

Ocular Surface Disease Questionnaire

LANDES EYE ASSOCIATES

Have you ever had:

- Eye redness
- Burning, stinging
- Gritty or sandy sensation
- Foreign body sensation
- Itching of the eyes and/or eyelids
- Excessive tearing with tears that don't lubricate
- Mucous discharge
- Difficulty opening your eyes in the morning
- Crusting, matting in the eyelashes
- Painful blinking
- Looking down makes eyes feel worse
- Recurrent bleeding in the white part of your eye
- Little to no improvement with artificial tears
- Eyes feel as bad in the morning as later in the day
- Looking up makes eyes feel worse
- Eyes feel worse at the end of the day
- Must close eyes to rest them
- Eyelid redness
- Blepharitis – red, itchy, swollen eyelids
- Styes
- Glare/halos
- Sensitivity to light
- Sensitivity to wind
- Discomfort in contact lenses
- Fluctuating vision
- Eye strain or fatigue, especially with prolonged reading, computer, or tv use
- Vision that gets worse the longer you read, work on the computer, or watch tv
- Eye surgery
- Eyelid surgery
- Permanent eyeliner
- Lash extensions, false lashes, lash perming or tinting
- Eyelash serums or enhancers

Do you have:

- Arthritis, bone/joint aches
- Rheumatoid arthritis
- Scleroderma
- Granulomatosis with Polyangiitis/Wegener's
- Lupus
- Other connective tissue disease
- Autoimmune disease
- Fibromyalgia
- Fatigue
- Dry mouth
- Sjogren's Syndrome
- Androgen deficiency

- Stem cell transplant
- Diabetes
- Facial redness
- Rosacea
- Thyroid disorder
- Environmental/seasonal allergies
- Sarcoidosis
- Acne
- Snoring
- Obstructive sleep apnea

Do you take:

- Artificial tears – Brand: _____
- How many times a day? _____
- Do they provide any relief, even if only temporary?
 Yes No
- Redness reducing eye drops
- Estrogen replacement
- Antiandrogen medication
- Allergy medication
- Antihistamine
- Antidepressant
- Antianxiety
- Accutane (isotretinoin)
- Blood pressure medication – betablockers, diuretics
- Medication for heart arrhythmia
- Medication for Parkinson's
- Antipsychotic
- Medication for overactive bladder, Antispasmodic
- Decongestant
- Muscle relaxant
- Medication for vertigo or motion sickness
- Chronic pain medication
- Retinoids or Retinol in anti-aging facial or undereye cream
- Botox injection
- Oral contraceptive

Do you:

- Wear contact lenses
- Smoke
- Sleep with a ceiling fan on
- Have direct exposure to dry air from vents – home, work, or car
- Wear a CPAP
- Drink less than 6-8 glasses (48-64 oz) of water a day
- Drink more than 2 cups of coffee a day
- Heavy reading or computer use
- Go to bed without removing your eye make-up