



COMMUNITY EYE CARE SPECIALISTS
COMMUNITY SURGERY AND LASER CENTER

Gordon E. Wuebbolt, MD
Boonlua Ratanawongsa, MD
Samantha D. Jenkins, OD
Michael V. Landy, OD
Michael T. O'Neill, OD
Lauren T. Moore, OD

Fax: 814 726 7459
www.communityeyecarespecialists.net

Dry Eye

Over the last few years, the incidence of dry eye has increased dramatically. At Community Eye Care, we see at least 30 cases of dry eye syndrome on a daily basis.

Symptoms

People that experience dry eyes, have a number of symptoms that occur at any time of the day. They include:

- Gritty, sore eyes that feel “tired”
- Red, light sensitive
- The urge to rub the eyes (which usually makes it worse)
- Closing the eyes help alleviate symptoms
- Transient foggy vision that seems to improve with blinking

Diagnosis

A simple eye exam is critical. In some severe cases this can cause permanent vision loss. Treatment will improve your quality of life significantly.

Treatment

- Rule out any associated diseases, such as lupus or rheumatoid arthritis.
- Look at medications that increase dry eyes.
- Drink lots of water and reduce wind exposure with glasses.
- Start artificial tears such as Oasis ® Tears. *Community Eye Care* offers these drops at all of our locations. Sometimes a preservative free eye drop is best.
- Use lubrication ointment at night for severe cases.
- Punctal Plugs or cautery can help as well. Ask your eye care professional for additional information about these procedures.
- Try to increase tear production with cyclosporine drops (a prescription drug)
- Keep your eye lids and lashes clean. Oasis ® makes an easy to use and effective lid cleanser cream. This can also be purchased at any of our office locations.

2 Farm Colony Dr
Warren PA 16365
814-726-2303

2A Park Way
Seneca PA 16346
814-677-6404

462 Fairmount Ave
Jamestown NY 14701
716-484-6700

110 E Columbus Ave
Corry PA 16407
814-655-1300

1136 Central Ave
Dunkirk NY 14048
716-366-2033

314 S Franklin St
Titusville PA 16354
814-827-8819

2223 W. State St
Olean, NY 14760
716-373-0444