

ANSWERS: Dry Eye True or False

1. There are 2 different types of dry eye.

TRUE.

- Aqueous tear-deficient dry eye is a disorder in which the ocular surface and surrounding tissues fail to produce an adequate amount of the watery component of tears. This fluid helps maintain a healthy eye surface.
- Evaporative dry eye results from inflammation of the meibomian glands, oil producing structures located in the eyelids. These glands make the lipid or oily part of tears that slows evaporation and keeps the tears stable.

2. People with dry eye may find their eyes water quite a bit.

TRUE. This is because the eye is responding to the irritation of this condition. Other symptoms may include:

- A gritty sensation
- Feeling of a foreign body in the eye
- Pain
- Light sensitivity
- Itching
- Redness
- Blurry or variable vision
- Tearing
- Difficulty working at a computer

3. Men are twice as likely as women to develop dry eye.

FALSE. Nearly 5 million Americans 50 and older are estimated to have dry eye. Of these, more than 3 million are women and more than 1.5 million are men. Elderly people frequently experience dryness of the eyes, but dry eye can occur at any age. Tens of millions more have less severe symptoms. Dry eye is more common after menopause. Women who experience menopause prematurely are more likely to have eye surface damage from dry eye.

4. Excessive work at a computer screen can lead to dry eye.

TRUE. Other causes include:

- Natural aging processes (menopause, hormones)
- Medication effects (antihistamines, diuretics)

- Certain disease processes, particularly autoimmune (lupus, Sjogren's syndrome, rheumatoid arthritis, thyroid disease)
- Structural problems of the lids that cause exposure of the eyes (Bell's palsy)
- Dry air from heating and air conditioning vents

5. Surgery is the only way to combat dry eye.

FALSE. Depending on the causes, there are various approaches to relieve the symptoms of dry eye:

- Artificial tear drops
- Artificial tear ointment at bedtime
- Punctal plugs in the tear ducts to enhance moisturization
- Prescription eye drops, including Restasis
- Using a humidifier to moisturize the air
- If you have evaporative dry eye, there's a new in-office procedure now available called [LipiFlow](#). ECA's [Dr. Barry Lee](#) was the first in Georgia to offer this new treatment. To learn more, [click here](#).

If you are bothered by dry eye, talk with your ophthalmologist for ways to find relief.

[request an appointment](#)