

## Four Questions to Ask Every Patient

Recent National Dry Eye Disease Guidelines from *The Canadian Journal of Optometry* stated that "... almost every adult presenting for a primary care examination should be considered to be a DED suspect until proven otherwise," and provided 4 targeted questions to quickly screen for the disease along with case history<sup>1</sup>:

1. Do your eyes feel uncomfortable?
2. Do you have watery eyes?
3. Does your vision fluctuate, especially in a dry environment?
4. Do you use eye drops?

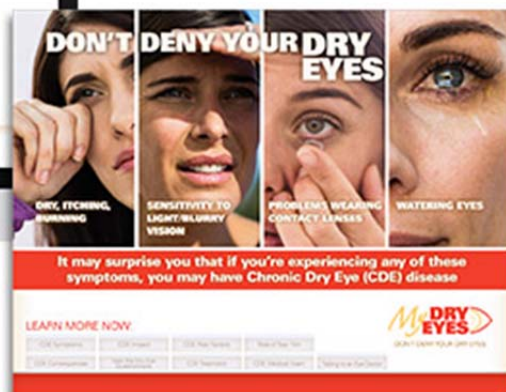
In addition to these questions, consider using the Dry Eye OSDI® Questionnaire, an app from Allergan, which helps assess Chronic Dry Eye.



Download on the  
**App Store**



Explore the Dry Eye resources Allergan provides for your patients at [MyDryEyes.com](http://MyDryEyes.com)



# Why are these questions critical?

Prevalence is projected to increase



The projected number of Dry Eye patients in America by 2022—a 16.4% increase over the estimated 25 million who currently have the disease<sup>2,3</sup>

Contact lens wearers may also be vulnerable

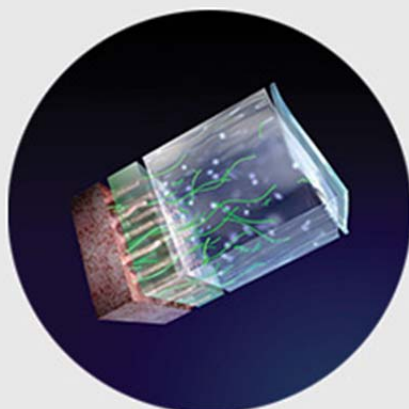


Half of contact lens wearers (n = 3285) experience symptoms of Dry Eye.<sup>4</sup> Dry Eye symptoms can include dryness, itching, sensitivity to light, blurry vision, watery eyes, and trouble wearing contacts.<sup>5,6</sup>



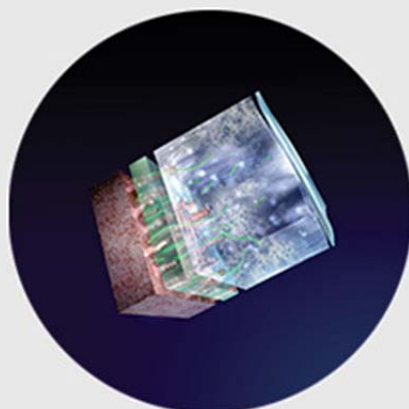
Contact lenses divide the tear film into prelens and postlens films, potentially disrupting the delicate balance of tear production<sup>7</sup>

Healthy tear films may be compromised



## Healthy Tear Film

- Mucin, aqueous, and lipid components work synergistically to optimize visual refraction, protect the ocular surface, and provide ocular surface comfort<sup>8</sup>



## Dry Eye Tear Film

- Reduced mucins and tear proteins diminish function<sup>9</sup>
- Results in symptoms of discomfort, ocular surface damage, and visual disturbances that may impact daily activities<sup>9</sup>

## Dry Eye OSDI® Questionnaire



Ask patients questions like the ones above, plug in their answers, and create a report that helps assess Chronic Dry Eye Disease.



## MyDryEyes

See how Allergan educates patients about Chronic Dry Eye and the importance of sharing their symptoms with you.

[Visit the Site](#)

**References:** 1. National Dry Eye Disease Guidelines For Canadian Optometrists. *CJO RCO*. 2014;76(Suppl. 1):1-31. 2. The Gallup Organization, Inc. *The 2012 Gallup Study of Dry Eye Sufferers*. Princeton, NJ: Multi-Sponsor Surveys, Inc.; 2012. 3. Market Scope Data, Allergan, Inc., 2011. 4. Dumbleton K, Caffery B, Dogru M, et al; members of TFOS International Workshop on Contact Lens Discomfort. The TFOS International Workshop on Contact Lens Discomfort: report of the subcommittee on epidemiology. *Invest Ophthalmol Vis Sci*. 2013;54(11):TFOS20-TFOS36. 5. Mayo Clinic. Dry eyes. Mayo Clinic website. <http://www.mayoclinic.org/diseasesconditions/dryeyes/basics/symptoms/con-20024129>. Accessed March 26, 2015. 6. Pflugfelder SC. Dry eye: the problem. In: Pflugfelder SC, Beuerman RW, Stern ME, eds. *Dry Eye and Ocular Surface Disorders*. New York, New York: Marcel Dekker; 2004:1-10. 7. Craig JP, Willcox MD, Argüeso P, et al; members of TFOS International Workshop on Contact Lens Discomfort. The TFOS International Workshop on Contact Lens Discomfort: report of the contact lens interactions with the tear film subcommittee. *Invest Ophthalmol Vis Sci*. 2013;54(11):TFOS123-TFOS156. 8. Stern ME, Beuerman RW, Pflugfelder SC. The normal tear film and ocular surface. In: Pflugfelder SC, Beuerman RW, Stern ME, eds. *Dry Eye and Ocular Surface Disorders*. New York, New York: Marcel Dekker; 2004:41-62. 9. 2007 Report of the International Dry Eye WorkShop (DEWS). *Ocul Surf*. 2007;5(2):67-204.

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