



TEAR EVAPORATION

**may be causing your
SCRATCHY,
GRITTY DRY EYE**

When your eyes feel scratchy and gritty,
day after day, you may have dry eye.

Learn about the **#1** cause of dry eye:
too much tear evaporation.



The symptoms of **EVAPORATIVE DRY EYE**

When you have evaporative dry eye, your eyes may feel:



Gritty



**Sensitive
to light**



Tired



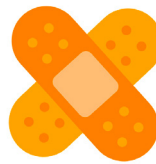
Rough



Burning



Irritated



Painful



Scratchy



Stinging



Heavy



Itchy



Watery

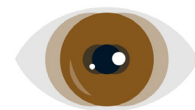
You may also feel like:



Your vision fluctuates



Your symptoms get worse
throughout the day



You have to blink to
clear your vision

The impact of **DRY EYE**

Dry eye may begin as an occasional problem or even a seasonal issue. But over time, it's common for additional symptoms to develop or for existing symptoms to worsen and become more persistent.

Nearly 38 million Americans are affected by dry eye—but that number has continued to grow over the past decade, partly due to technology-driven lifestyles.

People with dry eye often have problems with:



Watching TV



Screen time



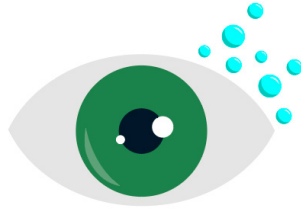
Driving



Reading

Dry eye may also impact your work. One study found that symptoms of dry eye negatively impacted work performance for 91 to 128 days on average. That's 3 to 4 months per year!

What causes **DRY EYE?**



The #1 cause of dry eye is too much tear evaporation.

That means even if your eyes are making enough tears, your tears aren't staying where they should be.



For about 9 out of 10 people with dry eye, a leading cause is too much tear evaporation.

Too much tear evaporation may make your eyes feel scratchy, gritty, dry, or tired. You may also experience vision that changes throughout the day.

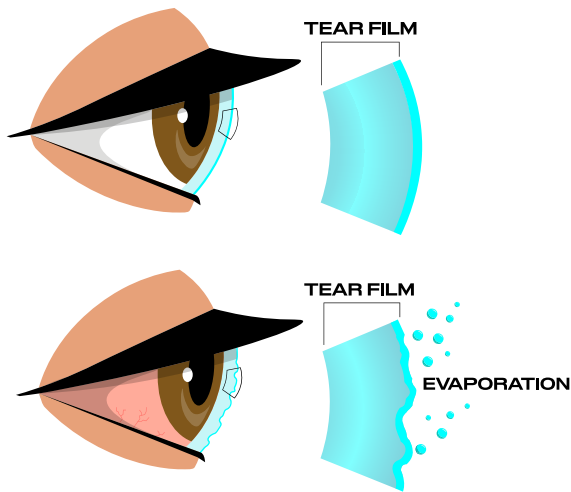


Another less common type of dry eye is called “aqueous deficient dry eye.”

This means you don't produce enough tears. However, it's rarely the sole cause of dry eye symptoms.

In some cases, dry eye can be caused by a combination of both aqueous deficiency and tear evaporation.

Why evaporation happens: A DAMAGED TEAR FILM



Healthy eyes

Healthy eyes have a natural protective outer layer that holds in the watery component of the tear film.

Dry eyes

In evaporative dry eye, damage to the tear film allows too many tears to evaporate.

Some causes of too much TEAR EVAPORATION



Blinking less often. This can happen when concentrating on activities like reading, driving, or looking at a screen.



The environment. Wind, smoke, or dry air from the environment, as well as air conditioners, can speed up evaporation.



Medication. Certain medicines, including antihistamines, decongestants, acne medication, and antidepressants, can lead to increased evaporation.



Aging. Dry eyes are a part of the natural aging process. The majority of people over age 65 experience some symptoms of dry eye, many of which can be caused by tear evaporation.



Meibomian gland dysfunction. The meibomian glands create a protective oily layer that keeps tears in place. But when they can't function properly, the oily layer doesn't form as it should, and tears evaporate too quickly.



Inflammation. When too much tear evaporation causes damage to the surface of your eye, it can also cause inflammation. This can create a cycle that leads to worsening tear evaporation.



Finding the right treatment to target **TEAR EVAPORATION**

Tear evaporation is a leading cause of dry eye, but not all treatments target this underlying issue.

Even if you keep adding more tears, you aren't addressing the actual reason for your symptoms. It's a lot like pouring more water into a leaky bucket without patching it up first.

**Ready to target
TEAR EVAPORATION?**

[Click here](#) to learn more about a prescription drop from Bausch + Lomb.

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