

DRY EYE DISEASE

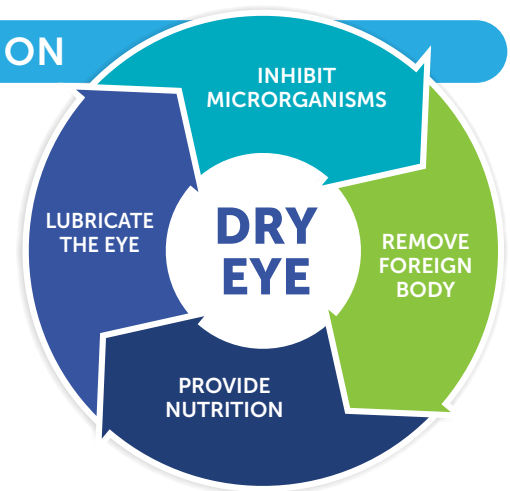
Essential information



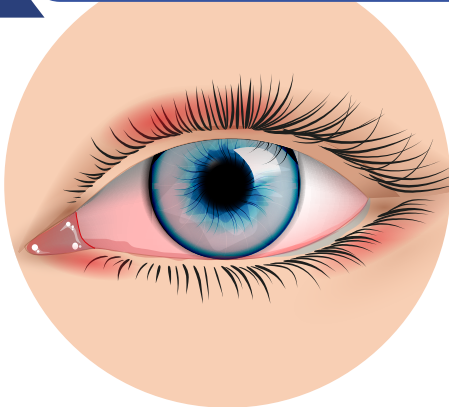
ASSESSMENT OF MEIBOMIAN GLAND FUNCTION

Today DRY EYE SYNDROM – as it was once called, is a real disease, caused by the decrease in the quantity of tears, or change in the quality of tears, or the tears do not manage to establish a stable film on the ocular surface.

The eye cannot be sufficiently moisturized and protected, resulting in ocular surface damage, causing eye discomfort or vision loss. If left untreated, it can even lead to blindness.



MAIN SYMPTOMS OF DRY EYE



Some of the discomfort is caused by direct exposure of the cornea to the air, due to a loss of protection by the tear film or a rapid tear film breakup, including but not limited to:

- Redness
- Itching
- Burning
- Visual fatigue
- Foreign body feeling
- Transient blurred vision
- Dryness
- Excessive tearing
- Stinging

