



Eye on Health

National Listing Unveils Top Job Categories That Can Aggravate Dry Eye

(NAPSA)—Do you work in an administrative, finance or information technology position? Maybe you work in construction, manufacturing, medical, education or retail sales? If so, you may be one of the millions of people in the United States affected by dry eye. Dry eye affects more than 20 million people in the United States, yet it remains an often unrecognized on-the-job health issue as many sufferers remain unaware of the condition and its causes.

The not-for-profit National Women's Health Resource Center (NWHRC) has released the Dry Eye Hot Jobs, the first-ever listing of the nation's top job categories most likely to contribute to dry eye. Workplace health and safety is a critical issue for Americans with labor time lost due to health reasons representing lost economic output totaling \$260 billion per year.

"It is important to raise awareness of dry eye, a common health issue that disproportionately affects women," said Elizabeth Battagliano Cahill, RN, executive vice president of the NWHRC. "We encourage women to become more aware of on-the-job conditions that may contribute to dry eye and to talk to their eye care professional if they are experiencing dry eye symptoms."

Chronic dry eye occurs when eyes do not produce the right quantity or quality of tears. It is often caused by hormonal changes due to aging and menopause and can be aggravated by environmental conditions. Dry eye symptoms can include eye dryness, itching, irritation, blurred vision, sensitivity

Hot Jobs List

The Hot Jobs listing is based on a number of factors known to contribute to dry eye, including prolonged computer use and exposure to dust and allergens. The following jobs topped the list:

- Office-based jobs such as administrative, finance and information technology positions
- Construction/manufacturing
- Health care/medical
- Education
- Retail/sales
- Public/social service
- Transportation/delivery
- Agriculture/landscaping
- Janitorial/maintenance
- Food service



to light, feeling like something is in your eye and excessive tearing.

"Artificial tears are often used to manage dry eye symptoms. However, anyone using eye drops to relieve dry eye symptoms on a regular basis without relief should see an eye care professional who may recommend adding a prescription therapy, such as RESTASIS®, to treat an underlying cause of dry eye," said Marguerite McDonald, M.D., FACS, Ophthalmic Consultants of Long Island and clinical professor of ophthalmology at Tulane University Health Sciences Center. "If left untreated, dry eye can progress and lead to increased risk of infection and impaired vision."

To access the complete Dry Eye Hot Jobs listing, a quiz to see if you may have dry eye and educational information about symptoms, causes, diagnosis, treatment options and long-term effects of dry eye, visit www.healthywomen.org.