

# Chronic Dry Eye

## What's Up with My Eyes?



### QUICK FACTS

- Signs and symptoms include, but are not limited to:
  - A burning, itchy, stinging or gritty feeling in the eyes
  - Episodes of blurred vision
  - Eye redness
  - Watery eyes<sup>1,2</sup>
- Your eyes may become stressed for many reasons, including your age, if you're a woman, changes in hormones and certain autoimmune disorders, such as Sjögren's.<sup>1,3</sup>
- Spending time on your computer or in front of other screens may cause you to blink less often, which can contribute to Dry Eye.<sup>1,3,4</sup>

### WHAT IS CHRONIC DRY EYE?

The eyes' surface plays an important role in maintaining appropriate tear flow. In healthy eyes, irritation triggers a reflex response that causes the production of tears to help soothe the eyes' surface. With Chronic Dry Eye (CDE), inflammation and irritation in the eye disrupt this normal reflex. With CDE, also called Dry Eye Syndrome or Dry Eye Disease, the eyes are not making the right quantity or quality of tears.<sup>3</sup> It's often chronic and may get worse over time.<sup>1,5,6,7</sup>

### HOW COMMON IS DRY EYE?

In the U.S., nearly 30 million adults experience symptoms consistent with Dry Eye; 16 million adults are diagnosed with Dry Eye disease.<sup>3,8,9,10,11</sup>

### WHAT ARE DRY EYE SIGNS AND SYMPTOMS?

Dry eye signs and symptoms include a burning, itchy, stinging or gritty feeling in the eyes, episodes of blurred vision, eye redness and watery eyes.<sup>1,2</sup> Dry Eye can interrupt activities including reading, watching TV, working on a computer or driving a car.<sup>1,3</sup>

### WHAT ARE SOME RISK FACTORS FOR DRY EYE?

There are many possible risk factors for Dry Eye, including wearing contact lenses and certain medications.<sup>3,5</sup> In addition, Dry Eye is strongly associated with being older, postmenopausal, and being exposed to environmental conditions such as wind, dry air, and tasks that may result in long periods without blinking such as computer work or driving.<sup>1,3,4</sup>

### GENERALLY, HOW DO PEOPLE TREAT THEIR DRY EYE SYMPTOMS?

Over-the-counter eye drops are one of the first things people experiencing Dry Eye symptoms try.<sup>3</sup> People who use artificial tears frequently should talk to their doctor or eye care professional.<sup>3,12</sup>

### ARE ANY GROUPS AT AN ELEVATED RISK?

Dry Eye is nearly twice as common in women (7.8 percent) than in men (4.3 percent).<sup>3</sup> Your eyes may become stressed for many reasons, including your age, if you're a woman, changes in hormones, and autoimmune diseases such as Sjögren's.<sup>1,3</sup>

If you often experience symptoms including watery eyes, stinging, burning, irritation, itchiness, grittiness, redness, occasional blurry vision or feeling like you have something in your eye, you might be one of the nearly 30 million American adults who have symptoms consistent with Dry Eye. Find out more at [www.myevelove.com](http://www.myevelove.com).

<sup>1</sup>American Academy of Ophthalmology. Dry eye syndrome preferred practice pattern—2013. <http://www.aao.org/preferred-practice-pattern/dry-eye-syndrome-ppp--2013>. Accessed August 12, 2015.

<sup>2</sup>National Eye Institute. Facts about dry eye. <https://www.nei.nih.gov/health/dryeye/dryeye>. Accessed January 11, 2016.

<sup>3</sup>DEWS Research Subcommittee. Research in dry eye: report of the Research Subcommittee of the International Dry Eye Workshop (2007). *Ocul Surf*. 2007;5(2):179-193.

<sup>4</sup>Blehm C, Vishnu S, Khattak A, Mitra S, Yee RW. Computer vision syndrome: a review. *Surv Ophthalmol*. 2005;50(3):253-262.

<sup>5</sup>Stern ME, Schaumburg CS, Pflugfelder SC. Dry eye as a mucosal autoimmune disease. *Int Rev Immunol*. 2013;32(1):19-41.

<sup>6</sup>Stern, M. (2004). The role of the lacrimal functional unit in the pathophysiology of dry eye. *Experimental Eye Research*, 78, 409-416.

<sup>7</sup>Lienert JP, Tarko L, Uchino M, Christen WG, Schaumburg DA. Long-term natural history of dry eye disease from the patient's perspective. *Ophthalmology*. 2016 Feb;123(2):425-33.

<sup>8</sup>Paulsen AJ, Cruickshanks KJ, Fischer ME, et al. Dry eye in the Beaver Dam Offspring Study: prevalence, risk factors, and health-related quality of life. *Am J Ophthalmol*. 2014;157(4):799-806.

<sup>9</sup>US Census Data. Annual Estimates of the Resident Population for Selected Age Groups by Sex for the United States, States, Counties, and Puerto Rico Commonwealth and Municipios: April 1, 2010 to July 1, 2014. 2014 population estimates. <http://factfinder.census.gov/bkmk/table/1.0/en/PEP/2014/PEPAGESEX>. Accessed January 6, 2016.

<sup>10</sup>Schaumburg DA, Dana R, Buring JE, Sullivan DA. Prevalence of Dry Eye Disease Among US Men. *Arch Ophthalmol* 2009; 127(6):763-768.

<sup>11</sup>Kantar Health. National Health and Wellness Survey: The Global Health and Wellness Report – 2014. <http://www.kantarhealth.com/docs/ebooks/global-health-and-wellness-report.pdf>. Accessed May 23, 2016.

<sup>12</sup>Stern ME, Pflugfelder SC. Dry eye: an immune-based inflammation. In: Dartt DA, Bex P, D'Amore P, Dana R, McLoon LK, Niederkorn JY, eds. *Ocular Periphery and Disorders*. San Diego, CA: Academic Press; 2010:381-389.