



Dry Eye Syndrome: Signs, Symptoms, Diagnosis and Treatment

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DESCRIPTION

Dry eye syndrome symptoms include frequently worn-out eyes, redness, and itching. Vision fuzziness could also happen. The symptoms might be moderate and sporadic or severe. Severe conditions may result in corneal scarring. The majority of adults over 65 suffering with dry eye problems.

EARLY SIGNS

These are the following symptoms of dry eye

- The feeling of stinging, burning, or itchiness in the eyes
- There is a stringy mucous formation takes place in or around eye
- Light sensitivity.
- Reddened eye.
- Feeling like something is in eyes.
- Using contact lenses is challenging.
- Driving at night can be difficult.
- Tiredness of Eyes.

Visit a doctor

If eyes have been red, inflamed, fatigued, or uncomfortable for an extended period of time, consult healthcare professional. To find out what is the cause of irritating eyes, consultant doctor may take action or suggest a specialist related to these symptoms.

CAUSES

- Gender: Hormonal changes brought on by menopause, oral contraceptive use, and pregnancy, women are more likely than males to have dry eyes.
- Medications: Tear production may be decreased by a number of drugs, such as antihistamines, decongestants, blood pressure regulating medications, and antidepressants.
- Medical problems: Dry eye symptoms are more common in those with rheumatoid arthritis, diabetes, and thyroid issues. Dry eyes can also result from issues with eyelid inflammation

(blepharitis), inflammation of the eye's surface, or the inward or outward turning of the eyelids.

- Environmental factors: Dry eye problems can be enhanced by climatic change and more exposure to the smoke of cigarette and low humidity. Prolonged digital computer staring and blinking irregularly can cause the eyes to dry up.
- Other aspects: Dry eyes can be caused by using contact lens for an extended period of time. Dry eyes can be made worse by refractive eye procedures like LASIK that reduce tear production.

DIAGNOSIS

To identify the source of dry eyes, consultant doctor may do the following tests and procedures:

- An extensive eye examination: Eye care professional can assist the patient in determining the reason of dry eyes by performing an eye exam that includes a thorough history of the eye condition of patient.
- Tear osmolality testing: This kind of test analyses the amount of water and particles in tears. There won't be as much water in the eyes if the patient has dry eye illness. Tear samples are examined for the presence of enhanced matrix metalloproteinase-9 or decreased Lactoferrin, two indicators of dry eye illness.
- Measurement of the amount of tears: Using the Schimer tear test, eye care professional may assess the tear production. In this examination, paper blotting strips are arranged beneath the patient's lower eyelids. Ophthalmologist evaluates how much of the strip has been saturated by the tears after the span of 5 minutes. The phenol red thread test is another method for estimating tear volume. In this experiment, a thread containing a pH-sensitive dye (tears change colour).
- Treatment: One of the most popular treatments for dry eye syndrome is eye drops that improve eye moisture.
- Lacrimal plugs: The drainage pores in the corners of the eyes may be closed off by eye specialist using plugs. This is curable and it is painless procedure. If the patient has severe problem the plugs can be suggested as a long period of time.

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MEDICATIONS

- Cyclosporine is the treatment for dry eye condition that is most frequently recommended (Restacks). Patient might need to use corticosteroid eye drops for a while in case of dry eye is severe. If the severity of syndrome is more, that patient is suggested with surgery.
- Use a humidifier to add moisture to living room if patient have a tendency toward dry eyes, and stay away from dry

environments. Decrease the period of time spending on the usage of computer or watching TV.

- Regular use of over-the-counter eye drops, generally known as "drops," is sufficient for the majority of people who experience infrequent or minor symptoms of dry eyes.