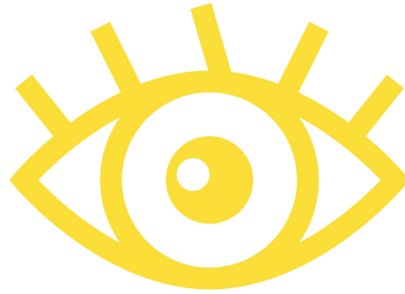


January 2022



EYECARE EXPERTS



FACE MASK MAY WORSEN DRY EYE

During pandemic face mask has become a part of our daily living and use of masks is strongly advised, however, an observational, descriptive, cross-sectional study analyzed the results of a survey that received a total of 3,605 responses and found face masks causing more dry eye related symptoms that can be easily treated with minor lifestyle changes and intervention *

EXCESSIVE SCREEN TIME CAUSES DRY EYE

A few decades ago, who would have thought that computers will change our lives so much. Technology has no doubt made our lives easier and efficient, however, we must not neglects the side effects it has to our general health. Studies have shown increased myopia (nearsightedness) and dry eye disease in children with high computer use. In adults, dry eye has been reported to have worsen with increased screen time as well.

*Boccardo L. Self-reported symptoms of mask-associated dry eye: a survey study of 3,605 people. Contact Lens Ant Eye. January 20, 2021. [Epub ahead of print].



THYROID DISEASE ASSOCIATED WITH DRY EYE

A new study has revealed that patients with Thyroid eye disease are more prone to get dry eye disease, both during the active and the passive phases. Thyroid can cause Meibomian glands (tear producing glands) to deteriorate over time. A full study to detect the role of Thyroid antibodies in dry eye disease is ongoing.

Brahmbhatt P, Brahmbhatt S, Adams W. Lipid layer thickness, blink parameters and meiboscore in patients with dry eye disease: a retrospective cohort study. ARVO 2021 annual conference.

DRY EYE & SCREEN TIME

Researchers recently investigated the link between devices and dry eye further, in a study of 172 children (age 6-17). They found that children's excessive electronic screen use is associated with severe meibomian gland (tear producing glands) atrophy, with 86% of such patients reporting four hours or more of daily electronic screen use and 50% reporting over eight hours. Electronic screen use was positively associated with increased (or worse) meibography scores.**

**BCremers SL, Khan A, Ahn J, et al. New Indicator of Children's Excessive Electronic Screen Use and Factors in Meibomian Gland Atrophy. American Journal of Ophthalmology 2021. Epub ahead of print.



ACNE AFFECTS MEIBOMIAN GLANDS

A recent study concluded that Meibomian gland loss in the upper eyelid of patients with acne vulgaris was about 19% and Meibomian gland loss in the lower eyelid of the individuals with acne was at approximately 16%, making most teenagers susceptible to Dry eye disease. Treating it early can help with both scarring of skin and dry eyes.***

Muhafiz E, Öztürk M, Erten M. Ocular surface characteristics in acne vulgaris. Clin Exp Optom. March 15, 2021. [Epub ahead of print].



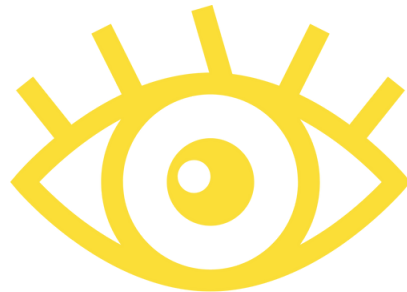


DRY SKIN ASSOCIATED WITH DRY EYES

It's common for dry eye patients to complain of dry skin. Researchers recently looked further into this to more precisely pinpoint the association. "A cross-sectional study strongly suggested that dry eye and dry skin accompany each other and that subjects who complain of skin dryness might simultaneously suffer from ocular dryness and vice versa," they concluded. "Paying attention to these symptoms might be essential for the early detection and relief of ocular or skin dryness with subsequent improvement in patients' quality of life."***

DRY EYE TREATMENT CENTER

We are proud to announce the start of our new Specialty Dry Eye Clinic with latest and the most advanced diagnostics and treatment option for patients with mild, moderate or severe dry eyes. We are the ONLY center with FDA approved dry eye treatment technology in Richmond, Rosenberg and Sugar Land Area. To schedule your FREE dry eye assessment, please call our office at 713-340-0000 or visit us at www.myeecareexperts.com



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