



Symptoms:

- Stinging
- Burning
- Grittiness or scratchiness
- Difficulty wearing contacts
- Blurred vision
- Light sensitivity
- Red eyes
- Tired eyes
- Excessive tearing

Causes:

- Age/ Hormonal changes
- Diseases
- Environment
- Medications
- Contact lens wear
- Low blink rate
- Vitamin deficiency



THE EYE CENTER
PIERRE ALFRED MD

184 Market Drive
Athol, MA 01331

354 Main Street
Gardner, MA 01440

33 Riddell Street
Greenfield, MA 01301

180 Daggett Drive
West Springfield, MA 01089



If you're concerned about dry eye disease, **Call (978) 939-3128 to schedule your consultation.**

Dry Eye
relief
starts here.



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What is Dry Eye?

Dry Eye Disease (DED) is a chronic and progressive disease of the tears and ocular surface that results in symptoms of discomfort, visual disturbance and tear film instability with potential damage to the cornea, ocular surface and the eyelids.

AQUEOUS DRY EYE

Characterized by tear deficiency, aqueous dry eye occurs when the lacrimal glands don't produce enough of the water of tears.

EVAPORATIVE DRY EYE

Affecting 80% of dry eye patients, evaporative dry eye is caused by Meibomian Gland Dysfunction (MGD), which creates a deficiency in the oil layer of the tear film. These glands make the lipid, or oily part of tears, that slows evaporation and keeps the tears stable.

Our Approach

As a Dry Eye Center of Excellence, The Eye Center stays at the forefront of research and technology for the treatment and management of dry eye. Treatment is customized and often multi-faceted, incorporating various clinical therapies as well as at home care that is proved to be effective with proper compliance by our patients.



An estimated
**55 MILLION
AMERICANS**
Have Dry Eye disease



Diagnosing Dry Eye

Because Dry Eye Disease is so complex, we utilize a multi-faceted approach. We combine self-assessment, physician administered testing, and state-of-the-art diagnostic technology to determine the cause, severity, and best treatment protocol for each patient's dry eye condition. Diagnostics may include:

- Dry Eye (SPEED) Questionnaire
- Osmolarity Testing
- InflammDry Test for Inflammation
- Tear Film Analysis
- Non-Invasive Tear Film Break-Up Time Assessment
- Oil Gland Imaging
- Lipid Layer Thickness
- Corneal Contour Evaluation
- Corneal Staining
- Comprehensive Examination



Treatments

LipiFlow® – a mild controlled heat and intermittent pressure applied to eyelids to release oils from blocked Meibomian glands. Studies have shown that 80% of patients report improvement within 4 to 12 weeks of their treatment lasting for 12-24 months.

BlephEx – cleans, exfoliates eyelids and lashes almost immediately improving symptoms and helps avoid long-term inflammatory damage.

TearCare – uses heat to melt the hardened oil within your Meibomian glands.

IPL (Intense Pulsed Light) – reduces inflammation and rejuvenates the oil glands of the eyelids.

LLLT (Low Level Light Therapy) – therapy to treat the upper cheeks and eyelids to relieve inflammation.

Manual and Automated Thermal Expression – your doctor will help clear the oil glands with manual expression or using a device that creates gentle heat.