



# BLOG TEMPLATE

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<https://myoptometristcalgary.ca/pages/About+Us/Locations/51>

**Company Locations:**

Calgary, Three Hills, SE, Sunridge

**Meta Focus Keywords:**

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**Meta Description: (155 characters max):**

Your diet affects your general eye health and can contribute to your dry eye syndrome (DES). Eat these vitamins, minerals, and fatty acids to improve DES.

**Meta Title: (70 characters max):**

*(Condensed Title | Location-Service)*

*The Connection Between Diet And Dry Eye Syndrome | Calgary Optometrist*

**Categories:**

Dry Eye Syndrome



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## Blog Article Title:

### The Connection Between Diet And Dry Eye Syndrome

#### Introduction: (approx 100-120 words)

Dry eye syndrome can make your eyes feel gritty, itchy, irritated, stinging, or burning. Vision can become blurred, eyes can become sensitive to light, mucus can build up around the eye, and the tearing may become excessive. If you are suffering from these symptoms, you should seek dry eye treatment and include foods that promote eye health in your diet. The foods you eat directly impact the functions of your body, including your vision. Having a balanced diet with an array of foods that allow for a mix of vitamins and minerals will help your eyes function properly and produce the oils they need.

## Body Paragraph:

### HEADING:

#### What To Eat To Improve Eye Health And Dry Eye Syndrome

- 1. Omega-3 Fatty Acids.** A common cause for dry eyes is an imbalance in the composition of tears, including a lack of lubricating oils that allow the eyes to retain moisture. As a type of polyunsaturated fat, omega-3 can help your meibomian glands produce the oils needed in tears to properly lubricate the eyes. Foods rich in omega-3 fatty acids are fresh tuna, mackerel, salmon, sardines, herring, anchovies, nuts, flaxseeds, chia seeds, vegetable oil, olive oil, soybeans, and leafy green vegetables.
- 2. Vitamin C.** Also called ascorbic acid, this antioxidant helps promote blood vessel health, including the capillaries in the retina. Vitamin C also helps your eyes create collagen, which gives the eyes structure in the cornea and sclera. It is recommended that women get at least 75 milligrams of Vitamin C a day and men get at least 90 milligrams. This vitamin is found in citrus and tropical fruits, bell peppers, broccoli, cooked spinach, bananas, apples, tomatoes, and kale.
- 3. Lutein and Zeaxanthin.** These antioxidants are in the carotenoid family and can be found in the macula and retina. They help your eyes filter out blue light and have been found to help lower your risk of cataracts and age-related macular degeneration. Both of these carotenoids can be found in eggs, corn, cooked spinach, kale, broccoli, and collard greens.
- 4. Vitamin E.** This antioxidant helps protect your eye cells from damage by free radicals (oxygen-containing molecules with an uneven number of electrons). Vitamin E also increases your immune system functions. This vitamin can be found in almonds, sunflower seeds, peanut butter, wheat germ, hazelnuts, and sweet potatoes.
- 5. Zinc.** This mineral helps in the transport of vitamin A from the liver to the retina. This vitamin A is necessary for the production of melanin, which is a pigment that protects your eyes from the sun and infection. Foods with high zinc levels include oysters, beef, lobster, pork, yogurt, salmon, milk, fortified cereals, and eggs.

## Conclusion:

### HEADING:

#### My Optometrist in Calgary And Three Hills Can Address All Your Dry Eye Syndrome Needs



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Nearly 90% of Albertans suffer from symptoms of dry eyes but only 57% of those sufferers seek dry eye syndrome treatment. Your dry eye syndrome does not need to go untreated any longer, with the advanced technology offered at the My Optometrist Calgary Dry Eye and Ocular Wellness Clinic. Our staff are specialized in dry eye treatment and we have technologies designed specifically for our Calgary dry eye clinic. If you are suffering from dry eye syndrome, come visit us at My Optometrist at one of our two convenient Calgary locations in [Sunridge in the NE](#) or [Sundance in the SE](#), or visit our location in [Three Hills, Alberta](#). Let our expert staff help you get back to seeing life clearly and comfortably.

### Call To Action 1:

CALL NOW

tel:14032560606

<https://myoptometristcalgary.ca/pages/About+Us/Locations/51>

### Call to Action 2:

CONTACT US

#contact-form

### FAQ

#### Q: What are treatments for dry eye syndrome?

**A:** Dry eye syndrome (DES) is a chronic and often progressive condition, and may not be completely curable. However, DES can be managed successfully, resulting in improved comfort and sometimes clearer vision as well. Because DES has a number of causes, treatment options vary from patient to patient, and may include:

- Artificial tears
- Lubricating ointments
- Anti-inflammatory drops
- Restasis
- Meibomian gland expression
- Warm compresses
- Cliradex cleansing wipes
- Punctal plugs
- Nutritional supplements
- BlephEx
- Intense Pulsed Light Treatment (IPL)

#### Q: What is IPL?

**A:** Intense Pulsed Light Treatment (IPL) is a treatment that uses a pulse of light to release oils in the meibomian glands in the eyelids. When these glands are blocked the eyes do not receive enough oils to maintain lubrication, which often leads to DES. During an IPL treatment session, the eye doctor will deliver small pulses of light around your eyelids using an IPL implement. This will stimulate the hardened oils in the meibomian gland and clear blockages, often resulting in long lasting relief from dry eyes.



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**Q: What should I do if I think I have dry eye syndrome?**

**A:** Book an appointment with our team at My Optometrist by [filling out the online contact form](#) and let us know your dry eye symptoms. Our knowledgeable team will help you figure out your diagnosis and what steps to take next for your dry eye treatment.