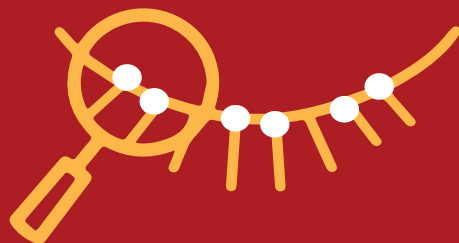


ASK YOUR EYE DOCTOR:

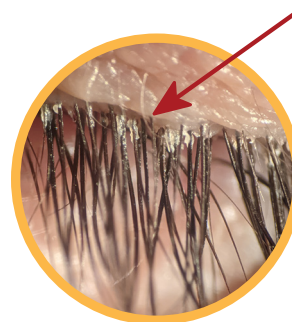
“Can you check my eyelids?”



### Step 1: Learn about DB

*Demodex* blepharitis is a common eyelid disease caused by *Demodex* mite infestations on and around the eyelids.<sup>1</sup>

If you notice crusty flakes (known as ‘collarettes’) building up around your eyelids, it could be DB. **Only an eye doctor can confirm the presence of collarettes.**



#### Collarettes

Waste buildup that *Demodex* mites leave behind around the base of the eyelashes can also cause inflammation and swelling.









### Step 2: Recognize the signs and symptoms

#### Quick Tip

Look for these symptoms on and around the eyelids.

Which symptoms are you experiencing?

*Check all that apply.*

- |   |                                      |                          |
|---|--------------------------------------|--------------------------|
|  | Crusty flake buildup (collarettes)   | <input type="checkbox"/> |
|  | Redness                              | <input type="checkbox"/> |
|  | Itching along the base of the eyelid | <input type="checkbox"/> |
|  | Inflammation and eyelid swelling     | <input type="checkbox"/> |
|  | Dryness                              | <input type="checkbox"/> |
|  | Misdirected or missing eyelashes     | <input type="checkbox"/> |



## Step 3: Advocate for your eyelid health

1	Share any personal or family history of eye conditions, including allergies.	<i>Example</i> “My family has a history of dry eye disease.”
2	Describe your symptoms in detail, emphasizing their duration and frequency.	<i>Example</i> “I’ve been experiencing symptoms for two years. Every day I have crusty flake buildup and dry eyes.”
3	Discuss any treatments you’ve used or are using, including any over-the-counter or prescription remedies.	<i>Example</i> “I’ve tried baby shampoo, tea tree oil, and other over-the-counter remedies.”

Don't freak out. Get checked out!



Continue learning about DB and stay empowered!

Follow us on Facebook and Instagram and join the **WE vs DB** community today.



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**Reference:** <sup>1</sup> Fromstein S, Harthan J, Patel J, et al. Demodex blepharitis: clinical perspectives. *Clinical Optometry*. 2018;10:57–63.