

Healthee U

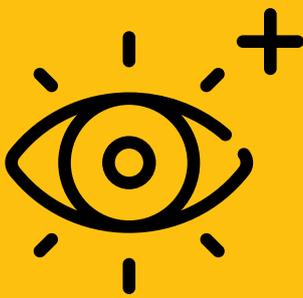
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**Eyes that
do not cry,
do not see.**

- Swedish Proverb

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Tears provide lubrication to the eyes, wash away foreign matter in the eyes, keep the surface of the eyes clear and reduce the risk of eye infection. If the tears produced are inadequate, eyes cannot eliminate dust and other irritants. This can lead to redness, itching, pain, blurred vision and infection in the eyes.

The condition in which the eyes do not produce enough tears or are unable to maintain normal layer of tears to coat the eyes is called Dry Eye Syndrome or Keratoconjunctivitis Sicca.



Treatment for dry eyes

1. Mild cases of dry eyes can often be managed using over-the-counter artificial tear solutions.
2. Your ophthalmologist can prescribe eye drops that increase tear production.
3. Omega-3 essential fatty acid supplements are sometimes recommended to enhance the oil content of the eye.
4. Keeping natural tears in the eyes longer by blocking the tear ducts through which the tears normally drain. Ophthalmologist may suggest tiny silicone or gel plugs for your tear ducts.
5. In case of severe dry eye syndrome doctor may recommend surgery.

Self care tips

1. Wear sunglasses outdoors to reduce exposure to drying winds and the sun.
2. Blink regularly when reading or staring at a computer screen for long periods of time.
3. Increase the humidity in the air at work and at home.
4. Nutritional supplements containing essential fatty acids may help decrease dry eye symptoms in some people.
5. Avoiding becoming dehydrated by drinking 8- 10 glasses of water each day

