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## **TIPS TO MANAGE CHRONIC DRY EYE**

While researchers don't know if there's anything you can do to reduce or avoid your risk of getting chronic dry eye, there are steps you can take to avoid making the symptoms worse and to reduce the effect of dry eye on your life.

- Visit an eye doctor for an eye health exam if you think you may have chronic dry eye. Symptoms include dryness, blurred vision, itchiness and sensitivity to light.
- Take regular breaks to rest and blink when reading or using a computer.
- If you wear contact lenses, change to glasses when you're at home.
- When outside, wear wrap-around sunglasses to prevent the wind from blowing against your eyes and drying out the surface of your eyes.
- Run a humidifier in any room where you spend a lot of time.
- Avoid rubbing your eyes.
- Talk to your eye doctor if you regularly take allergy medications, antihistamines, decongestants, diuretics, hormone replacement therapy (HRT) or blood pressure medications – as these may contribute to dry eye symptoms.