

# DRY EYE SYNDROME

A chronic, multifactorial condition of the tears and ocular surface

resulting in symptoms of discomfort, visual disturbance and tear film instability with potential damage to the ocular surface.



EDGBASTON EYE CLINIC  
DON WILLIAMS OPHTHALMOLOGY (ACP)  
Excellence in Eye Care

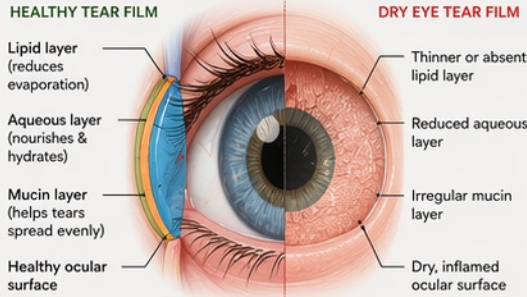
## CAUSES & RISK FACTORS

- Ageing
- Hormonal changes (e.g. menopause)
- Prolonged screen use
- Low blink rate
- Meibomian gland dysfunction (MGD)
- Contact lens wear
- Environmental factors:
  - Air conditioning, heating, wind, smoke
- Systemic medications (e.g. antihistamines, antidepressants, beta blockers, isotretinoin)
- Systemic diseases (e.g. Sjögren's syndrome, rheumatoid arthritis, diabetes)

**i** Often a combination of factors contributes to dry eye.

## WHAT HAPPENS IN DRY EYE?

Dry eye occurs when there is an imbalance in the tear film or increased evaporation.



**i** Tear film instability leads to inflammation and damage to the ocular surface over time.

## COMMON SYMPTOMS

- Dryness, grittiness or scratchiness
- Burning or stinging
- Redness
- Blurred or fluctuating vision
- Eye fatigue, especially with screens
- Excessive watering (reflex tearing)
- Sensitivity to light

**i** Symptoms can vary in severity and may fluctuate throughout the day.

## SIGNS (CLINICAL FINDINGS)

- Reduced tear meniscus
- Rapid tear break-up time (TBUT)
- Corneal & conjunctival staining
- Meibomian gland dysfunction
- Lid margin abnormalities
- Reduced tear production (Schirmer test)
- Inflammation of the ocular surface



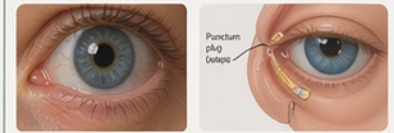
## TREATMENT APPROACH

Management is tailored to the severity and underlying cause.

- LUBRICATION**
  - Regular preservative-free lubricating drops
  - Lubricating ointment at night
  - Gel drops for longer lasting relief
- LID & GLAND CARE**
  - Warm compresses
  - Lid hygiene (e.g. lid scrubs)
  - Treat meibomian gland dysfunction
- REDUCE ENVIRONMENTAL FACTORS**
  - Take breaks from screens (20-20-20 rule)
  - Use a humidifier
  - Avoid direct drafts, smoke and irritants
- ANTI-INFLAMMATORY THERAPY**
  - Cyclosporin A (Ikervis®) 1 mg/mL eye drops
  - Prescription anti-inflammatory drops
  - Helps improve tear production and ocular surface health over time
- ADVANCED / PROCEDURAL OPTIONS**
  - Punctum plugs (see right)
  - Autologous serum tears
  - Short course topical steroids (if appropriate)

## PUNCTUM PLUGS

Small devices inserted into the tear drainage openings (puncta) in the eyelids to reduce tear drainage and help retain natural tears on the eye surface.



Punctum plug in lower lid      Punctum plug (close-up)

**i** Temporary (dissolvable) or long-term (silicone) options available.

## LIFESTYLE & SELF-CARE

- Blink fully and frequently
- Take regular screen breaks
- Stay well hydrated
- Eat an omega-3 rich diet
- Avoid rubbing your eyes



Warm compress

## WHEN TO SEEK HELP

- Persistent symptoms despite using drops
- Redness, pain or discharge
- Sudden change in vision
- Symptoms affecting daily activities



**i** Early diagnosis and appropriate treatment help protect your eyes and quality of life.

## CYCLOSPORIN A (IKERVIS®)

Ikervis® (cyclosporin A 1 mg/mL) eye drops is a proven treatment that:

- Reduces ocular surface inflammation
- Increases natural tear production
- Improves symptoms and signs
- Works best with regular, long-term use

**i** It may take several weeks to notice maximum benefit.

## KEY POINTS



Dry eye is common and treatable.



Identify and address underlying causes.



Regular treatment is important.



Personalised care achieves best results.



Follow-up ensures long-term control.



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www.edgbastoneyeclinic.co.uk



info@edgbastoneyeclinic.co.uk



01217263199

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