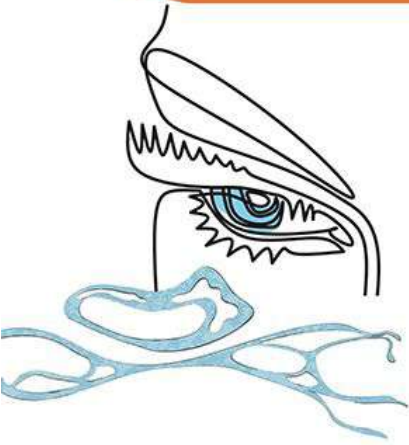


**KEEP YOURSELF INFORMED
BY ATTENDING LIFELONG LEARNING EVENTS
HOSTED BY THE BRITISH CLUB SENIORS SECTION.**

TAKING CARE OF DRY EYE SYMPTOMS (KERATOCONJUNCTIVITIS SICCA)

1 USE ARTIFICIAL TEARS

OVER-THE-COUNTER ARTIFICIAL TEARS CAN PROVIDE TEMPORARY RELIEF BY LUBRICATING THE EYES. USE THEM AS NEEDED THROUGHOUT THE DAY, FOLLOW THE INSTRUCTIONS ON THE PACKAGING. PRESERVATIVE-FREE ARTIFICIAL TEARS ARE OFTEN RECOMMENDED FOR INDIVIDUALS WITH FREQUENT OR SEVERE DRY EYE.



2 MAINTAIN GOOD EYE HYGIENE

KEEP YOUR EYELIDS CLEAN TO PREVENT BLOCKAGES IN THE OIL GLANDS THAT CONTRIBUTE TO DRY EYE. GENTLY CLEANSER YOUR EYELIDS WITH A MILD, TEAR-FREE CLEANSER OR USE WARM COMPRESSES TO LOOSEN ANY DEBRIS OR RESIDUE.

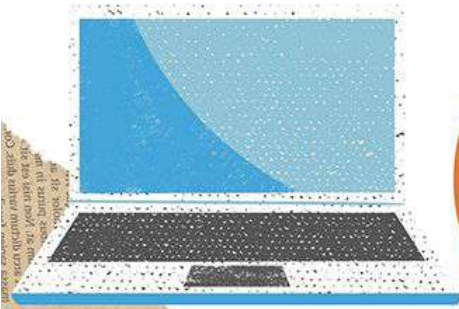
3 PROTECT YOUR EYES

SHIELD YOUR EYES FROM DRY OR WINDY ENVIRONMENTS BY WEARING WRAPAROUND GLASSES OR USING A HUMIDIFIER TO ADD MOISTURE TO THE AIR. AVOID EXPOSURE TO IRRITANTS SUCH AS SMOKE AND DUSTY ENVIRONMENTS, WHICH CAN EXACERBATE DRY EYE SYMPTOMS.



4 TAKE REGULAR BREAKS FROM SCREENS

IF YOU SPEND A LOT OF TIME LOOKING AT DIGITAL SCREENS, TAKE FREQUENT BREAKS TO REST YOUR EYES. FOLLOW THE 20-20-20 RULE: EVERY 20 MINUTES, LOOK AT SOMETHING 20 FEET AWAY FOR 20 SECONDS TO REDUCE EYE STRAIN AND DRYNESS.



5 STAY HYDRATED

DRINK PLENTY OF WATER THROUGHOUT THE DAY TO MAINTAIN OVERALL HYDRATION, WHICH CAN HELP ALLEVIATE DRY EYE SYMPTOMS. LIMIT OR AVOID EXCESSIVE CAFFEINE AND ALCOHOL CONSUMPTION, AS THEY CAN CONTRIBUTE TO DEHYDRATION.



6 USE A HUMIDIFIER

ADDING MOISTURE TO THE AIR IN YOUR HOME OR OFFICE CAN HELP ALLEVIATE DRY EYE SYMPTOMS. USE A HUMIDIFIER, PARTICULARLY DURING DRY SEASONS OR IN ENVIRONMENTS WITH LOW HUMIDITY.

7 AVOID RUBBING YOUR EYES

RUBBING YOUR EYES CAN WORSEN DRYNESS AND POTENTIALLY LEAD TO FURTHER IRRITATION OR DAMAGE. IF YOU HAVE AN URGE TO ITCH OR RUB YOUR EYES, USE A CLEAN TISSUE OR GENTLY TAP YOUR EYELIDS INSTEAD.

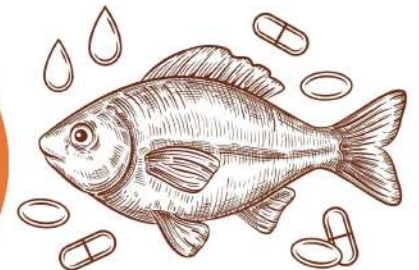


8 EVALUATE YOUR MEDICATIONS

CERTAIN MEDICATIONS, SUCH AS ANTIHISTAMINES, DECONGESTANTS, AND SOME ANTIDEPRESSANTS, CAN CONTRIBUTE TO DRY EYE. SPEAK WITH YOUR HEALTHCARE PROVIDER TO DETERMINE IF ANY OF YOUR MEDICATIONS COULD BE CAUSING OR EXACERBATING YOUR SYMPTOMS.

9 CONSIDER OMEGA-3 SUPPLEMENTS

OMEGA-3 FATTY ACIDS FOUND IN FISH OIL OR FLAXSEED OIL MAY HELP IMPROVE DRY EYE SYMPTOMS. CONSULT WITH YOUR HEALTHCARE PROVIDER BEFORE STARTING ANY SUPPLEMENTS TO DETERMINE THE APPROPRIATE DOSAGE FOR YOUR SITUATION.



10 CONSULT AN EYE CARE PROFESSIONAL

IF YOUR DRY EYE SYMPTOMS PERSIST OR WORSEN, IT IS IMPORTANT TO CONSULT AN EYE CARE PROFESSIONAL. THEY CAN ASSESS THE SEVERITY OF YOUR CONDITION AND RECOMMEND FURTHER TREATMENTS AS NEEDED.

