DRY EYE SYNDROME

Causes and Treatment of Dysfunctional Tear Syndrome

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Eye dryness is a modern day plague, affecting both vision and appearance. Read on to learn about the causes and the lifestyle changes and medical treatments that help.

Dysfunctional Tear Syndrome

Dry eye, which is also known as dysfunctional tear syndrome, is a common complaint in people with autoimmune disorders. Dry eyes are a common symptom in a number of autoimmune disorders including Sjogren’s syndrome, thyroid eye disease, ocular myasthenia gravis, lupus disorders, Cogan’s syndrome, rheumatoid arthritis, Reiter’s disease, vasculitis, ocular pemphigoid disorders, and uveitis.

A modern day plague, eye dryness can also be caused by: excessive time spent at the computer, watching television, low humidity, LASIK surgery, inadequate sleep, dehydration, and it can occur as a consequence of many drugs, including antihistamines, caffeine, alcohol, and estrogens. In addition, eye dryness can occur in a number of conditions as diverse as hepatitis C and rosacea. Certain eye drops containing substances such as polyquad, sodium perborate, sodium silver chloride, sorbic acid, chlorobutanol, and benzalkonium chloride that are designed to reduce redness and provide moisture can also contribute to eye dryness. A better option is single-use preservative free artificial tears such as Thera-Tears.

Symptoms of Dry Eye

Dry eye can cause eye pain, irritation, redness, visual disturbances, foreign body sensation, blurred vision, light sensitivity and grittiness. In conditions of dry eye, the eyes can also feel tired with sensations of stinging and burning. People who wear contact lenses may have trouble wearing their lenses for extended periods.

Consequences of Dry Eye

Dry eye is caused by an increased rate of evaporation of the tear film or a decreased rate of production of the tear film. Over time, dry eye can lead to vision problems, causing sufferers to need stronger lens prescriptions every two years. In addition, dry eye can contribute to eye redness and tearing as well as wrinkles.

Diagnosis and Treatment of Dry Eye

In his recently released book, The Dry Eye Remedy, Doctor Robert Latkany, founder and director of the Dry Eye Clinic at the New York Eye and Ear Infirmary and also the Dry
Eye Center of New York, describes a home test for diagnosing eye dryness, and he describes the medical tests and exams that are used to diagnose eye dryness and measure tear film production. These tests also help to assess disease severity.

In addition, Doctor Latkany explains the importance of treating dry eye before symptoms progress. In addition to describing medical options, he explains the importance of lifestyle changes such as drinking adequate amounts of water, blinking sufficiently, and adding a humidifier, and he explains how nutritional supplements, including omega-3 oils and vitamin A, are important for eye health.

In his book, Doctor Latkany also describes an innovative Home Eye Spa program with a soothing eye-cleansing massage that improves eye circulation and helps restore eye moisture and goggles known as Tranquileyes that helps provide moisture during sleep. For readers with severe conditions of eye dryness, Doctor Latkany describes the use of punctual plugs and other means of boosting tear film production. Sections on homeopathic preparations and a description of the drugs that contribute to eye dryness and the drugs that improve symptoms make this book a valuable addition for anyone who is at risk for or has symptoms of dry eye syndrome.

**Resource:**


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