

Watery, itchy or red eyes?

It could be dry eye disease

Healthy eyes

Every time you blink, tears spread across the surface of the eye. Tears nourish and keep the front surface of the eye lubricated and clear, reducing the risk of eye infection.

Tears are composed of 3 layers

A mucus layer that distributes the tear film

An aqueous layer that lubricates the eyes

An oily layer that reduces water evaporation

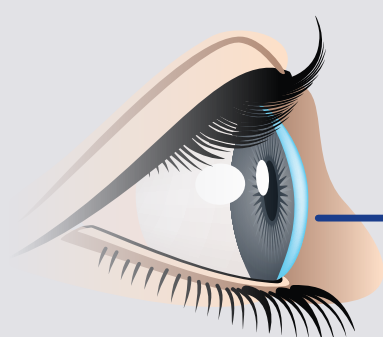
Dry eye disease

Dry eye disease (DED) is a medical condition that occurs when the eye does not produce enough tears or tears produced are of poor quality. This inability to keep eyes adequately lubricated can lead to inflammation.

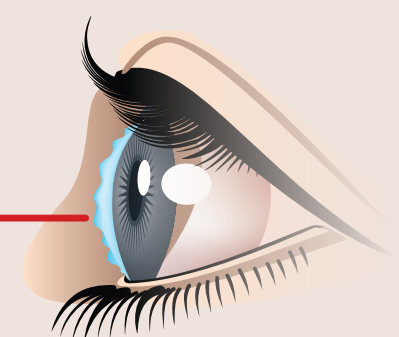
Inflammation leads to reduced tear production, which can further break down the tear film, creating dry spots on the eye surface. This cycle creates dryness and irritation.

Symptoms to watch for:

- Watery eyes
- A scratchy feeling, like there is something in your eye
- Stinging or burning
- Red eyes
- Sensitivity to light
- Blurred vision
- Stringy mucus near the eye



Healthy eye
Stable tear film



Dry eyes
Unstable tear film

Why early detection is important in dry eye disease

DED is chronic and can develop earlier than you think

While it is observed across all ages, the number of young people being diagnosed with this condition is steadily increasing.

DED can progress and reduce your ability to perform daily tasks (e.g., reading, driving, watching TV). Progressive DED can lead to other eye problems including damage to the outer layer of the eye.

**Think you have dry eye?
Don't ignore the signs**

Talk to your healthcare professional if you experience any symptoms of dry eye and learn how your condition can be managed.