

Irritated Eyes

Stinging Eyes

Sensitive to lights

Blurred vision

Discomfort

Burning Eyes

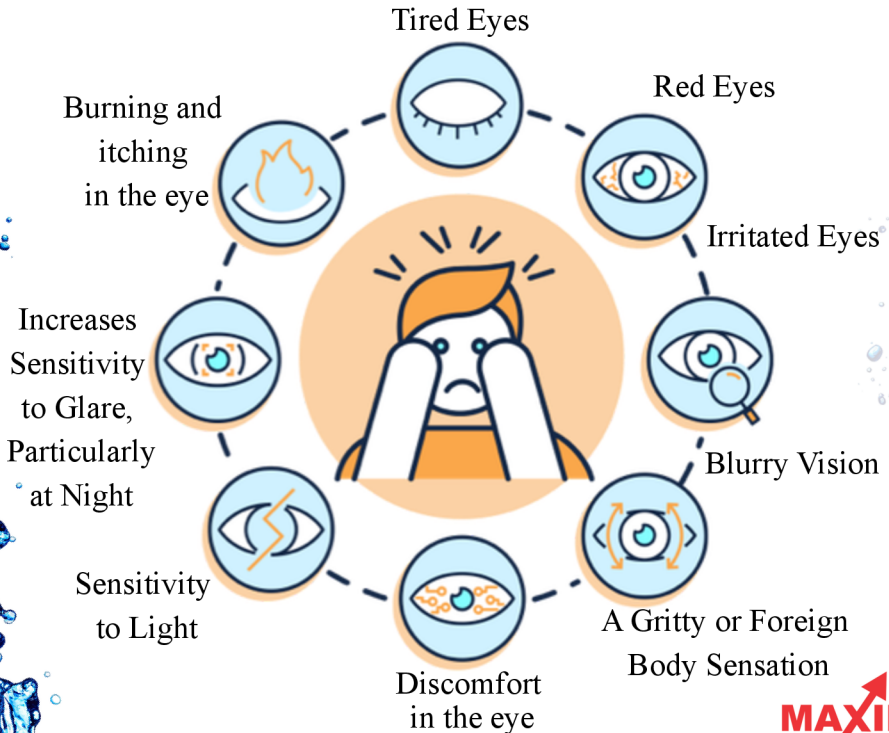
*Why are my eyes affecting me?
What is happening ?*



DRY EYE

- Our tear film washes, protects, nourishes and lubricates the eye.
- Reduced quality or quantity of tears results in dry eye.
- Dry eye can impact on your quality of life.
- Dry eye can affect daily activities such as driving or reading.

SYMPTOMS



TRIGGER FACTORS



Prolonged screen use



Lack of water



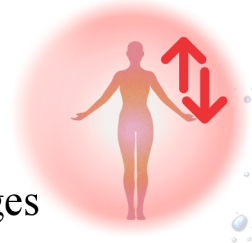
Lack of sleep



Less blinking during reading or watching television



Certain eye surgery



Hormonal changes



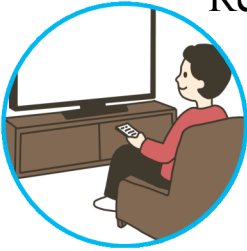
Indoor environment



Outdoor environment

ADVICE AND TREATMENT

Rest your eyes often
and blink



Drink adequate water



Warm compression
on your eye



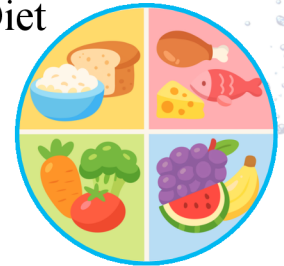
Get enough sleep



Balanced Diet



Wear sunglasses
outdoors



Short breaks from
computer work



ADVICE AND TREATMENT

For best management of Dry Eye, it is recommended to follow a complete daily eye care regimen as advised by your doctor. The regimen could be using suitable eye drops and lifestyle modifications as per the doctor's suggestions.

