



Three steps to having an open and honest eyelove conversation with your eye doctor about Chronic Dry Eye.

1 Ask yourself some questions before your chat




How many times a day are you using artificial tears?
(fill in the drops)


TOTAL




Do your eyes feel dry, itchy, or gritty?




Does your vision get blurry sometimes?



Do your eyes feel irritated when you're wearing contacts?











Do you avoid activities you love because of your eyes (like reading or watching TV)?



Do your eyes bother you when you're on your computer or phone?

2 Tell your eye doctor how your symptoms interrupt the things you love to do

<input type="checkbox"/>  Reading a real page-turner	<input type="checkbox"/>  Binge watching my favorite TV show
<input type="checkbox"/>  My evening drive home	<input type="checkbox"/>  My social life—especially on girls' night out
<input type="checkbox"/>  Sending hilarious chain e-mails at work	<input type="checkbox"/>  Enjoying a breeze outdoors
<input type="checkbox"/>  Hunting for the perfect boots on the computer	<input type="checkbox"/>  Me basking in the bright sunshine

3 Have some questions ready for your eye doctor

- Are my symptoms consistent with Chronic Dry Eye?
- What causes Chronic Dry Eye?
- Are there any tests you can do for Chronic Dry Eye?
- Can Chronic Dry Eye get worse over time?

Have a great chat with your eye doctor about your symptoms. For more helpful info like this, come visit us at myeyelove.com

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