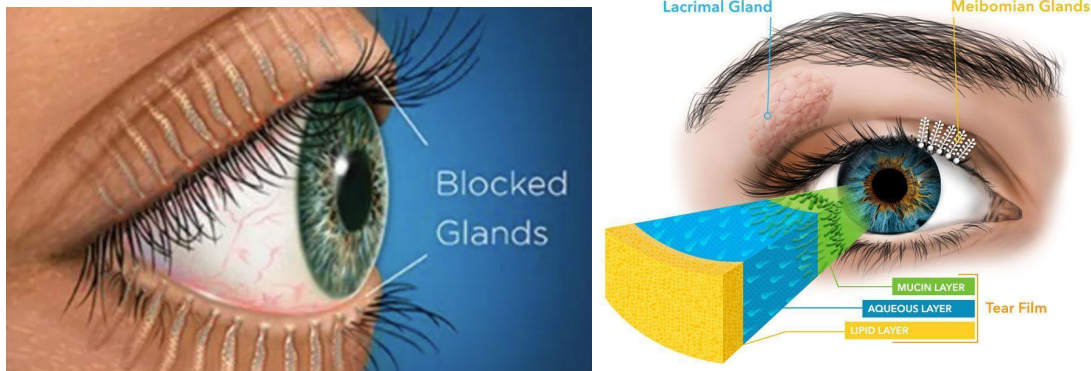


Ocular Surface Disease (Dry Eye Syndrome)

Dry Eye symptoms happen when the eyes do not produce enough tears or their tears evaporate too quickly. Tears are important because they keep the eyes comfortable, clear, and healthy. **Not all dry eyes are the same, so treating the right type is the key to getting relief.**



Main Types of Dry Eye:

1. Evaporative Dry Eye (Most Common)
 - The oil layer of the tears doesn't work properly, causing tears to evaporate too quickly. Common causes include blocked oil glands, aging, inflammation, and excessive screen time.
 - Symptoms: fluctuating vision, burning or stinging, redness, and eyes feel tired (especially on screens)
2. Aqueous Deficient Dry Eye
 - The eyes don't produce enough tears due to reduced tear gland function, sometimes associated with conditions like Sjögren's syndrome.
 - Symptoms: dry, scratchy feeling, redness, and sensitivity to light
3. Mixed Dry Eye (Very Common)
 - A combination of evaporative and aqueous deficient dry eye, often requiring treatment that addresses multiple causes.
4. Inflammatory Dry Eye
 - Inflammation of the eye's surface worsens dry eye symptoms, causing redness, burning, and light sensitivity.

As stated above, dry eye is a complex and chronic condition that requires a thorough assessment by our doctors to create a treatment plan that would treat symptoms of dry eyes.

Treatments May Include:

- Warm Compresses, lubricating drops, omega 3
- Medicated Drops/Ointments
- Lid Scrubs/Hygiene
- Meibomian Gland Expression
- Advanced Procedures: **Jett Plasma treatment**, Intense Pulsed Light (IPL), LipiFlow (thermal pulsation), or radiofrequency (RF) to unblock glands

What Makes Dry Eyes Worse?



Aging



Hormonal
Changes



Demodex Mites
and bacteria



Lifestyle
Habits



Environmental
Factors



Medications

At Inspire Vision Development Centre, we use advanced technology to identify the cause of your dry eye symptoms and create a personalized treatment plan. Contact our **Orangeville** or **Brampton** clinic to book your comprehensive dry eye evaluation.

Contact Us:

Brampton:

Call: 289-505-1205

Email: info@inspirevisioncare.ca

Address: 10 Tasker Rd

Visit Us: www.inspirevisioncare.com

Orangeville:

Call: 519-940-8426

Email: reception@ovdc.ca

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Visit Us: www.inspirevisioncare.com