



Editorial Note on Tear-Deficient Dry Eye

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Abstract

The tears in eyes make do much more than your sorrow when you cry. These glands produce a constant supply of liquid. Your eyes should always be moist. Whenever you blink, the action drags tear along the surface of your eye. This keeps it wet, clean, and healthy. If your glands do not produce enough tears, you can get a condition called aqueous tear-deficient dry eye. It causes pain in eye, redness, and vision loss problems.

Keywords

Dry Eye, Eye pain, burning

Causes

The condition has several causes. Two major ones are:

- Age: The condition gets more likely as the years pass. Tear glands have trouble responding well as you get older.
- Sjogren's syndrome: This disease targets the glands that make tears and spit. So it causes dry eyes and dry mouth. This is called as an autoimmune disease, which means the immune system, which normally works to protect the body, is attacking it instead. In Women this is more likely to get this disease than men. About 10% of the people with dry eye have Sjogren's. This syndrome is associated with rheumatoid arthritis, an autoimmune disorder.

Other health problems that can cause aqueous tear-deficient dry eye

include:

Viruses, Hepatitis C, HIV and AIDS, Lymphoma, Sarcoidosis, Hemochromatosis, Graft versus host disease, Damage to tear glands or tear ducts If you have dry eye your glands don't make enough tears, you may notice: Eye pain, burning, or redness, Itchy eyes, feeling like there dirt in your eyes, Blurry vision, Eyes that feels tired after reading, Trouble wearing the contact lenses, not able to produce tears when you cry. Because many people with this problem have Sjogren's syndrome, she will likely test you for it. They will take your medical history, ask about your symptoms, and give you an exam. They also may send you to get blood tests or to see a specialist. If Sjogren's syndrome is not the cause, your doctor will check to see if your glands make enough tears or not.

Treatment

You need to add moisture to your eyes and keep them healthy. You can:

Treat other problems. If you have Sjogren's syndrome or another disease that causes dry eye, take care for that problem. It should help improve your eyes. Use eye drops. Keep your eyes moist with artificial tears. They are designed to mimic the real thing. So, they will the eyes the right type of moisture. It is best to use drops without preservatives.

Take supplements. You can try fish oil and flaxseed oil, which are rich in omega-3 fatty acids. Before you take any pills, get your doctor's OK and ask what dosage is right for you. Try medicine. The most common medication is a nonsteroidal anti-inflammatory such as cyclosporine eye drops. Plugging the holes at the inner corners of your eyes. This can keep the tears in your eyes for longer periods. Most plugs are temporary, if needed permanent plugs will be placed.

But you can take care to stop your eyes from getting drier: Use a humidifier in your home during dry weather. Wear glasses with side shields to protect your eyes from the dust or wind when you're outside. When you are inside, stay out of the air created by ceiling fans or portable fans. Be aware of how often you blink. Try to do it more, especially if you are looking at a screen or mobiles. Do not smoke. Stay away from people who do smoke.

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