

DRY EYE

WHAT ARE THE SYMPTOMS?

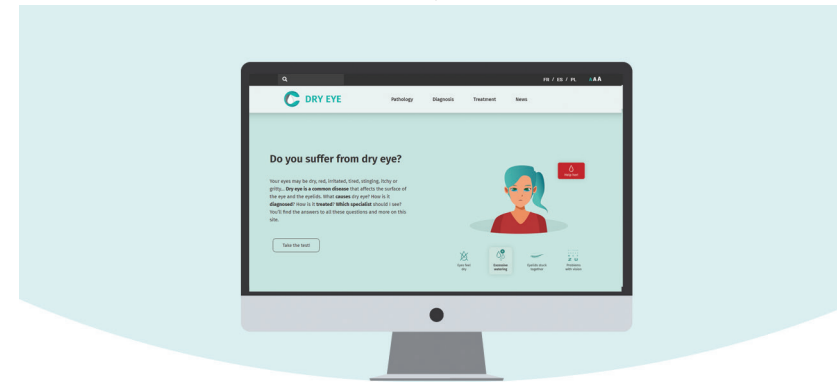
- Dryness, eyestrain, **stinging, itching, irritation, burning, gritty sensation**
- **Sensitivity to light, wind or cigarette smoke**
- **Difficulties opening eyes in the morning** (eyelids stuck together) and wearing contact lenses
- **No tears** when cutting onions or feeling emotional
- **Excessing tearing**

But you may not have any symptoms.

WHAT ARE THE CAUSES?

Dry eye can affect anyone, but it increases with:

- **Hormonal changes**, age
- **Extended screen use**, which leads to insufficient and incomplete blinking
- **Medication use**
- **Cataract** or **LASIK surgery**
- **Environmental conditions** (smoke, pollution, air conditioning etc.)
- Long-term **contact lenses use**
- **Demodex** infections (eyelash parasites) and diseases that cause **inflammation of the eyelids** (blepharitis), such as rosacea, seborrhoeic dermatitis, psoriasis and eye allergies
- **Excessive use of make-up** on the eyelashes and free margin of the eyelids



WANT TO KNOW MORE ABOUT DRY EYE?

www.mydryeyedisease.com

PATHOLOGY
Learn more about the origins of dry eye, **symptoms** and **causes**.

DIAGNOSIS
Dry eye is multifactorial and its diagnosis includes **different tests**. Find out about them.

TREATMENT
Eyelid care, tear substitutes, IPL treatment, find out about the **treatment options** available.

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 BY LUMIBIRD MEDICAL

Ask your doctor for further information

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DRY, RED, IRRITATED EYES, EYESTRAIN, ITCHING, STINGING, GRITTY FEELING...

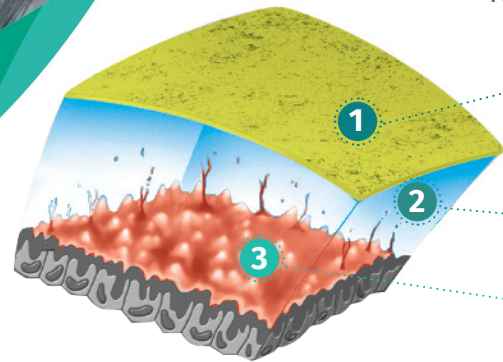
OUR SOLUTIONS TO YOUR **DRY EYE** PROBLEMS

Dry eye
www.mydryeyedisease.com

Ask your doctor for further information

WHAT ARE TEARS?

Tears are composed of three layers, known as the **tear film**:



- 1. The LIPID LAYER (OIL)** limits tear evaporation, lubricates the eye and improves vision
- 2. The AQUEOUS LAYER (WATER)** hydrates and nourishes the cornea
- 3. The MUCIN LAYER (ADHESIVE)** sticks the tears to the cornea

WHAT IS DRY EYE?

A common disease that affects the ocular surface and the eyelids. What are the causes?

- **Abnormal tear evaporation**, due to insufficient lipids (oil)
- **Poor tear production**, due to insufficient water in the tears
- **Unbalanced tear composition**
- **Low frequency, incomplete blinking**

WHAT IS IPL THERAPY?

INTENSE PULSED LIGHT

- 1 TREATMENT**
in less than 10 minutes
- 2 WEEKS**
interval
- 3 SESSIONS**
+ 1 follow-up session

• HOW IT WORKS

Non-invasive and painless, IPL (Intense Pulsed Light) therapy involves applying a series of light pulses to the cheek, which:

- **Stimulates the parasympathetic nerve** that controls the glands
- **Reduces inflammation** of the skin and eyelids

• TREATMENT PROTOCOL

- **Three sessions** spaced out by 7 to 15 days
- **A fourth session** might be necessary
- **One follow-up session** after several months may be recommended
- Sessions are **quick, painless** and **do not require anaesthesia**
- **A mild stinging sensation** and heat may be felt during the session

• EXPECTED RESULTS

- **Improved tear quality and quantity**
- **Symptoms reduction**
- **Reduced inflammation** of the face and eyelids, and fewer **Demodex** (eyelash parasites)
- **A lasting effect** (several months)



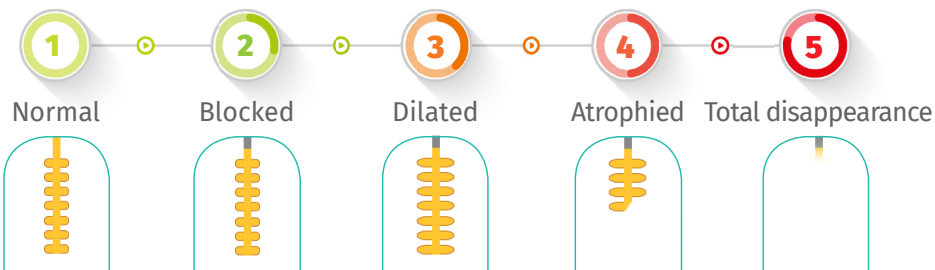
WHAT IS MGD?

MEIBOMIAN GLAND DYSFUNCTION

MGD causes the most common form of dry eye and results in:

- **Reduced lipid (oil) production**
- **Poor quality oil**: the oil thickens and blocks the Meibomian glands, hence it cannot be released
- **Obstruction and atrophy** of the Meibomian glands

• THE MEIBOMIAN GLAND DAMAGE CYCLE



DIAGNOSIS

- **Standard tests** include a questionnaire to assess symptoms, examination of the eyelids using a slit lamp, Schirmer's test and ocular staining
- **New non-contact examinations** are now available to assess tear quality and quantity, along with meibomian gland imaging

TREATMENT

Since **dry eye** is caused by multiple factors, its treatment is complex and can include:

- Hygiene, heating and massaging the eyelids
- Blinking exercises
- Tear substitutes
- Anti-inflammatory treatments
- Punctal plugs
- Intense Pulsed Light (IPL) therapy
- ...

