



Review Your General Patient Questionnaire

If you're not already asking, we recommend updating your pre-office visit questionnaire to include a question like the following:

*Do you have or commonly experience any of the following? Eyestrain, **light sensitivity**, dry or irritated eyes, itchy eyes, **migraine**, or headaches.*

Screening Criteria

1. Do you ever find yourself sensitive to light or find light bothersome?
 - a. Have you been formally diagnosed with light sensitivity?
 - b. Is the light sensitivity related to a medical condition?
 - c. **If YES**, which condition?
 - i. See migraine related light sensitivity section below.
 - ii. Or, see non-migraine related light sensitivity section below.

Migraine Related Light Sensitivity (photophobia)

Pre-Questionnaire

1. How many days per month do you experience migraine attacks?
2. Do your migraine attacks impact your activities of daily living? (need for a dark room, missed activities or work, unable to look at a computer screen or television for a prolonged period of time)
3. Would you consider light sensitivity to be your most bothersome migraine related symptom?
4. Do you experience light sensitivity between migraine attacks?
5. What do you currently do to help mitigate the impact of light sensitivity?

Optometric Protocol for Migraine Related Light Sensitivity

Acute Treatment	Preventative
<p>If migraine attacks occur only intermittently, Avulux should be applied at the earliest moment the attack begins or immediately upon experiencing a warning sign such as an aura.</p> <p>Avulux should be applied anytime the patient is experiencing light sensitivity.</p>	<p>If the patient experiences 15 or more headache days per month with at least 8 days of migraine symptoms per month, Avulux glasses should be worn continuously.</p> <p>Avulux should be applied prior to any known trigger activities such as screen time.</p> <p>If patient is continuously sensitive to light, Avulux should be worn throughout their day.</p>



Non-Migraine Related Light Sensitivity (Photophobia)

Pre-Questionnaire

1. How long have you experienced light sensitivity?
2. Is the light sensitivity present only intermittently or is it constant?
3. Is the light sensitivity severe enough that it impacts your activities of daily living? (not being able to go outside on sunny days, unable to look at a computer screen or television for a prolonged period of time)
4. Is the light sensitivity present only outdoors? Only indoors? Or both?
5. If present indoors, are you impacted during screen time? (computer, cell phone, or television)
6. What do you currently do to help mitigate the impact of light sensitivity?

Optometric Protocol for Non-Migraine Related Light Sensitivity

Acute Treatment	Preventative
If light sensitivity is only occurring intermittently, and the cause is known, apply Avulux glasses as soon as symptoms arise or immediately before exposure to any trigger.	If patient is continuously sensitive to light, Avulux should be worn throughout their day.