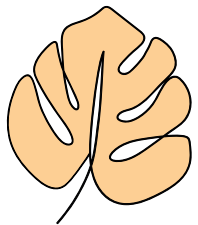


Dry Eye and me



Have you been diagnosed with

*Dry Eye Disease?*



VISUfarma  
the eye health company

# What is Dry Eye Disease?

- Dry Eye Disease (DED) is a common condition where the eye doesn't produce enough tears, or the tears are poor quality and evaporate too quickly.
- It is reported that 33% of people aged 65 years or over have dry eye disease.
- Although dry eye can affect people of any age it is more prevalent in women and those over the age of 50.
- There are various types of dry eye:

**Evaporative Dry Eye** is due to a lack of quality tears and increased evaporation. It's usually caused by a blockage of the oil glands that line the margins of your eyelids called meibomian glands. Meibomian glands release oil to cover your eye surface and prevent your tears from drying out.

**Aqueous Deficient Dry Eye** which is due to the eye not producing enough tears.

**Mixed Dry Eye** is a combination of both Evaporative and Aqueous Deficient Dry Eye, where there is not enough oil or tears being produced.

## Symptoms



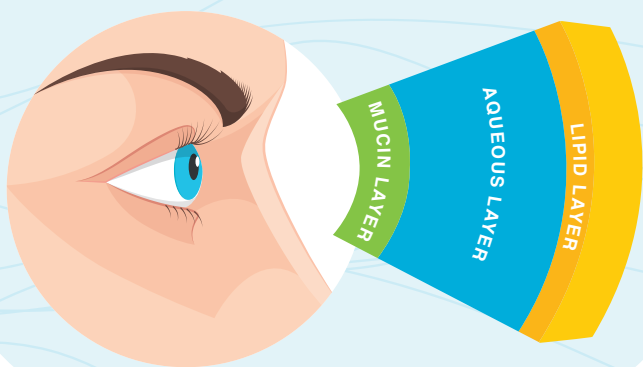
- Itchy eyes
- Burning/stinging eyes
- Discharge/crusting around the eye lids
- Gritty/foreign body sensations
- Sensitivity to light, humid and/or windy conditions
- DED related blurred vision

## Why are your tears important?

As well as providing comfort, your tear film also offers protection. In DED, the eyes clear curved surface on the front of the eye (the cornea) becomes dry due to the tear film breaking up too quickly between blinks. This can mean the eye isn't sufficiently protected, and therefore DED can increase the risk of damage to the cornea.

Damage to the cornea can potentially occur even in the early stages of DED, so it is important to start treating DED as soon as possible.

# Layers of the tear film and their role



## The tear film is made up of three layers:

- An oily layer (lipid layer)
- A watery layer (aqueous layer)
- A mucus layer (mucin layer)

Each layer of the tear film serves a purpose.

**The oily layer** is the outside of the tear film and provides a smooth surface to stabilise the tear film, preventing the tears from drying up too quickly and protects the eye against contamination.

**The watery layer** is the middle of the tear film and makes up the bulk of the tear volume, providing oxygen and nutrients to underlying tissue. This layer flushes away toxins and foreign bodies, keeping the eye clean and hydrated.

**The mucus layer** is the inner layer of the tear film and helps spread the watery layer over the eye's surface to keep it moist and provide a stable ocular surface. Without mucus, tears would not stick to the eye.



# Risk Factors

There are many reasons why someone is more likely to develop DED, for example, wearing contact lenses, central heating, air conditioning, phone and computer screen use as well as side effects of some medications.

These either dry out your tear film or interrupt your usual blink rate that spreads the tear film evenly across the surface of your eyes. One of the most common causes is ageing. This is true for both men and women, though more prevalent in women. Our hormones, which regulate the production and composition of tears, change as we get older.

## Environmental Factors



**Low-humidity environments**



**Extended periods of reading or driving**



**Windy settings**



**Exposure to screens (computer, tablets, smart phones)**



**Air-conditioned rooms**



**Smoke Exposure**



# Management

## Diet

Adding Essential Fatty Acids (EFAs) to your diet can help manage DED through contributing to a healthy and balanced tear film production. As your body does not naturally produce EFAs, they need to be sourced from food such as flax seeds, walnuts and oily fish.

## Lifestyle

Often changing your lifestyle can help manage your condition. Reducing the environmental factors that aggravate DED, such as spending less time on your smart phone or on the computer, can ease discomfort and prevent further damage.

## Drops

Usually, DED is treated by using eye drops to replace the lubrication lost by the poor quality of tears. But, choosing the right treatment can be confusing since so many options are available.

DED treatment aims to improve symptoms and potentially prevent damage to the cornea. Ideally treatment would try to promote healing, as well as providing lasting lubrication to prevent further damage.



**Some eye drops contain preservatives which can exacerbate the symptoms of DED and cause more damage.**

**Others may require at least four applications a day which can be bothersome and interfere with daily life.**



# 3 step treatment plan to help manage your dry eye disease



## Use a warm eye compress to unblock the meibomian glands.

MeiboPatch®: Warming relief for your eyes. Not too hot, not too cold... just right thanks to the unique temperature test strip, providing patient safety.



## Massage

Gently massage your eyes to help remove the secretions which have been liquified by MeiboPatch®. See the MeiboPatch® leaflet for more information on how to do this.



## Use a lubricating eye drop from the VISUfamily range.

- VisuEVO® **Evaporative Dry Eye and Meibomian Gland Dysfunction (MGD)**
- VisuXL® Gel **Aqueous Deficient / Mixed Dry Eye**
- VisuXL® **Severe (Eye Damage) Dry Eye**





Contact  
lens friendly



Preservative  
free



**The first multitasking eye drop for long-lasting relief of evaporative dry eye. Treating the cause and not just the symptoms.**

**Reduces** – VisuEVO® helps decrease the rate of tear evaporation and increase tear secretion.

**Protects** – VisuEVO®'s unique ingredients protect the eye from inflammatory conditions caused by excessive evaporation.

**Restores** – VisuEVO® restores and retains the tear film, helping control the evaporation of tears.



**Comfort in a bottle. VisuXL® Gel is for you if you want to use less drops per day to treat your dry eye symptoms, with day and night protection in just 1 drop.**

**First Smart Gel** – VisuXL® Gel transforms from a liquid in the bottle, to a gel when it reaches the eye, providing longer-lasting protection.

**Day and Night Use** – VisuXL® Gel can be used for day and night-time use with 1 drop providing 12 hours protection.

**Long-lasting Protection** – VisuXL® Gel provides a protective cushion for the eye due to its unique ingredients with antioxidant properties.



**Do you need an eye drop to help you recover from eye surgery, an injury or persistent damaging dry eye? Then VisuXL® is for you.**

**Relieve** – VisuXL® improves symptoms such as sore, gritty eyes compared to standard hyaluronic acid eye drops.

**Restore** – VisuXL® helps heal the surface of the eye whether it's from recent eye surgery, an injury or severe dry eye damage.

**2 Drops** – VisuXL® requires usage from just 2 drops per day, giving up to 12 hours protection.



Visit [dryeyeandme.co.uk](https://dryeyeandme.co.uk)  
for more support  
managing your dry  
eye condition



**VISUfarma**  
the eye health company

Please contact VISUfarma HQ for more information  
**0113 4680661 | [VISUfarma.com/UK](https://VISUfarma.com/UK)**  
**[UKcustomerservices@visufarma.com](mailto:UKcustomerservices@visufarma.com)**

VISU/UK/ALL/0278 Date of Preparation: September 2021