



# Medical News Page

## Dry Eye Disease: Diagnosis and Management

Have your eyes ever felt gritty or sandy, like there is something in them? Perhaps your vision gets blurred at times or your eyes are watering more lately. You may have noticed burning and stinging in your eyes and an aching sensation around your eyes. If so, there is a possibility that you are experiencing dry eye disease.



**By Beatrice Y. Brewington, MD**  
Cape Fear Eye Associates, PA  
(910) 484-2284 or 800-829-2284

first line of treatment is the use of topical lubricants or tear-stabilizing drops. Oral omega-3 essential fatty acid nutritional supplements can improve both evaporative and aqueous-deficient dry eye. If the signs and symptoms of the disease are still uncontrolled, your doctor may prescribe a cyclosporine eye drop to reduce inflammation and help to increase tear production. Other therapies may include topical steroids, punctal plugs, and protective eyewear.

Dry eye disease is extremely common and may be affecting many people who are not aware that they have it. Dry eye is often seen in older individuals. It commonly occurs in menopausal and post-menopausal women. Dry eye can be associated with connective tissue diseases such as Sjögren syndrome, rheumatoid arthritis, and lupus. Medications such as oral contraceptives, beta-blockers, diuretics, and antihistamines can cause dry eyes. Dry eye can also be worsened by LASIK and even cataract surgery.

or in very dry climates. Causes of dry eye can be divided into decreased tear production or increased tear evaporation. The doctor will examine your eyes and look for signs of decreased production and increased evaporation.

Dry eye can interfere with your quality of life and your daily activities. You should not have to live with the discomfort and visual impairment that dry eye disease can cause. With appropriate management, the symptoms and affects of dry eye can often be alleviated.

An eye doctor can diagnose and treat your dry eye disease. The doctor will ask you about your activities and the environment in which you experience symptoms, such as when reading, using a computer,

There are many treatment options available for the management of dry eye. Management is based on the cause and the severity of the condition. Often, the

## Home Health Care Services

2932 Breezewood Ave., Ste 211  
Fayetteville, NC 28303

Office (910) 483-9993 Cellular (910) 551-3331

We Are Accepting New Referrals And New Clients!

- Providing In - Home - Aides
- Providing Certified - Nurse- Assistants Services
- Light House Keeping
- Medication Reminder
- Grooming Needs
- Meal Preparation
- Reading and the list goes on



Theresa Frett

Taking Applications from 0900 til 1:00 pm Monday - Friday

Just Call Theresa Frett  
(910) 551-3331

\*\*\*Compassionate\*\*\*Professional\*\*\*

\*\*\*Dependable\*\*\*

"That's what we stand for!"



[www.aplushomehealthcareservices.com](http://www.aplushomehealthcareservices.com)

or email:

theresafrett@embarqmail.com

Hours Of Operation  
0900 til 5:00pm  
Emergency After Business Hours:  
Theresa Frett  
(910) 551-3331  
(910) 483-9993

Call today for an appointment! (910) 424-7665

**FAMILY DENTISTRY**  
Valerie A. Wynne-Hall, D.D.S., M.P.H., P.A.

**New Patients Welcome**  
**Insurance Accepted**

We accept, cash, checks, and all major credit cards:  
**Debit, Visa, Mastercard, Discover, American Express**

[www.drvalonline.com](http://www.drvalonline.com)  
e-mail:val2thdr@hotmail.com

4146 S. Main Street \* Hope Mills, NC 28348

**Family Vision Center**  
of Fayetteville  
(910) 483-5009  
414-B Owen Drive \* Fayetteville, NC 28304

Shelby Stephenson, MD  
Alice Stephenson, Optician

Monday - Tuesday  
Wednesday  
9am-5:30

Thursday  
9-6pm

Friday  
9-12 Noon

**Dr. Mark Stephen Thompson, D.D.S.**  
(Family Dentistry)  
114 Campus Avenue  
Raeford, NC 28376

**(910) 875-3625**  
**(910) 875-3622**

**Dr. Mark Thompson**  
(910) 875-3625

Trinity Innovative Programming Services

**OUTPATIENT THERAPY & TREATMENT SERVICES**

Darius C. Monroe, Pres. & CEO  
Dr. Adrienne L. Monroe, Clinical Director

Providing Services to Adults, Adolescents, Children, Families, & Groups for the Treatment Of:

