

# Dry Eye Syndrome

Your guide to dry eye causes,  
symptoms and treatments.



## What is dry eye syndrome?

Dry eye syndrome develops when your eye surface does not have sufficient moisture or lubrication. This moisture – the tear film – is a thick, stable fluid that is required to protect the eye.

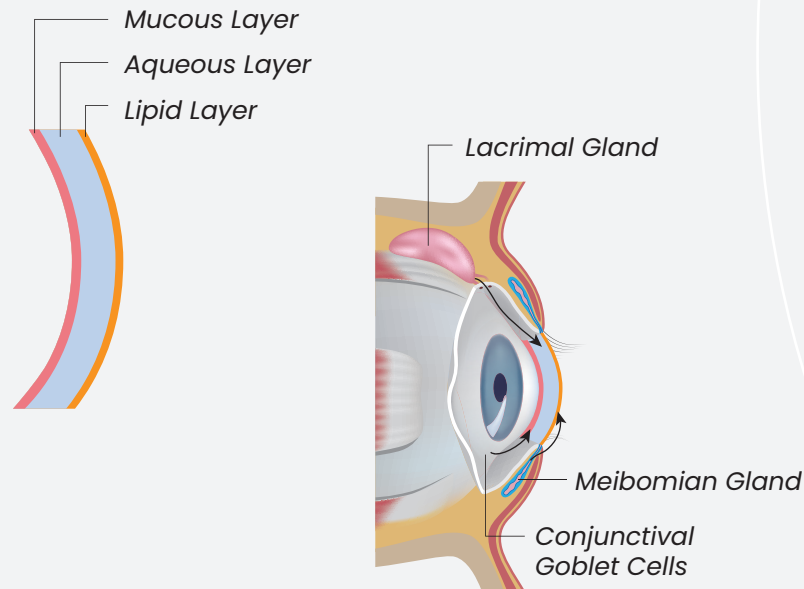
Without enough tear film, your eyes can become dry and inflamed. In severe cases, this ongoing eye damage can lead to scarring and loss of vision.

## What are symptoms of dry eye syndrome?

- Itch
- Aches
- Fatigue

Dry eye syndrome can be uncomfortable. Symptoms include itchy, burning or aching eye, as well as eye fatigue and heaviness, redness and blurred vision.

### Tear Film



## What causes dry eye syndrome?

Dry eye can result from tear glands secreting insufficient fluid, or the existing fluid evaporating too quickly. This can be due to age, hormones, some syndromes, computer use or other environmental factors.

## How we diagnose dry eye syndrome

At The Eye Health Centre, we offer a range of contemporary diagnostic and treatment options depending on your condition.

We will assess your dry eye syndrome using a range of eye tests and clinical signs.

This includes:

- Visual acuity evaluations to test vision
- Ocular surface integrity assessment to check your eye surface health
- Lacrimal secretion (Schirmer test) to assess your eye's moisture production
- Keratograph 5 advanced corneal topography to monitor your tear gland function
- TearLab to assess the tear biochemistry

## How we help treat dry eye syndrome

Our eye health professionals can recommend an appropriate treatment for your dry eye condition, based on your circumstances. Treatment options can include:

### Artificial Tears

This conventional, first-line treatment for mild dry eye cases comes in the form of drops, gel or ointment.

### Medicated eye drops

Steroids or cyclosporine drops are used to treat underlying inflammation and increase tear production.

### Punctal plugs

Small silicone or collagen implants inserted into the tear ducts can reduce drainage and improve symptoms.

### Blephasteam

A medical device that heats the eyelids to unblock meibomian glands, improving the natural oily secretions of the eye.

### BlephEx

A treatment to clean the eye and reduce the cause of inflammatory lid disease in cases of blepharitis.

### Autologous Serum Tears

Eye drops manufactured from the patient's own blood serum and plasma to treat severe dry eye cases requiring ocular surface restoration.

### Intense Pulsed Light (IPL)

Pulsed light that can stimulate the tear glands to increase their natural secretions.



### **Jason Holland** *Clinical Optometrist*

Jason Holland runs the glaucoma and advanced dry eye clinic in Brisbane city. He has lectured on contact lenses and dry eye in Australia and Southeast Asia. Mr Holland was the recipient of the Optometry Australia Queensland Optometrist of the Year in 2018.



### **Phuc Ngo** *Clinical Optometrist*

Phuc Ngo is based in the Booval clinic. He is a credentialled optometrist for Australia's Civil Aviation Safety Authority. He maintains a special interest in the management of complex dry eye disease and contact lens fitting.



### **Andy McCormack** *Clinical Optometrist*

Andy McCormack has worked as a clinical optometrist since 2006. He has a specific interest in ocular pathology and managing dry eye.

## Do you have a question or concern about your eye health?

To discuss your condition with an experienced ophthalmologist or optometrist, please contact The Eye Health Centre.



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