

# ***Dry eye syndrome***

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# ***Dry Eye Syndrome***

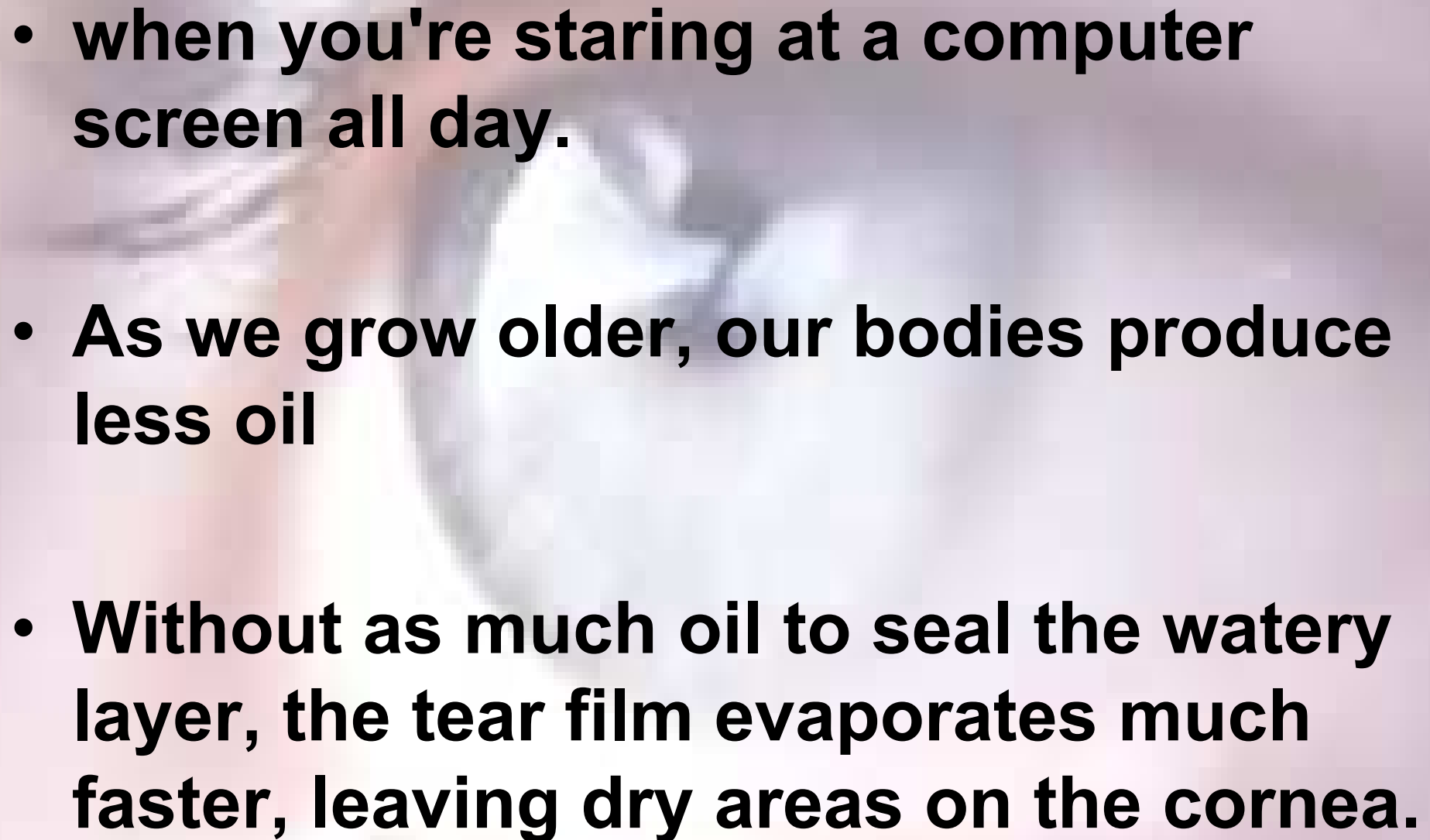
- **a chronic lack of sufficient lubrication and moisture in the eye.**
- **one of the most common problems treated by eye physicians.**

# ***Symptoms***

- **Itching**
- **Burning**
- **Irritation**
- **Redness**
- **Blurred vision that improves with blinking**
- **Excessive tearing**
- **Increased discomfort after periods of reading, watching TV, or working on a computer**

# ***What Causes Dry Eyes?***

- **In dry eye syndrome, the eye doesn't produce enough tears, or the tears have a chemical composition that causes them to evaporate too quickly.**
- **dry, dusty or windy climate.**

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- **when you're staring at a computer screen all day.**
  - **As we grow older, our bodies produce less oil**
  - **Without as much oil to seal the watery layer, the tear film evaporates much faster, leaving dry areas on the cornea.**

# ***Contact lens and dry eyes***

- **dry eyes are the most common complaint among contact lens wearers.**
- **Dry eye syndrome makes contact lenses feel uncomfortable.**
- **People who wear contact lenses should take them out and keep eyes well hydrated**

# Tears

## The anatomy of dry eye

The large lacrimal glands produce "reflex tears" as a response to emotion, injury or irritation.

