

DRY EYE DISEASE: A Closer Look

What is Dry Eye Disease (DED)?

DED

is an often **chronic**¹ condition that may be progressive.²



10%

Traditionally, DED was thought to be solely due to a deficit in tear production. However, research suggests that only 10% of DED may be due purely to a deficit in aqueous tear production.³



When the ocular surface is exposed to environmental stress or is damaged (due to illness or surgery), it activates an inflammatory response that can result in the common symptoms of DED.

The Changing Face of DED



Approximately 30 million U.S. adults have reported symptoms consistent with DED and that number is expected to increase.^{4,5}



Historically, DED has primarily affected women 50 years of age or older,⁶ but there is no longer a “typical” DED patient.



People of various ages live in a multi-screen world. Computer or digital screen use may cause less blinking, which may contribute to symptoms of DED.⁷

What are the Risk Factors for DED?



Hormonal changes, such as during menopause⁸



Certain diseases such as Sjögren's syndrome¹



Certain drugs or medications⁹



Diets deficient in Omega-3¹⁰



Contact lens wear¹¹



Prolonged computer or digital screen use¹¹



PRK or LASIK surgery¹²



Office environments (low humidity, vents and fans)¹³



Could I Have DED?

DED most commonly appears as eye dryness and overall eye discomfort,¹ but patients may also feel:



Stinging



Grittiness



Burning



Occasional blurred vision¹⁴

The only way to know if you have DED is to ask your eye doctor for a comprehensive exam. This may include:



Corneal Staining Test (special eye drops allow evaluation of the surface of the eye)¹⁵

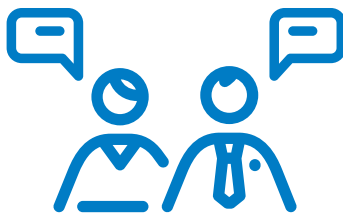


Tear Analyses^{16,17}



Validated Symptom Questionnaire

Talk to Your Eye Doctor



It's important to talk to your eye doctor because the inflammation associated with DED can be progressive² in some patients.

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