

# EVAPORATIVE DRY EYE

The oil component (lipid) of the tear film is important for reducing evaporation of tears. It is produced by the meibomian glands. Meibomian Gland Dysfunction (MGD) can create a deficiency of the lipid component of the tears, which leads to evaporative dry eye.



All MGs visible, show no ductal tortuosity and no ductal dilatation

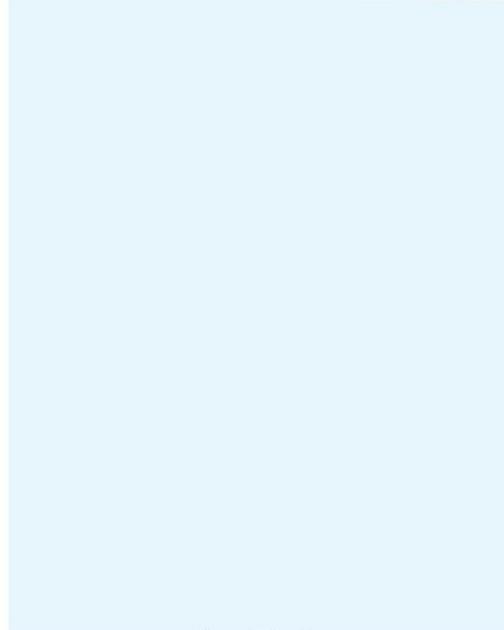


U.L.: Severe drop out, ghost vessels L.L.:  
Ductal tortuosity , moderate drop out

Ask us which dry eye therapy is right for you.

For more information, visit [eyecareassociatesonline.com](http://eyecareassociatesonline.com)

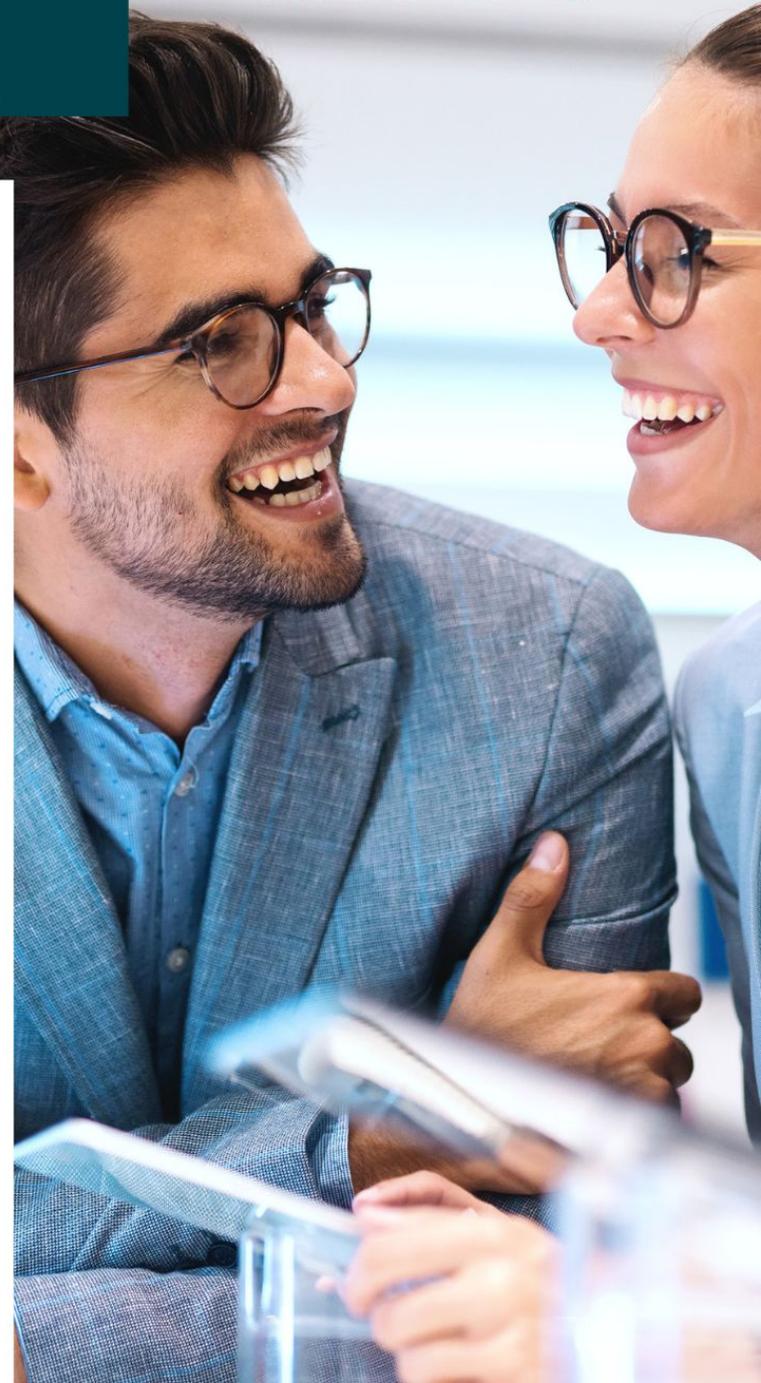
THE ULTIMATE  
**DRY EYE  
THERAPIES**



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## WHAT IS DRY EYE SYNDROME?

