

Advice And Treatment For Dry Eye

Environment: Your tears are affected by the environment, in which you live, so you can make changes which can have a very positive impact on your tears and therefore your dry eye.

For example:

1. Avoiding prolonged periods in front of the TV and/or computer
2. Adjusting the brightness of your TV and/or computer wearing specialized eyewear or wear sunglasses on bright and windy days
3. Cleaning your eyelids daily – in the same way you brush your teeth daily
4. Making sure your contact lenses are comfortable while you are wearing them (ie well lubricated)
5. Keeping your eyes well protected from smoke or smoky environments

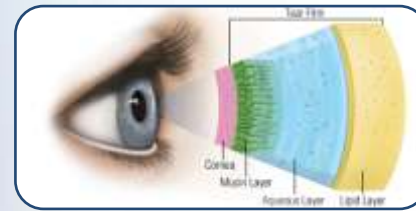
Lubricants

Lubricating eye drops, gels and ointments are the mainstay of treatment for dry eyes. Depending on the type and severity of your condition, an ophthalmologist may suggest for treatment of your dry eye syndrome.

Dry Eye Syndrome

The normal tear fluid that lubricates the eyes is made up of three layers – an oily (lipid) layer, a watery (aqueous) layer, and a sticky (mucous) layer – and these normal tears are what prevent our eyes from feeling dry

Dry Eye Syndrome



Dry eye syndrome is a multifactorial disease of the tears and ocular surface that results in symptoms of discomfort,

visual disturbance, and tear film instability with potential damage to the ocular surface. Dry eye syndrome is a common condition, having an increasing prevalence with increasing age. It is about 50% more common in women than in men.

Symptoms

People with dry eye may get some or all of the following symptoms.

1. Heavy, tired feeling of the eyes
2. Difficulty reading or working on the computer
3. Blurriness of vision
4. Excessive watering of the eyes (when they are very dry a reflex reaction in the brain causes more tear production)

5. Discomfort when wearing contact lenses
6. Stinging or burning of the eyes
7. A sandy or gritty feeling, as if something is in the eye
8. Pain and redness of the eyes

Causes

Dry eye can be caused by any of the following:



Dry eye disease can have a significant impact on your quality of life, affecting daily activities such as driving or reading

Management of DRY EYE

