

DRY EYE DISEASE FACT SHEET



What is dry eye disease?¹

Dry eye disease is a chronic, multifactorial disease of the ocular surface characterized by a loss of homeostasis of the tear film.

SYMPTOMS²

- ▶ A burning, stinging, or feeling of pressure in the eyes
- ▶ A scratchy sensation (foreign body sensation)
- ▶ Pain
- ▶ Intermittent blurry vision
- ▶ Eye Fatigue

NOTE: If you are experiencing symptoms of dry eye, please consult an eyecare professional.



PREVALENCE OF THE DISEASE³⁻⁸

- ▶ There are **38 million adults** in the US estimated to **suffer from dry eye disease**, of which **16 million adults are diagnosed**
- ▶ **Women** constitute **7.6 million to 9 million** of this total
 - **Menopause** increases the likelihood of dry eye disease
 - Women who experience **menopause prematurely** are more likely to have **eye surface damage** from dry eye
- ▶ Dry eye disease **ranks high among the annual incidences of ocular disorders** in the US adult population

CAUSES²

What are some of the causes of dry eye disease?

- ▶ Age (prevalent in >50 years)
- ▶ Gender (common amongst women and during menopause or hormonal changes)
- ▶ Some medical conditions such as Sjogren's syndrome, rheumatoid arthritis, thyroid disorders, and vitamin A deficiency
- ▶ Reduced blinking due to computer or video screen usage
- ▶ Some medications, such as antihistamines, nasal decongestants, blood pressure medications, Parkinson's disease medications, birth control pills and antidepressants, may lead to dry eye disease
- ▶ Skin disease around or on the eyelids
- ▶ Meibomian gland dysfunction
- ▶ Allergies



THE IMPORTANCE OF TEAR FILM¹²

The tear film plays an important role in protecting the ocular surface and maintaining clear vision. When the tear film is disrupted, it can lead to the vicious cycle of dry eye disease.

Tear Film Instability¹²

Accelerated tear film evaporation and/or low lacrimal fluid >> loss of tear film homeostasis (tear film instability) >> cycle of dry eye disease

Natural Tear Film^{2,13-18}

Natural tears contain a complex mixture of lipids, proteins, mucins, and electrolytes



- ▶ Over 1500 proteins
- ▶ 5+ lipid classes
- ▶ 20+ mucins
- ▶ Contains growth factors and has antimicrobial properties
- ▶ The composition of tear film is dynamic and in a constant state of flux.
- ▶ Responds to environmental conditions
- ▶ Contributes to tear film homeostasis

Evaluation of Tear Film^{13,19}

Schirmer's test score is one of the ways to evaluate the tear film.

The test is performed by placing a narrow paper strip in the inferior cul-de-sac of the eye for 5 minutes, then measured by the length (mm) that the strip wets and may be performed with or without the use of topical anesthesia.

The American Academy of Ophthalmology® (AAO) reported that Schirmer's scores ≤10 mm with anesthesia are considered abnormal.

TO LEARN MORE ABOUT DRY EYE DISEASE, PLEASE VISIT:
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