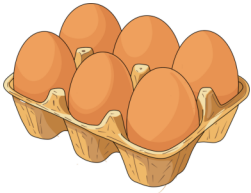
Take Every Look
20-20-20
Second Break Minutes Feet Away

C

Zn

E

NUTRIENTS YOUR EYES NEED*



Eggs



Green Leafy Vegetables



Green Peas



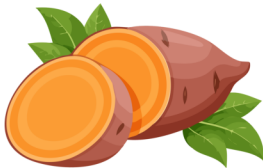
Oranges



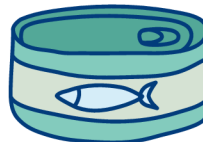
Nuts



Corn



Sweet Potato



Tuna

**Consult your doctor to see what is best for you.*

No more
Dry Eyes

*#Let's beat the dry eye with
dry eye information
and self care...*



Irritated Eyes



Stinging Eyes



Sensitive to lights

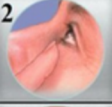





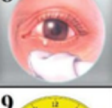



Burning Eyes



आँखामा औषधिको थोपा प्रयोग गर्ने तरिकाहरू

How to Use Eye Drops

साबुन पानीले हात राम्ररी धुने ।		Wash your hands thoroughly with soap and water.
टाउकोलाई पछाडि ढल्काउने अथवा पल्टिने ।		Tilt your head back.
एक हातको औँलाले आँखाको तल्लो भागलाई हल्का तल तानेर औषधिको थोपा हाल्नको लागि ठाउँ बनाउने ।		Pull down the lower lid of your eye with your index finger to form a pocket.
अर्को हातले औषधिको बोतल लिने र बोतलको टुप्पोलाई आँखा नजिक लाने । (टुप्पोले आँखामा नछुवाउनुहोला)		Hold the dropper (tip down) with the other hand, as close to the eye as possible without touching it.
बोतललाई बिस्तारै थिची औषधिको थोपालाई आँखाको तल्लो भाग तानेर बनाइएको ठाउँमा लगाउने ।		While looking up, gently squeeze the dropper so that a single drop falls into the pocket made by the lower eyelid.
आँखालाई २-३ मिनेटसम्म बन्द राखेर भुईँतिर निहुरिने । (आँखालाई बिस्तारै बन्द गर्नुहोला)		Close your eye for 2 to 3 minutes and tilt your head down. Try not to blink or squeeze your eyelids.
आँखाको भित्री कुनालाई बिस्तारै थिच्ने ।		Place a finger on the tear duct (Inside Corner of Eye) and apply gentle pressure.
आँखा बाहिर परेको औषधिलाई सफा कपडाले पछ्ने ।		Wipe any excess liquid from your face with a tissue.
एक भन्दा बढी औषधि आँखामा लगाउनु परेमा, पहिलो औषधि प्रयोग गरेको ५ मिनेटपछि मात्र दोस्रो औषधिको प्रयोग गर्ने ।		When 2 different eye drops are to be used, wait at least 5 minutes before instilling the second drop.
प्रयोग पछि बोतललाई राम्ररी बन्द गर्ने । (बोतलको टुप्पोलाई नधुनु / नछुनु होला ।)		Replace and tighten the cap on the dropper bottle. Do not wipe or rinse the dropper tip.
औषधि प्रयोग गरेपछि हात राम्ररी धुने ।		Wash your hands to remove any medication.

#beatthedryeye movement with **MOIST FAMILY**

MOIST
MOIST MAX
MOIST DUO
MOIST TRIO

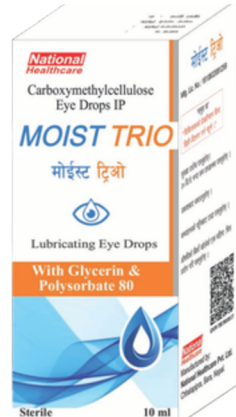
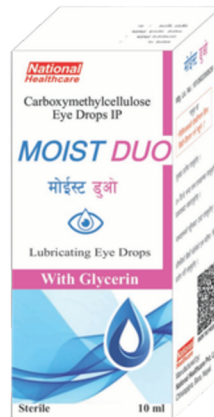
For more information:

www.nationalhealthcare.com.np

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**National
Healthcare**



**Your doctor will prescribe the suitable medicine based on dry eye condition.*