

# Top 10 Books For A Good Cry

by Jacquelyn Mitchard,  
best-selling author of  
"The Deep End of the Ocean"

(NAPSA)—Like most people, I love a good cry when I read a terrific book. Unfortunately for the approximately 20 million Americans who suffer from dry eye, everyday pleasures such as reading may become difficult. I can relate, as I started to experience blurred vision, irritation and itchy, dry eyes 10 years ago when writing at the computer and reading bedtime stories to my children. Although not life threatening, as an author, mother of seven and avid reader, these activities are vital not only to my professional life but to my personal life as well.

I'm not alone, as a national survey mimics what I found—difficulty with activities such as reading and using a computer can occur when you experience dry eye symptoms. Despite this, 75 percent of women reported that they had not visited an eye doctor to seek relief because they felt they just had to live with their symptoms. These women sounded just like me.

When I finally talked to my eye doctor about my dry eye symptoms, he let me know that, if left untreated, dry eye can progress and may lead to more serious vision problems. I was diagnosed with chronic dry eye due to inflammation and prescribed RESTASIS®



(cyclosporine ophthalmic emulsion) 0.05 percent, which my eye doctor said is approved to increase tear production that may be suppressed by inflammation due to chronic dry eye.

It took me too long to talk to an eye doctor, to be diagnosed with a certain type of chronic dry eye and to find an effective treatment. I want women to know that chronic dry eye is a medical condition that should be taken seriously and discussed with an eye doctor. To support this effort, I've teamed up with the Red Hot Mamas®, the nation's largest menopause-management education organization, and Allergan, Inc., a global health care leader in eye care, to launch the Dry Eye Book Club. As

part of the book club, we asked 325 people across the country experiencing dry eye symptoms to vote on a Top 10 Tear-Jerker Book List to raise awareness of dry eye and the importance of tears.

I invite you to visit DryEyeBookClub.com to join the Dry Eye Book Club, learn about dry eye and different treatment options and follow along as I share my thoughts on a few of the books that made the Top 10 Tear-Jerker Book List. The Web site also includes a full list of the tear-jerkers voted on, a quiz to gauge your dry eye symptoms, questions to help start a conversation with your eye doctor and information about dry eye symptoms, causes, diagnosis, treatment options and long-term effects.

Log on to DryEyeBookClub.com and join me in a good cry!

## Top 10 Tear-Jerker Book List

1. *The Diary of Anne Frank*, Anne Frank (Annelies Marie Frank)
2. *Love Story*, Erich Segal
3. *To Kill A Mockingbird*, Harper Lee
4. *Little Women*, Louisa May Alcott
5. *Gone With the Wind*, Margaret Mitchell
6. *Angela's Ashes*, Frank McCourt
7. *The Grapes of Wrath*, John Steinbeck
8. *Romeo and Juliet*, William Shakespeare
9. *The Color Purple*, Alice Walker
10. *The Deep End of the Ocean*, Jacquelyn Mitchard

## About RESTASIS® (cyclosporine ophthalmic emulsion) 0.05 percent

RESTASIS®, approved by the U.S. Food and Drug Administration in 2002, is currently the only prescription eye drop available believed to treat an underlying cause of chronic dry eye. RESTASIS® helps increase tear production in cases where it may be reduced by inflammation due to chronic dry eye. RESTASIS® ophthalmic emulsion did not increase tear production in patients using topical steroids or tear duct plugs.

### Important Safety Information

RESTASIS® ophthalmic emulsion should not be used by patients with active eye infections and has not been studied in patients with a history of herpes viral infections of the eye. The most common side effect is a temporary burning sensation. Other side effects include eye redness, discharge, watery eyes, eye pain, foreign body sensation, itching, stinging and blurred vision.

For more information about RESTASIS® ophthalmic emulsion, please refer to the full prescribing information or the product Web site at [www.restasis.com](http://www.restasis.com).

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