

Dry Eye Syndrome

Do your eyes ever feel sandy or gritty during the day? Do you feel like you always need a tissue to wipe your watery eyes? Does your vision tend to fluctuate throughout the day? If you answered yes to any of these questions, it would be smart for you to have your eyes evaluated for dry eye syndrome.

Dry eye syndrome is a chronic, typically progressive disease. There are different types of dry eye, but most can be managed to improve your symptoms. As you probably already know, tears are necessary to keep your eyes lubricated and provide the nourishment that is necessary to keep your ocular surface healthy. What you may not know, is that dry eye is more complex disease than most realize.

In general, there are two tiers of dry eye. Either your body does not produce enough tears to adequately lubricate the front surface of your eye, or the quality of your tears are poor. Tears are produced by several glands in and around the eyelids. Tear production tends to diminish with age, but can also be affected by certain medical conditions, as well as medications. Your tears are made up of 3

different layers: oil, water and mucous. Each component protects and nourishes the front surface of your eye. The oil keeps the water in your tears from evaporating, while the mucin layer spreads the tears evenly over the surface of your eye.

If you are diagnosed with dry eye syndrome, there are many different treatment options depending on the severity and type of dry eye that you have. Your doctor may recommend a specific type of artificial tears to help you combat your symptoms. It is always wise to be sure you are using the correct type, but using drops that are for 'anti-redness' typically make your eyes feel more dry when used on a regular basis. Other treatments include prescription drops to help improve tear production or tear quality, in office gland expression, or even specific masks to help the oil layer in the tears.

This time of year when the seasons are changing it is often difficult to determine if you have symptoms of allergies or dry eye. It is always best to have your eye doctor to check your eyes to determine what the best treatment option is for you!



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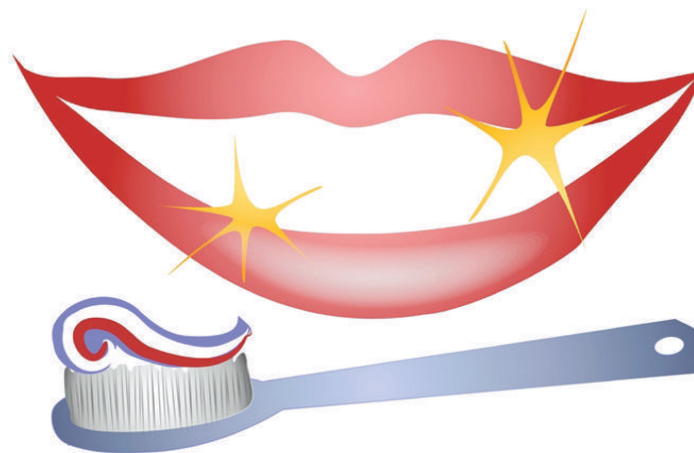
123 Eastwind Court, Hawesville, KY

270-927-8700

HOURS: Mon 9-5, Tues closed, Wed 9-6,
Thurs 9-5, Fri 9-4 (closed 12-1 each day for lunch)



Dr. Rosemary Emmick
Dr. Mary Beth Emmick



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Located at 140 Main Cross St. in Hawesville, KY., Allen & Allen Family Dentistry has been serving the dental needs of the local community with quality care and compassion for 35 years.

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Allen & Allen Family Dentistry also welcomes new patients and looks forward to the future of family dentistry.

Drs. Walt and Patti always strive to improve the services they offer and go beyond their licensure requirements to take quality continuing education classes in an effort to provide the best services possible to their patients.

Taking care of your teeth and gums is important in many ways and good oral care can help maintain good overall health of our bodies. So remember to: Brush your teeth at least twice a day.

Floss Daily.

Replace your toothbrush every three months - or sooner if the bristles become bent.

Schedule regular dental checkups and cleanings every six months.

Allen & Allen Family Dental Practice is open from 8a.m. to 5p.m. Mondays and Tuesdays, 9a.m. to 6p.m. Wednesdays and 9a.m. to 5p.m. Fridays. The office is closed from noon until 1p.m. everyday for lunch.

To schedule an appointment, please call (270)927-6045.