



# NORTHERN MINNESOTA EYE CARE

## ASK THE OPTOMETRIST

### WHAT IS DRY EYE?

Dry eye is a condition in which there are insufficient tears to lubricate and nourish the eye. Tears are necessary for maintaining the health of the front surface of the eye and for providing clear vision. People with dry eyes either do not produce enough tears or have a poor quality of tears. Dry eye is a common and often chronic problem, particularly in older adults.

Dry eyes can result from an improper balance of tear production and drainage. People with dry eyes may experience symptoms of irritated, gritty, scratchy, or burning eyes, a feeling of something in their eyes, excess watering, and blurred vision. Advanced dry eyes may damage the front surface of the eye and impair vision.

At Northern Minnesota Eye Care our treatments for dry eyes aim to restore or maintain the normal amount of tears in the eye to minimize dryness and related discomfort and to maintain eye health.

Make an appointment today with an optometrist at Northern Minnesota Eye Care for a dry eye evaluation.

**Appointments available Monday, Wednesday, Friday from 9:00 - 4:00  
Thursday from 9:00 - 6:00**

*Walk-ins also available. Most insurances are accepted.*

**Christopher A. McDowell, O.D. Sasha N. Narayan, O.D.**

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