

#### Low Level Light Therapy (LLLT)

Developed by NASA, LLLT uses specially designed LED lights to gently warm the eyelids, causing the meibomian glands to unclog and release oils.

- · Safe, non-invasive procedure
- · 15 minutes per session
- · No recovery time needed
- · No side effects or discomfort
- · Safe for adults and children

It's quick and painless! Simply lay back with the patented LLLT mask on and relax as the warm light clears your glands.

It may also help decrease the appearance of facial wrinkles, acne and rosacea.









Marco Ophthalmic is a division of Advancing Eyecare™ 11825 Central Parkway, Jacksonville, Florida 32224

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Do your eyes BURN, STING, or have a SCRATCHY sensation? Are your eyes SENSITIVE to light? Do you have trouble wearing contact lenses due to DRYNESS?

YOU MAY SUFFER FROM PERIORBITAL INFLAMMATION





# Tears are essential for good eye health

After a blink, a tear film coats the surface of the eye and performs many functions for your benefit:

- Tears prevent dryness by coating and lubricating the surface of the eye.
- Tears supply oxygen and nutrients to the surface of the cornea.
- Tears form a barrier from infection and irritants washing away foreign substances.
- Tears help to heal damage to the surface of the eye.
- Tears create a smooth surface on the eye to help you to see more clearly.

Healthy tears maintain a stable tear film over the eye between blinks. If the tear film is not thick enough or doesn't have enough lipid layer (the outer layer that holds the tear together), the tear can break apart and expose the surface of the eye. If this happens regularly, dry eye disease may result.

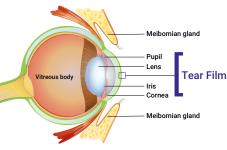
### YOUR TEARS & PERIORBITAL INFLAMMATION



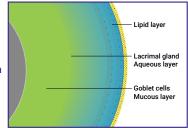
## What causes periorbital inflammation?

Periorbital inflammation is caused by inflammation on the surface of the eye which can be triggered by a variety of factors such as:

- Aging
- · Dry, dusty or windy climate
- Insufficient blinking (such as when you're staring at a computer screen)
- · Long-term contact lens wear
- · Medication side effects
- Eye surgery



The tear film is composed of 3 layers, Each layer is produced by a different gland around the eye.



Often, periorbital inflammation is caused by blocked meibomian glands. These are the glands that make the oily, outer layer of the tears. A blockage in the glands can cause insufficiencies in tear film thickness, causing the tears to break apart when they shouldn't.

## Find out if you suffer from periorbital inflammation

Mark the number that best describes your answer.

If your score is 4 or higher, you have symptoms associated with periorbital inflammation and should ask your eye doctor about further testing.

YOUR SCORE HERE

	Constantly	Mostly	Often	Sometimes	Never
Have you experienced any of the following during a typical day of the last month?					
1. Eyes that are sensitive to light?	4	3	2	1	0
2. Blurred vision?	4	3	2	1	0
Have problems with your eyes limited you in performing any of the following during a typical day of the last month?					
3. Driving or being driven at night?	4	3	2	1	0
4. Watching TV or a similar task?	4	3	2	1	0
Have your eyes felt uncomfortable in any of the following situations during a typical day of the last month?					
5. Windy conditions?	4	3	2	1	0
6. Places or areas with low humidity?	4	3	2	1	0

Pult H, Wolffsohn JS. The development and evaluation of the new Ocular Surface Disease Index-6. Ocul Surf. 2019;17(4):817-821.