light. Then a thin layer of cooling gel is applied to the treatment area. Next, a small handheld device is used to administer pulses of light to the cheek and surrounding area.

Doctors believe IPL improves the function of eye glands that help lubricate the eye. Hundreds of patients have reported their eyes feel better and their vision has improved after IPL therapy. Perhaps IPL is right for you, too.

How many treatments will I need?
Treatments are repeated once a month over the course of four months, though significant improvement is seen in most cases with one or two treatments.

What results can I expect?
After the initial treatment, most patients report some improvements in their symptoms. Depending on the severity of the dysfunction, some patients may need fewer treatments, while others may need more. All patients need maintenance therapy at least once a year.

Don't settle for a temporary solution.
Home treatment options such as artificial tears, warm compresses, lid scrubs or medicated drops only treat the symptoms of dry eye — not the actual condition. So while they may offer temporary relief, they won't make the problem go away.

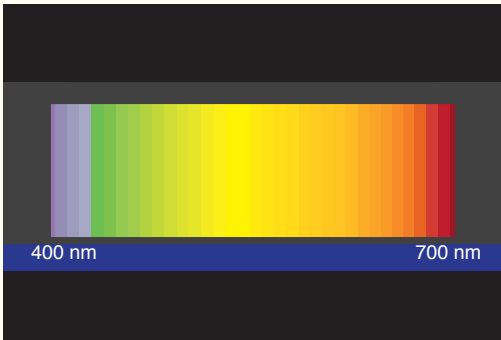
Ask your doctor today about IPL dry eye treatment.

“After my first IPL treatment, I saw significant improvement and was able to stop using medicated drops. After my second treatment, I began to experience day-to-day complete resolution of my dry eye. After my third treatment, my eyes are completely normal and my quality of life is back to where it was before I was diagnosed with dry eye.”

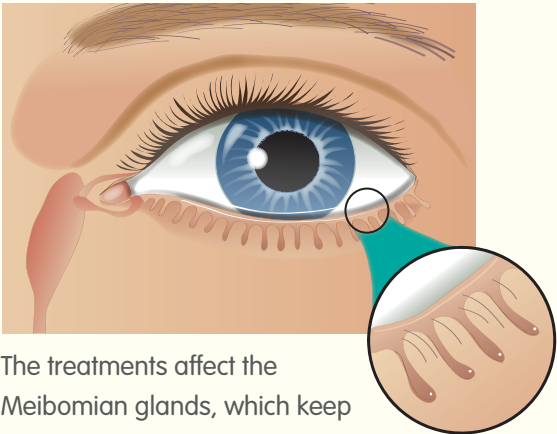
— A.S., San Francisco, CA



How does IPL dry eye treatment help?



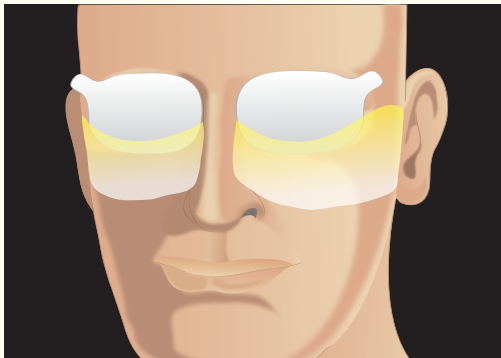
While treating patients for a facial skin condition known as Rosacea, it was discovered that the Intense Pulsed Light (IPL) therapy also benefited those with Dry Eye Syndrome.



The treatments affect the Meibomian glands, which keep the eye moist.



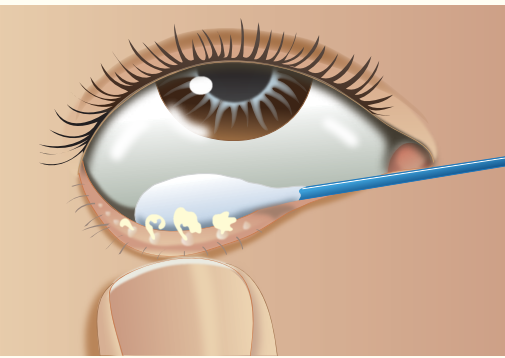
While wearing protect eye pads over your eyes and gel on the treatment area, your doctor will treat you with the IPL device.



The IPL device is moved from one side of your face to other in stages, from the edge of your ear to the bridge of your nose, just under each eye.



The device flashes an intense pulse of light with each application.



After your IPL treatment, your doctor will express your Meibomian glands to clear any blockages.