

## What is Dry Eye Syndrome?

Dry Eye Syndrome (DES), also known as Ocular Surface Disease (OSD), is the most common eye disorder, affecting about 20% of the population. It is caused when one or all of the components of the tear film are not in balance. Clogged oil glands along both upper and lower lid margins contribute to 86% of ocular surface disease progression (OSD) and dry eye. Poor lacrimal gland function further reduces the production of our “emergency eye wash tears.”. Damage to our goblet cells that reside in the tissue near our beautiful iris can reduce the output of our mucous tears which help to nourish and protect our precious sight. Understanding the complex makeup of our tears is important in devising a proper treatment approach to solving OSD.

At Healey Vision, we have cutting edge diagnostic and treatment technology to assess and manage every level of OSD/ dry eye.

## What are the Symptoms?

The most common symptoms of Dry Eye Syndrome include:

- Redness
- Irritation
- Scratchiness
- Burning
- Watery eyes

Advanced dry eyes may damage the front surface of the eye and impair your vision. Depending on the severity of your symptoms, we have effective treatment solutions for OSD.

## What are the Risk Factors?

Dry eyes can develop for many reasons, including:

- Age (a majority of people 40 and higher experience symptoms of dry eyes)
- Gender (women are more likely to develop dry eyes due to hormonal changes caused by pregnancy, the use of contraceptives and menopause)
- Medications (i.e., antihistamines, decongestants, blood pressure medications and antidepressants can reduce tear production.
- Medical conditions (i.e., rheumatoid arthritis, diabetes and thyroid problems are more likely to have symptoms of dry eyes)
- Environmental conditions (i.e., exposure to screen time, smoke, wind and dry climates can increase tear evaporation and failure to blink regularly can also contribute to drying of the eyes)
- Long-term use of contact lenses
- Refractive eye surgeries, such as LASIK, can decrease tear production

## How is Dry Eye Treated?

We start with a full eye examination and carefully examine the ocular surface with specific diagnostic equipment to determine which areas of the tear film are in distress. Our doctors will then formulate an initial treatment plan which may include:

- Lid margin hygiene to encourage better oil gland production
- Discussion of supplements that may be beneficial
- Possible prescription eye drop medication
- TempSure™ Envi procedures to revitalize the oil glands along the lid margins
- Amniotic membrane technology
- Scleral lenses
- Autologous serum eye drops
- Or a combination of some of these strategies

TempSure *Envi*® radio frequency treats dry eye by stimulating clogged tear glands. The oil producing tear glands reside along the upper and lower eyelids. These glands become blocked over time and lose their ability to produce the rich oil layer of the tear film. When this happens the eyes start to feel dry, irritated, burning and red especially upon waking. Over time these plugged glands can lead to atrophy (death of the glands), lid laxity and ocular surface disease and dry eye. As the condition worsens it can impact the ability to see clearly.



This non-invasive treatment utilizes radio frequency technology to safely and effectively treat dry eyes and dermatochalasis (droopy eyelids) for a smoother, healthier-looking appearance. Best of all, there is no surgery or down time!



## Request an Appointment in Redmond, WA

If you suffer from dry eye or any of its associated symptoms, schedule an appointment at Healey Vision. Call (425) 883-2020 or request an appointment through our website to meet with our doctors and friendly, knowledgeable staff at our vision center in Redmond.