CAUSE



CERTAIN HEALTH CONDITIONS, SUCH AS DIABETES, ARTHRITIS, LUPUS AND SJOGREN'S SYNDROME



ALLERGY DRUGS, DIURETICS, BETABLOCKERS, BIRTH CONTROL PILLS, OR OTHER DRUGS



HEAVY READING OR DIGITAL DEVICE USE



DIETS POOR IN ESSENTIAL FATTY ACIDS OR ANTI-INFLAMMATORY FOODS



LIVING / WORKING IN DRY ENVIRONMENT



PROLONGED CONTACT LENS WEAR

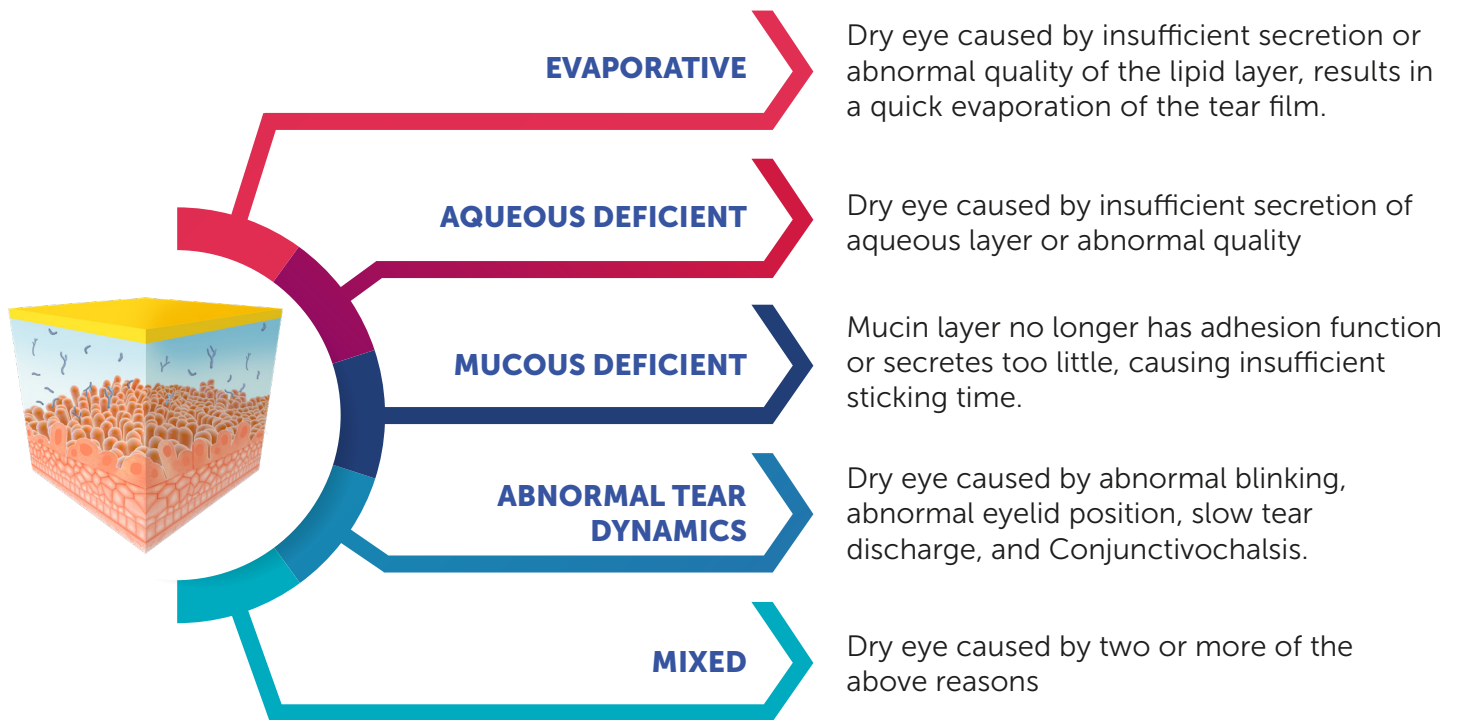


LASIK SURGERY

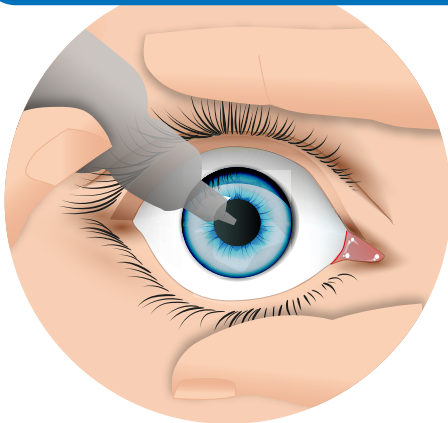


DEFICIENCY OF TEAR-PRODUCING GLANDS

DRY EYE CLASSIFICATION



DRY EYE TREATMENT



Through comprehensive examination, diagnose the cause and treat accordingly.

Evaporative dry eye can be massaged and fumigated depending on the course of treatment needed.

Aqueous deficient dry eye can be treated with artificial tears without preservatives and punctual plugs insertion.

KEY POINT OF DRY EYE PREVENTION

First of all, patients should fully realize that dry eye treatment is a long-term process, especially for organic diseases such as the absence of meibomian glands. Short-term treatment can bring relieve of the symptoms, but it is not a cure.

Secondly, dry eye treatment cannot rely solely on hospitals. Patients need to cooperate actively to treat the symptoms, adhere to standardized treatments, review regularly and understand the progress of the treatment reducing the psychological burden.

Finally, change your lifestyle and reduce the causes of dry eye, such as: reducing the use of computers and mobile phones, reducing the use of air conditioners and hair dryers, adhere to eye hygiene...

