



## Dry eye

Dry eye is a common condition that occurs when your eyes don't produce enough tears or produce poor-quality tears, affecting your vision.

### Symptoms:

- A sensation of having something in the eyes
- Itching
- Redness in the eye
- Stringy mucus near the eye
- Burning sensation in the eyes
- Sensitivity to light
- Blurry vision





## Causes:

There are 2 main reasons for dry eyes:

- Inadequate tears.
- Poor-quality tears: Tears are made up of three layers: oil, water, and mucus. A smooth oil layer (the outer layer of tears) helps prevent quick dryness of tears. The water layer (which makes up the majority of tears) cleanses the eyes and removes strange particles.

## Complications:

People who have dry eyes may experience the following complications:

- **Eye infections.** the tears protect the surface of the eyes from infection. Without adequate amount of tears, the person may have an increased risk of eye infection.
- **Damage to the surface of your eyes.** If left untreated, severe dry eyes may cause eye inflammation, abrasion of the corneal surface, corneal ulcers and vision loss.
- **Decreased quality of life.** Dry eyes can make it difficult to perform everyday activities, such as reading.

## Prevention:

- Keep your eyes clean.
- Take breaks if you are using screens for long hours.





- Use glasses instead of contact lenses.
- Get enough sleep.
- Avoid wind and dust as much as possible.
- Stay hydrated and drink plenty of fluids.

### **Treatment:**

Because dry eyes can be chronic, some medications are used to lessen the severity of symptoms. They include:

- Using artificial tears. These are eye drops with a solution that resembles tears that you can buy without a prescription.
- Conserving tears. Keeping natural tears in the eyes longer can reduce the symptoms of dry eyes. This can be done by blocking the tear ducts through which the tears normally drain. The tear ducts can be blocked with tiny silicone or gel-like plugs that can be removed if needed. Or a surgical procedure can permanently close the tear ducts.