The accessory lacrimal glands secrete "constant tears" which ward off infection and lubricate the eye.

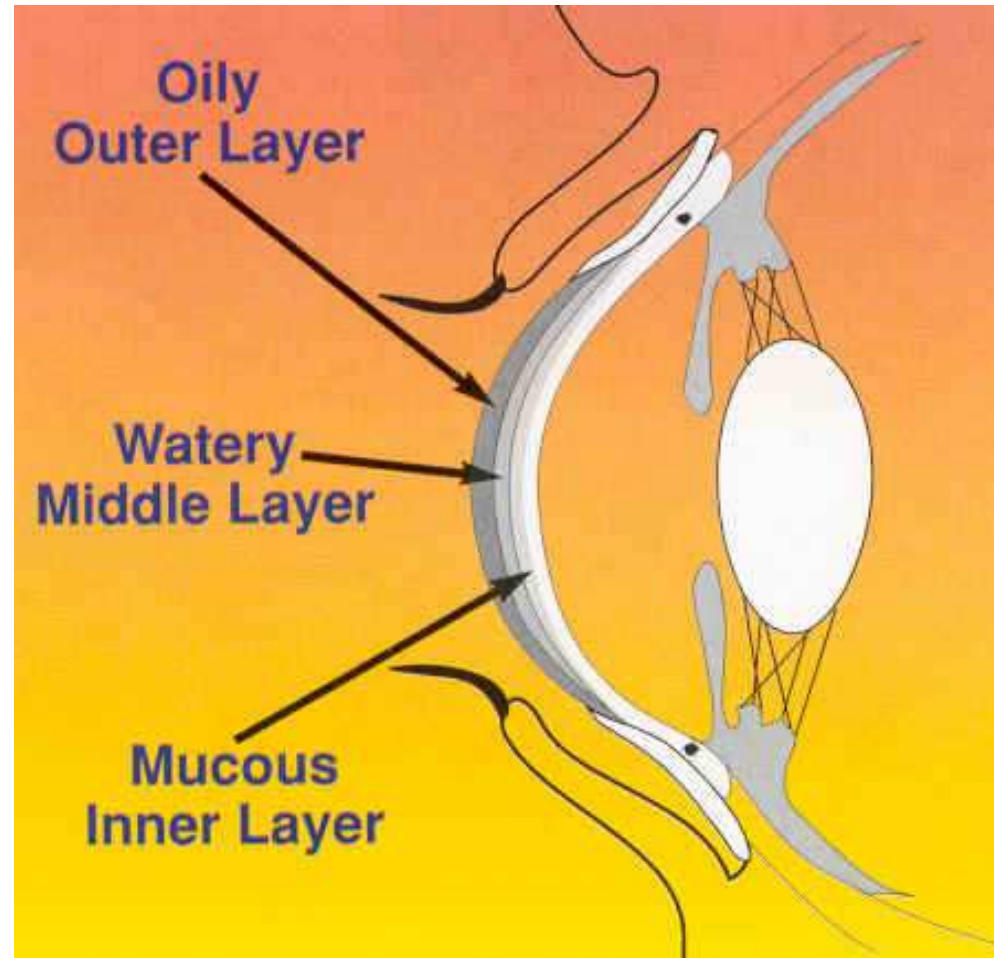
The punctum serves as the "drain" for tears.

The lacrimal sac is the "drainage system" through which tears flow from the eye into the nose.



- Tears are formed in several glands around the eye.
- The water layer is produced in the lacrimal gland
- Excess tears flow into two tiny drainage ducts in the corner of the eye by the nose.

