



PATIENT NEWSLETTER
NOVEMBER 2023

See

Celebrating
a World
of Vision

INSIGHTS

Examining the Effects of Crying: Embrace Your Tears

Crying is the body's natural way of relieving stress and protecting the eye surface. People usually cry for physical pain or emotional circumstances, but they can also cry as a reflex to debris entering the eye. People produce 3 types of tears:

1. **Basal tears:** These tears protect the cornea and keep the eyes nourished and moist. They are in your eyes at all times to shield them from dirt and debris
2. **Emotional tears:** These tears occur in response to emotional triggers, such as gloom, happiness, and fear
3. **Reflex tears:** These tears occur when dust, dirt, smoke, or other particles enter your eye. These tears help rinse away harmful fragments

The type of tears you cry is important for your health. In fact, crying can sometimes be beneficial. Here are 5 reasons why crying is good for your health:

Tears provide a protective barrier for the eyes

Basal tears protect the surface of the eyes and clean them every time you blink. They also help prevent debris from entering the eyes. Tear film is also important for transporting oxygen and nutrients to the eyes.

Crying rinses dirt and debris from your eyes

Basal tears are good at keeping out impurities, but debris can still get in the eye, especially in dusty or sandy environments. Crying can help rinse these irritants and help prevent discomfort and risks for eye infections.

Tears help prevent dry eye

A healthy amount of tears is vital to preventing and reducing dryness in the eyes. In some cases, tear production may be inadequate, which can lead to dry eye syndrome. Fortunately, this condition is common and easily treated.

Crying releases hormones that ease pain

Oxytocin and endogenous opioids are released as you cry, giving the body a natural way to ease pain from physically or mentally stressful situations. Crying in these circumstances can help release tension.

A "good cry" renews your emotions

When the body holds in stress, it craves a release from undesired emotions. This release can be achieved through exercise and meditation, but a good cry can also provide a cathartic release to help regulate your emotions and boost your mood.



Welcome Your Tears!

Crying is a natural way to alleviate strong emotions, rinse the eyes of impurities, and relieve physical and mental stress. Although it can be seen as a weakness by some people, shedding tears is quite beneficial to your mental and physical health, including your eye and vision health. Contact an eye doctor if you suspect you have an eye infection or particles in your eyes that tears can't wash away.

EYENATOMY

A Closer Look at Visual Snow Syndrome

Visual snow syndrome is a rare neurological condition that causes images and scenes to appear "snowy." People with visual snow syndrome see small, scattered dots that occur throughout their field of vision. Visual snow syndrome can also cause light sensitivity and floaters. Beyond vision symptoms, other signs of visual snow syndrome include headaches, light sensitivity, and ringing in the ears.

There is no known cause for visual snow syndrome, but it likely results from a brain malfunction. To make a diagnosis, static or snowy vision must stay constant and at least 2 of the following symptoms must be present: light sensitivity; night blindness; afterimages; and intense floaters or flashes of light.

There is no cure for visual snow syndrome, but these steps can help patients manage symptoms:

- Use soft lighting rather than bright bulbs
- Wear rose-tinted eyeglasses to reduce intensity of visual symptoms
- Write on neutral-colored paper rather than bright white paper
- Treat headaches with pain relievers or other remedies quickly

Talk to your optometrist about your symptoms to manage them properly. With visual snow syndrome, it's also important to report your experiences to both your optometrist and your neurologist.

EYE-Q

Q: What percentage of American adults wear contact lenses?



SCEYENCE

Is Love at First Sight for Real?



The concept of “love at first sight” has long been proclaimed and celebrated as a hopeful notion, but little is known about the science behind this concept. Sight is important to how we process what and who encounters us. Recent data show that 80% of people are visual learners. A study from investigators in the Netherlands found that men proclaimed to have love at first sight more often than women. However, there was no evidence to determine if these proclamations progressed into long-term commitment. The study concluded that people are more likely to fall in love at first sight with objectively “beautiful” people. Of note, the study also found that love at first sight was rarely mutual.

With many long-lasting romantic relationships beginning with some form of love at first sight, experts say it might be beneficial to try to stand out from the crowd. It’s important to put your best foot forward but still be true to yourself. Consider buying eye-catching eye wear or striking color contact lenses to separate you from the crowd. And remember that beauty rests entirely in the eye of the beholder.



EYE-Q

Answer to Eye-Q (from page 1):
Almost 17% of adults in the U.S. wear contact lenses!

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EYE-DROPS

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