DRY EYE DISEASE: A Closer Look

What is Dry Eye Disease (DED)?

**DED**

is an often chronic\(^1\) condition that may be be progressive.\(^2\)

10%

Traditionally, DED was thought to be solely due to a deficit in tear production. However, research suggests that only 10% of DED may be due purely to a deficit in aqueous tear production.\(^3\)

When the ocular surface is exposed to environmental stress or is damaged (due to illness or surgery), it activates an inflammatory response that can result in the common symptoms of DED.

The Changing Face of DED

Approximately 30 million U.S. adults have reported symptoms consistent with DED and that number is expected to increase.\(^4\)\(^5\)

Historically, DED has primarily affected women 50 years of age or older,\(^6\) but there is no longer a “typical” DED patient.

People of various ages live in a multi-screen world. Computer or digital screen use may cause less blinking, which may contribute to symptoms of DED.\(^7\)

What are the Risk Factors for DED?

- **Hormonal changes, such as during menopause\(^8\)**
- **Certain diseases such as Sjögren’s syndrome\(^1\)**
- **Certain drugs or medications\(^9\)**
- **Diets deficient in Omega-3\(^10\)**
- **Contact lens wear\(^1\)**
- **Prolonged computer or digital screen use\(^11\)**
- **PRK or LASIK surgery\(^12\)**
- **Office environments (low humidity, vents and fans)\(^13\)**

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It’s important to talk to your eye doctor because the inflammation associated with DED can be progressive in some patients.