Dry Eye Syndrome (DES), also known as Ocular Surface Disease (OSD), is a common eye disorder affecting about 20% of the population. It is caused when one or all of the components of the tear film are not in balance. Clogged oil glands along both upper and lower lid margins contribute to 86% of ocular surface disease progression (OSD) and dry eye. Poor lacrimal gland function further reduces the production of our “emergency eye wash tears.” Understanding the complex makeup of our tears is important in devising a proper treatment approach to solving OSD. At Eye Care Associates, we have cutting-edge diagnostic and treatment technology to assess and manage all levels of OSD/dry eye syndrome.

## WHAT ARE THE SYMPTOMS?

The typical signs of Dry Eye Syndrome encompass:

- Redness
- Irritation
- Burning
- Grittiness
- Scratchiness
- Excessive tearing
- Blurred or fluctuating vision
- Contact lens awareness at the end of the day

Advanced cases of dry eye syndrome can harm the front surface of the eye and affect your vision. Depending on the severity of your symptoms, we offer effective solutions for Ocular Surface Disease (OSD).



## WHAT ARE THE RISK FACTORS?

Dry eyes can develop for many reasons, including:

- Age (a majority of people 40 and over experience symptoms of dry eyes)
- Gender (women are more likely to develop dry eyes due to hormonal changes caused by pregnancy, the use of contraceptives, and menopause)
- Medications (i.e., antihistamines, decongestants, blood pressure medications, and antidepressants can reduce tear production)
- Medical conditions (i.e., rheumatoid arthritis, diabetes, and thyroid issues are more likely to have symptoms of dry eyes)
- Environmental conditions (i.e., screen time, exposure to smoke, wind, and dry climates can increase tear evaporation)
- Failure to blink regularly and/or incomplete lid closure can also contribute to dry eyes
- Long-term use of contact lenses
- Refractive eye surgeries, such as LASIK, can decrease tear production

## HOW IS DRY EYE TREATED?

We start with a full examination and carefully examine the ocular surface with specific diagnostic equipment to determine which areas of the tear film are in distress. Our doctors will then formulate an initial treatment plan which may include:

- Lid margin hygiene to encourage better oil gland function
- Discussion of nutraceuticals that may be beneficial
- Possible prescription eye drop medication
- TempSure Envi procedures to revitalize the oil production in the glands along the lid margins
- MiBo Thermoflo procedure to revitalize the oil glands along the lid margin
- Low Level Light Therapy (LLLT) to revitalize the oil glands along the lid margin and reduce inflammation
- Amniotic membrane technology
- Scleral lenses
- Autologous serum eye drops
- Or a combination of these strategies

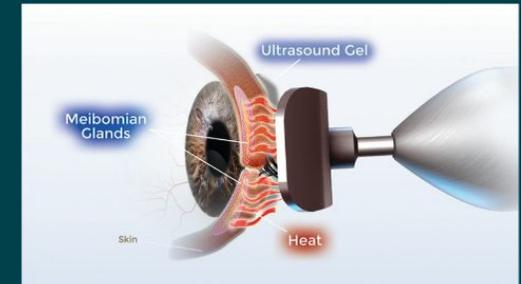
## THE TREATMENTS

### TEMPSURE ENVI

TempSure Envi is a non-invasive treatment that uses radio frequency energy to alleviate dry eyes by stimulating clogged meibomian glands. It also enhances skin appearance by reducing fine lines and wrinkles. The treatment gently heats the skin to soften meibum and boost collagen production, tightening the skin and minimizing drooping eyelids. Importantly, it requires no surgery or downtime.

### MIBO THERMOFLO

MiBoThermoflo is a therapeutic medical device that alleviates dry eye by delivering controlled heat to the eyelids. This process massages and breaks down hardened lipids in the meibomian glands. With a proper therapy regimen, the glands secrete thinner, clearer lipids, promoting a healthier tear film.



### LOW LEVEL LIGHT THERAPY

Low-level light therapy (LLLT) treatments offer a cost-effective, non-invasive, gentle approach to alleviate dry eye symptoms effectively. By targeting inflammation, heating meibomian glands, and promoting cellular rejuvenation in the eyes, LLLT helps restore moisture and soothe irritation, providing lasting relief from dryness, redness, and irritation.