



Keratoconjunctivitis Sicca Dry Eye Syndrome (DES)

Keratoconjunctivitis Sicca or **Dry Eye Syndrome** is a **progressive inflammatory** disease of the **cornea and conjunctiva**. There are many etiologies or causes which include, but are not limited to:

- **Environment factors:** wind, fans blowing, smoke filled environments, or extended computer work
- **Medications** including: Antihistamines, Decongestants, Anti-depressants, Diuretics (high blood pressure medications)
- **Bacteria** of the eyelid & clogged oil glands in the eyelid
- **Hormonal** changes & **Menopause**
- **Autoimmune Disorders** (Rheumatoid Arthritis, Lupus, Psoriasis, etc.)

Signs and Symptoms:

- **Tired, Sore** eyes
- **Fluctuating** or **Blurry** vision throughout the day
- **Burning, Stinging, Tearing & Watery** Eyes
- **Grittiness** or foreign body sensation
- **Decreased** contact lens wear time
- **Redness**
- **Dry** feeling eyes or **dry mouth**

Environmental Factors to Improve Symptoms:

- **Water Intake:** minimum of four 8oz glasses per day
- **Reduce or Limit Caffeine:** Caffeine is a diuretic and can dry the eyes
- **Sunglasses** or Prescription Sunglasses
- **Avoid direct flow** from stationary fans, car fans, and ceiling fans
- **Omega 3 fatty acids** naturally occurring in Ocean fish such as tuna, mackerel, & Salmon also in flax seeds, walnuts, kidney beans, and spinach