**TRINITY**  
Innovative • Programming • Services  
"Empowering Individuals, Families & Communities"

- \*Depression
- \*Sexual & Physical Abuse
- \*Couple & Marital Conflict
- \*Bi-Polar Disorder
- \*Trauma Resolution
- \*Anxiety
- \*Substance Abuse
- \*Anger Management
- \*ADHD
- \*Spousal Abuse
- \*Parenting Skills
- \*Sex Offender Treatment
- \*Sex Offender Assessment
- \*Insurance Billing Services

Most Insurances Billed to Include Medicaid, BlueCross/Blue Shield, Tri-care & Others.

910.677.0014 Office  
910.677.0013 Fax  
[www.TheTrinityServices.com](http://www.TheTrinityServices.com)

100 Hay Street  
Fayetteville, NC 28301

(910) 677-0014 - Office \* (910) 677-0013 - Fax

**Better Home Health Care Provides:**

Personal Care Services  
CAP/Adult  
CAP/Children  
Private Duty Nursing  
HIV Case Management

Personal Care Services: Provide Assistance with Housekeeping, Laundry, Shopping, Bathing and Meal Preparation  
Community Support Adult: Provides Personal Care Assistance, Independent Living, Assisting, Substance Abuse Recovery Skills.  
Community Support Children: Academic Support, Recreation/Leisure Activities, Parent-Children Counseling

Serving Cumberland, Hoke, Bladen, Robeson, Sampson, Harnett, Lee, Scotland, Johnson, Richmond and Moore Counties

**BETTER HOME HEALTH CARE**  
507 Sandhurst Drive \* Fayetteville, NC 28314  
(910) 424-2929

**PELHAM HOME HEALTH**  
"Enhancing One's Health At Home"  
949 Country Club Drive, Fayetteville, NC 28301  
(910) 630-6757

(910) 865-3368  
115 W. Broad Street, St. Pauls, NC

(910) 897-4300  
506 E. Cumberland St, Dunn, NC

(919) 718-0388  
2501 Fayetteville St, Sanford, NC

252-291-4984  
1224 Scythia Dr. Wilson, NC

Mildred C. Wilson RN, C BSN Director  
(910) 630-6757

pelhhnc@aol.com  
Fax: (910) 630-3557

**Lee Lee's Loving Christian Home Child Care**

Emma L. Flowers  
Director  
Licensed Daycare  
24 Hours  
(910) 987-5729

7265 Pebble Brook Drive  
Fayetteville, NC 28314

"4 Star Day Care"

"Specializing In Loving Care"

The One Good Thing™ you can do for you and your family!

Thank you for allowing us to share the TNI story!

**10% OFF with this Ad**

Nero B. Coleman  
(910) 574-3577/DJ  
"T" Noni- Man  
#2161171  
NBCNoni4U  
@tahitiannoni.com  
[www.tni.com/NBCNoni4U](http://www.tni.com/NBCNoni4U)

PHYSICIANS' DESK REFERENCE  
FOR NON-PRESCRIPTION DRUGS AND DIETARY SUPPLEMENTS

"Anti-viral, anti-inflammatory, anti-tumor, anti-bacterial, anti-fungal and immune enhancing with NO side effects!"

The Fruit, Leaf and Seed have been proven to be beneficial to cellular health and Noni helps to rejuvenate the skin and hair!

1-800-445-2969

A product for Everyone Everywhere!  
Nutritional Products, Women's Health, Hair Care, Body Care, Sports, Gourmet Foods, Wonderful Teas, Gifts and More!

The tree of life for the healing of the nations- Rev 22:2

Read The Fayetteville Press Newspaper On-Line At [www.fayettevillepress.com](http://www.fayettevillepress.com)