

Simple Guide to Dry Eye Disease (Keratitis Sicca): Diagnosis, Treatment, and Related

Dry eye disease, also known as keratitis sicca, is a common condition that affects millions of people worldwide. It occurs when the eyes are unable to produce enough tears to keep them moist and lubricated. This can lead to a variety of symptoms, including eye irritation, dryness, burning, stinging, and redness.



A Simple Guide To Dry Eye Disease, (Keratitis Sicca) Diagnosis, Treatment And Related Conditions

by Kenneth Kee

★★★★☆ 4.8 out of 5

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Causes of Dry Eye Disease

There are many factors that can contribute to dry eye disease, including:

- Aging
- Menopause

- Certain medical conditions, such as Sjogren's syndrome, rheumatoid arthritis, and lupus
- Medications, such as antihistamines, decongestants, and blood pressure medications
- Environmental factors, such as wind, dust, and smoke
- Contact lens wear

Symptoms of Dry Eye Disease

The symptoms of dry eye disease can vary from person to person. Some common symptoms include:

- Eye irritation
- Dryness
- Burning
- Stinging
- Redness
- Blurred vision
- Light sensitivity
- Difficulty wearing contact lenses

Diagnosis of Dry Eye Disease

If you are experiencing symptoms of dry eye disease, it is important to see an eye doctor for diagnosis. Your doctor will ask you about your symptoms

and medical history. They will also perform a comprehensive eye exam. This may include tests to measure your tear production and tear quality.

Treatment for Dry Eye Disease

The treatment for dry eye disease will depend on the severity of your symptoms. Some common treatment options include:

- Artificial tears
- Eye drops
- Punctal plugs
- Surgery

Related Conditions

Dry eye disease can be associated with a number of other conditions, including:

- Meibomian gland dysfunction (MGD)
- Blepharitis
- Conjunctivitis

Dry eye disease is a common condition that can have a significant impact on your quality of life. If you are experiencing symptoms of dry eye disease, it is important to see an eye doctor for diagnosis and treatment. With proper treatment, you can manage your symptoms and enjoy healthy eyes.

Additional Resources

- American Academy of Ophthalmology: Dry Eye Syndrome

- Mayo Clinic: Dry Eye
- The Dry Eye Center



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