# *Tear film*





# ***Treatment for Dry Eyes***

- **artificial tears, which are lubricating eyedrops**
- **Check the label, but better yet, check with your optometrist or ophthalmologist before buying any over-the-counter eye drops.**

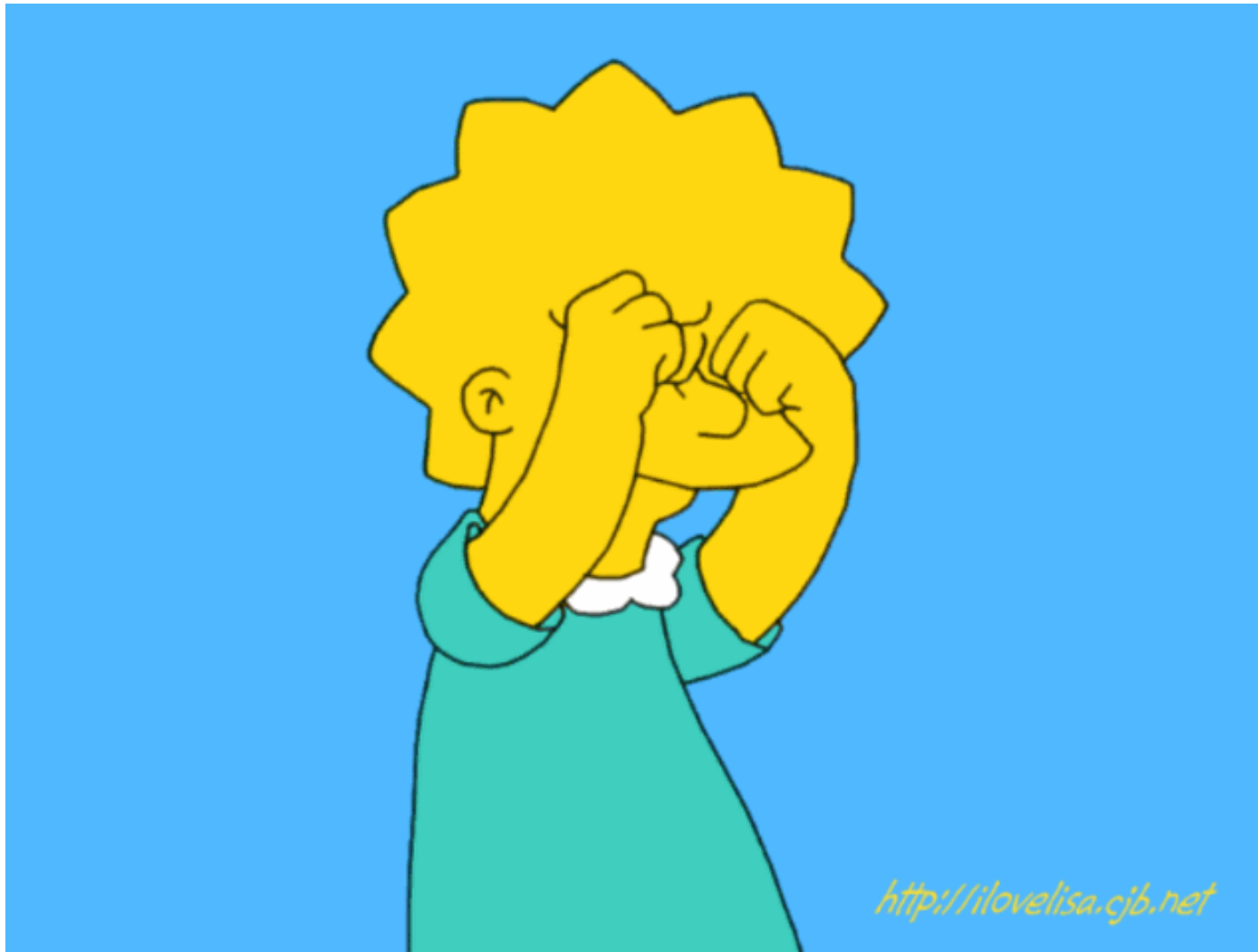
# Conclusion

- Drink plenty of water to keep body moisturized
- Minimize time in certain weather conditions
- Protect the eyes from harsh weather conditions like wind and dust
- Make sure medication is not causing dry eyes
- Eat healthy food containing eye nutrients especially with vitamin A, C, and E
- When watching tv, using the computer or other eye straining activities, take frequent breaks
- Get plenty of sleep to keep eyes healthy



# Vocabulary

- Itching - svědění
- Moisture - vlhkost
- Salmon – losos
- Artificial – umělé
- Drops – kapky
- Harsh – nevlídný
- Evaporate – vysušit
- Sufficient - vhodný
- Blinking - mrkání



- **Thank you for your attention**