

ASSESSING OCULAR HEALTH

PATIENT QUESTIONNAIRE

TO BE COMPLETED BY PATIENT

1. Have you experienced any of the following during the last week? (please circle)

	All of the time	Most of the time	Half of the time	Some of the time	None of the time
a. Eyes that feel gritty?	5	4	3	2	1
b. Painful or sore eyes?	5	4	3	2	1
c. Blurred vision?	5	4	3	2	1
d. Episodes of watery eyes?	5	4	3	2	1
e. Redness of the eyes?	5	4	3	2	1
f. Eye fatigue?	5	4	3	2	1

2. These habits can make eyes dry; do you do any of the following? (please circle)

	All of the time	Most of the time	Half of the time	Some of the time	None of the time
a. Don't rest eyes while using a computer, smart phone or tablet?	5	4	3	2	1
b. Use a computer for more than 6 hours a day?	5	4	3	2	1
c. Use digital screens in the dark?	5	4	3	2	1
d. Sleep in contact lenses?	5	4	3	2	1
e. I sleep in makeup?	5	4	3	2	1

3. Have you experienced eye discomfort during the last week in any of the following situations? (please circle)

	All of the time	Most of the time	Half of the time	Some of the time	None of the time
a. In windy conditions?	5	4	3	2	1
b. In a dusty environment?	5	4	3	2	1
c. In air conditioned or heated places?	5	4	3	2	1
d. After driving?	5	4	3	2	1
e. While wearing contact lens?	5	4	3	2	1

Total score:
(sum of question 1, 2 & 3?)

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WHAT'S YOUR RISK?

Under 10

You don't seem to be at risk for Dry Eye, but remember the risk of developing the condition increases with age, as well as environmental triggers such as the weather, central heating and allergies increasing the risk. One of the best things you can do to prevent Dry Eye is getting regular eye exams and in the meantime try OcuSoft Plus to maintain your eye health by promoting good lid hygiene. Available in Boots (RRP £9.99)

More than 10: Mild Dry Eye

A score of **10 or more** suggests you may be at risk of having mild Dry Eye. The good news is that can be treated quickly and effectively on the high street. If you suffer from sore and uncomfortable eyes 2-3 times a week try Hycosan Fresh. The new remedy contains all natural ingredients including Euphrasia, a plant based extract that has reduces irritation associated with dry eyes and hydrating Sodium which will provide refreshing boost of moisture to keep your eyes healthy and hydrated. Available in Boots (RRP £8.95)

More than 28: Moderate Dry Eye

If you scored **28 or more** you may be suffering from a moderate case of Dry Eye. This can cause persistent discomfort and can lead to more serious problems. Wearing contact lens is one of the biggest culprits, but office environments or long periods spent outdoors can also cause discomfort. Try Hycosan for an effective solution with the super hydrating molecule Sodium Hyaluronate. Available in Boots (RRP £9.99)

More than 64: Severe Dry Eye

It looks like you could be suffering from, or at risk of developing, a severe case of Dry Eye. Take this completed questionnaire along to your eye specialist or GP for a consultation. In the meantime try Hycosan Extra, designed for more severe symptoms which can help soothe eyes and reduce irritation. Available in Boots (RRP £10.99)

For more information see the 'Scope Ophthalmics Top Tips' for 5 easy ways to prevent uncomfortable. Dry eyes.

You must not rely on this information as an alternative to medical advice from your doctor or other professional healthcare provider. If you have any specific questions about any medical matter you should consult your doctor or other professional healthcare provider. If you think you may be suffering from any medical condition you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of this information.

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Dry, sore, irritated eyes?

Keep your eyes healthy with our expert tips!

Living with red and irritated eyes can have a serious impact on everyday life, and Dry Eye disease (DED) is a common and often overlooked cause. *“Many of us experience dry eyes not realising it’s a condition that can and should be treated,”* explains Amy Liddell, nutritionist at Scope Ophthalmics, the eye health experts. *“Eyes can feel “gritty” and dry, but they can also become excessively watery as our eyes over compensate for the dryness by producing more tears. For some, it can be a chronic and persistent condition which causes irritation on a daily basis, for others it means occasional periods of discomfort which we often attribute to being tired, but don’t realise it’s a bout of DED. Identifying the problem is the first step to healthier and more comfortable eyes.”*

What can cause DED?

Environmental triggers such as the weather, central heating and allergies are some of the most common causes of Dry Eye disease. Similarly wearing contact lenses, waking up dehydrated or long periods of an activity that requires visual concentration, like driving, reading or using computers and mobile phones, can all increase the risk of developing DED.

When our eyes struggle to produce enough tears or when the tears evaporate too quickly, our eyes can start to feel dry and uncomfortable. Although DED can affect people at any age, the risk of developing it increases as we get older with an estimated 1 in 3 people over 65 experiencing the condition¹.

AMY'S TOP 5 TIPS FOR MAINTAINING HEALTHY EYES:

1. Get regular eye exams

One of the best things you can do for DED is to realise that there is something that can be done about it. Many people think that having dry eyes is a natural part of life but there are many effective treatments available. If you're worried that you could have DED, visit your GP or Optometrist. Getting a diagnosis and some advice is often the first step to healthier and more comfortable eyes.

2. Avoid dry eye triggers

Lifestyle factors and bad habits such as looking at digital screens in the dark, not wearing sunglasses with high UV protection, leaving make-up on overnight and sleeping in contact lenses can dramatically reduce the level of moisture we have in our eyes. By avoiding these we can protect our eyes and prevent occurrences of Dry Eye.

3. 20-20-20 Vision

Certain activities such as reading for long periods or staring at a computer screen and mobile device mean that we blink less frequently. Blinking less often means that the moisturising tears in your eyes evaporate quicker than they're produced. Try the 20-20-20 rule - every **20 minutes** of an eye-strenuous activity; look away for **20 seconds** at something **20 feet** away. Adjusting your computer display settings, such as brightness, text size and contrast can all help protect your eyes while online.

4. Humidify

Another environmental factor that can increase the symptoms of DED is dry air. Central heating and air conditioning can both reduce the amount of humidity in a room and mean more tears are needed to keep our eyes hydrated. In autumn we begin to rely more and more on central heating, and we leave our windows closed, meaning our rooms, and eyes dry out. Try placing a damp hand towel over a radiator - the towel will create moist air when the radiator is on, allowing you to warm your home without drying the air.

5. Hydration is key!

Many people think that dry and watery eyes are just a natural part of life but there are effective treatments out there to leave your eyes feeling comfortable and hydrated. Finding an eye drop that is preservative free, such as new Hycosan Fresh™ for mild dry eye (£8.95 available from Boots and www.ScopeHealthcare.co.uk) is important, as preservatives can cause further aggravation to eyes that are already feeling sore. Hycosan Fresh™ contains all natural ingredients including Euphrasia, a plant based extract that has been shown to reduce irritation associated with dry eyes³ and Sodium Hyaluronate which is known for its hydrating properties⁴, ensuring eyes stay lubricated for longer.

References

¹ Nhs.uk. Dry Eye Syndrome - NHS Choices'. 2015. Web. 02 Feb. 2015.

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