

# DRY EYE

Dry eye occurs when there are problems with the production or consistency of tears.

## COMMON SYMPTOMS



Stinging or burning



Excessive tearing



Sandy or gritty sensation



Episodes of blurred vision



Redness

## COMMON RISK FACTORS



Side effects from certain medications



Hormonal changes



Age



Auto-immune disorders, such as arthritis



Dry environment

## WHO GETS DRY EYE?



Nearly **5 MILLION AMERICANS** 50 years of age and older are estimated to have dry eye. Of these, more than **3 MILLION ARE WOMEN**. Dry eye is particularly common after menopause.

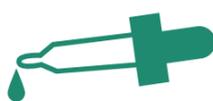


Dry eye may be increasing among young people due to extended use of computers, tablets, and smart phones.

## IS IT MORE THAN AN IRRITATION?

It can be. Although dry eye is often a temporary annoyance, some people can develop chronic dry eye, which can scar the cornea and cause vision loss.

## CAN IT BE TREATED?



Treatments include topical lubricants and prescription drops that enhance the eye's tear film.

For more information, visit [www.nei.nih.gov/health/dryeye](http://www.nei.nih.gov/health/dryeye).



National Eye Institute