



## What can be done to treat dry eye?

### Low Level Light Therapy (LLLT)

Developed by NASA, LLLT has proven effective at treating dry eye disease. LLLT uses specially designed LED lights to gently warm up the eyelids, causing the meibomian glands to unclog and release oils.

- Comfortable, non-invasive procedure
- 15 minutes per session
- No recovery time needed
- For use on adults and children



**It's quick and painless!** Simply lay back with the Equinox mask on and relax as the warm light clears your glands.

**It may also help decrease the appearance of facial wrinkles, acne and rosacea.**



Learn more at [marco.com/mydryeye](https://marco.com/mydryeye)

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A DIVISION OF  ADVANCING EYECARE

IC-EQUINOX-PATIENT

Do your eyes **BURN, STING**, or have a **SCRATCHY** sensation? Are your eyes **SENSITIVE** to light? Do you have trouble wearing contact lenses due to **DRYNESS**?

**You may suffer from  
DRY EYE DISEASE.**



**MARCO EQUINOX**  
Low Level Light Therapy



# YOUR TEARS AND DRY EYE DISEASE

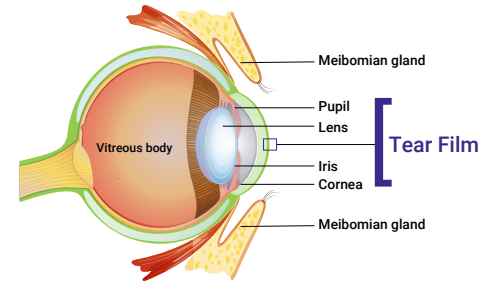


Ask your eye doctor about LLLT dry eye treatment today!

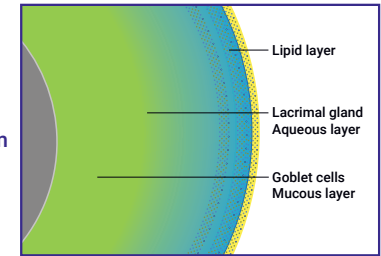
## What causes dry eye?

Dry eye is caused by inflammation on the surface of the eye which can be triggered by a variety of factors such as:

- Aging
- Dry, dusty or windy climate
- Insufficient blinking (such as when you're staring at a computer screen)
- Long-term contact lens wear
- Medication side effects
- Eye surgery



The tear film is composed of 3 layers, Each layer is produced by a different gland around the eye.



## Tears are essential for good eye health

After a blink, a tear film coats the surface of the eye and performs many functions for your benefit:

- **Tears prevent dryness** by coating and lubricating the surface of the eye.
- **Tears supply oxygen and nutrients** to the surface of the cornea.
- **Tears form a barrier from infection** and irritants washing away foreign substances.
- **Tears help to heal damage** to the surface of the eye.
- **Tears create a smooth surface** on the eye to help you to see more clearly.

Healthy tears maintain a stable tear film over the eye between blinks. If the tear film is not thick enough or doesn't have enough lipid layer (the outer layer that holds the tear together), the tear can break apart and expose the surface of the eye. If this happens regularly, dry eye disease may result.

Often, dry eye is caused by blocked meibomian glands. These are the glands that make the oily, outer layer of the tears. **A blockage in the glands can cause insufficiencies in tear film thickness**, causing the tears to break apart when they shouldn't.

## Find out if you suffer from dry eye

**Dry Eye Test (OSDI-6). Mark the number that best describes your answer.**

If your score is 4 or higher, you have symptoms associated with dry eye disease. Ask your eye doctor about further dry eye testing and non-invasive treatment options.

YOUR SCORE HERE

	Constantly	Mostly	Often	Sometimes	Never
Have you experienced any of the following during a typical day of the last month?					
1. Eyes that are sensitive to light?	4	3	2	1	0
2. Blurred vision?	4	3	2	1	0
Have problems with your eyes limited you in performing any of the following during a typical day of the last month?					
3. Driving or being driven at night?	4	3	2	1	0
4. Watching TV or a similar task?	4	3	2	1	0
Have your eyes felt uncomfortable in any of the following situations during a typical day of the last month?					
5. Windy conditions?	4	3	2	1	0
6. Places or areas with low humidity?	4	3	2	1	0