

His Vision Eye Care
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Dry Eye Syndrome

This condition affects millions, causing itching, burning, watering and red irritated eyes. The symptoms are rising due to increased computer and phone screen time in all age groups. Many treatment options can help if you suffer from this condition.

Dry eye syndrome can be brought on by many factors: aging, geographical location, lid hygiene, contact lens wear, medications and dehydration. The lacrimal gland in the eye that produces tears in a person over forty years old starts slowly losing function. Females with hormonal changes have higher incidences of DES (dry eye syndrome). Dry, arid climates or areas of extreme allergies lend to higher incidences of DES as well.

A condition of the eyelids, called blepharitis, can cause a dandruff like situation for the eye exacerbating a dry eye condition. Contact lenses can add to DES. Certain medications such as antihistamines, cholesterol and blood pressure medicines, hormonal and birth control medications and others may cause symptoms of a dry eye.

Finally, overall dehydration can cause DES. Some studies show we need $\frac{1}{2}$ our body weight in ounces of water per day. For example, if you weigh 150 pounds, you need approximately 75 ounces of water per day to be fully hydrated.

The main treatment is a tear supplement that comes in the form of topical ophthalmic artificial tears. Ophthalmic gels used at night, as well as humidifiers, can add to moisturizing your eyes.