

**Mayo Clinic Medical Edge**

***Lubricants for Dry Eyes***

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	MAYBE IT HAPPENS AFTER YOU SPEND TIME ON THE COMPUTER, READING A BOOK OR EVEN DRIVING... YOU KNOW, THAT UNCOMFORTABLE GRITTY FEELING ON YOUR EYES.
<b>Muriel Schornack, O.D.</b> <b>Track 5 (1:20)</b>	"THE REASON THEY FEEL A LITTLE SCRATCHY OR SANDY IS THAT OUR BLINK RATE GOES DOWN CONSIDERABLY WHENEVER WE'RE ATTENDING A VISUAL TASK."
	OPTOMETRIST AND MAYO CLINIC DR. MURIAL SCHORNACK SUGGESTS HEADING OFF THE PROBLEM WITH EYE LUBRICANT

	DROPS, THE WAY YOU MIGHT SUNSCREEN.
<b>Dr. Schornack</b> <b>Track 5 (1:55)</b>	“IT’S ALWAYS MUCH MORE USEFUL TO PUT SUNSCREEN ON BEFORE YOU GET BURNED. IT’S CERTAINLY MUCH MORE EFFECTIVE TO PUT A FEW DROPS OF OCULAR LUBRICANT IN EACH EYE BEFORE THAT EYE STARTS TO FEEL SCRATCHY OR SANDY.”
	IF YOU’RE PRONE TO DRY EYES, DR. SCHORNACK SAYS A COUPLE OF DROPS BEFORE STARTING A TASK AND THEN A COUPLE MORE IN THE MIDDLE SHOULD HELP KEEP YOUR EYES FEELING GOOD AND ALLOW YOU TO FOCUS ON WHATEVER YOU’RE DOING.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a> . I’M VIVIEN WILLIAMS.
