

# JENSON & LEDINGHAM OCULAR SURFACE DISEASE QUESTIONNAIRE



Circle the appropriate number which best describes your symptoms  
Add score for each table then refer to Dry Eye Score (below) for level and advice.

0 = Never                      1 = Sometimes                      2 = Often                      3 = Constant

Painful or Sore Eyes	0	1	2	3
Sensitivity to Light	0	1	2	3
Gritty/Dry Eyes	0	1	2	3
Blurry/Poor Vision	0	1	2	3
Watery Eyes	0	1	2	3

Total =

Table Total =

Have your symptoms limited any of the following?

Night Driving	0	1	2	3
Using Digital Devices	0	1	2	3
Watching TV	0	1	2	3
Reading	0	1	2	3

Total =

Table Total =

Have your eyes felt uncomfortable in any of the following situations?

Air Conditioned Rooms	0	1	2	3
Windy Conditions	0	1	2	3
Low Humidity	0	1	2	3

Total =

Table Total =

## Dry Eye Score

**Totals**

**0 to 12    Mild Dry Eye**

Mild Dry Eye may just seem like a passing nuisance. However, if left untreated it could be an early warning sign. Keep eyes lubricated especially if you wear contact lenses.

**12 to 24    Moderate Dry Eye**

Moderate Dry Eye can become painful and may develop into severe symptoms if not treated. Consider using lid wipes along with a lubricating eye drop. Up your intake of Omega 3. Reduce contact lens wear and seek help if symptoms increase.

**24 to 36    Severe Dry Eye**

Severe Dry Eye can have a detrimental effect on your eyesight as well as your ability to concentrate. Your glands may not be producing enough tears to combat the symptoms. This may lead to problems with the eyelashes (Blepharitis).

**There is no need to suffer in silence call us on 01224 643557 for your FREE consultation and find out how we can help.**