

# Dry eye symptoms SELF-CHECK

1a During a typical day in the past month, how often did your eyes feel discomfort? (0 Never – 4 Constantly)

0 1 2 3 4

1b When your eyes felt discomfort, how intense was this feeling of discomfort at the end of the day, within two hours of going to bed?  
(0 Never have it – 4 Very intense)

0 1 2 3 4

2a During a typical day in the past month, how often did your eyes feel dry? (0 Never – 4 Constantly)

0 1 2 3 4

2b When your eyes felt dry, how intense was this feeling of dryness at the end of the day, within two hours of going to bed? (0 Never have it – 4 Very intense)

0 1 2 3 4

3 During a typical day in the past month, how often did your eyes look or feel excessively watery?  
(0 Never – 4 Constantly)

0 1 2 3 4

**Sum of score from the 5 questions**

= \_\_\_\_\_

Score > 6 suggests that you may have dry eye problem. You need to consult optometrists for further assessment.

## Reference

Chalmers, R. L., et al. (2010). Validation of the 5-Item Dry Eye Questionnaire (DEQ-5): discrimination across self-assessed severity and aqueous tear deficient dry eye diagnoses. *Contact Lens and Anterior Eye*, 33(2), 55-60.

Craig, J. P., et al. (2017). TFOS DEWS II definition and classification report. *The ocular surface*, 15(3), 276-283.

Jones, L., et al. (2017). TFOS DEWS II management and therapy report. *The ocular surface*, 15(3), 575-628.

Tsubota, K., et al. (2017). New perspectives on dry eye definition and diagnosis: a consensus report by the Asia Dry Eye Society. *The ocular surface*, 15(1), 65-76.

Wolffsohn, J. S., et al. (2017). TFOS DEWS II diagnostic methodology report. *The ocular surface*, 15(3), 539-574.

Scan QR Code for  
Chinese Version



To schedule an appointment,  
please contact The Optometry Clinic,  
The Hong Kong Polytechnic University.

Web booking:



[https://  
ocwb.polyu.edu.hk](https://ocwb.polyu.edu.hk)

Tel: (852) 2766 5225

Fax: (852) 2362 5440

Email: [optclinic.appt@polyu.edu.hk](mailto:optclinic.appt@polyu.edu.hk)

Website: <https://www.polyu.edu.hk/so/>

Address: A034, The Optometry Clinic,  
The Hong Kong  
Polytechnic University



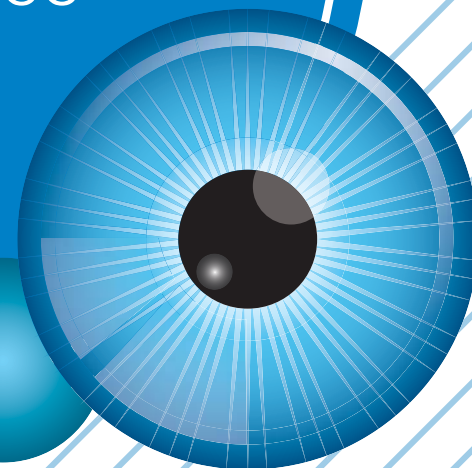
THE HONG KONG  
POLYTECHNIC UNIVERSITY  
香港理工大學



眼科視光學院  
SCHOOL OF OPTOMETRY

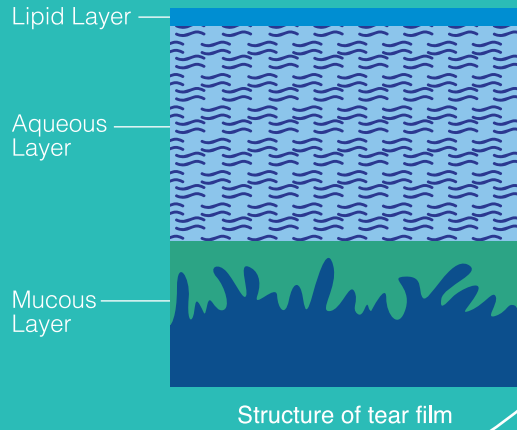
# DRY EYE

## Management Service



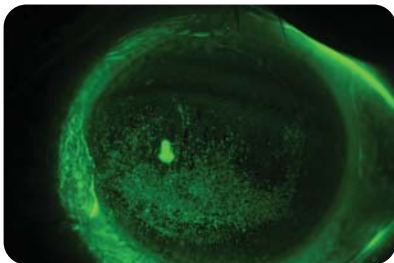
## Causes of dry eye disease

Dry eye disease is a multifactorial disease characterized by a loss of homeostasis of the tear film, which usually because of insufficient tear production or instability of tears quality.



## What are the signs and symptoms of dry eye disease?

The ocular symptoms can be varied among individuals depending on the etiology and severity of dry eye. Most common signs and symptoms include blurry vision, red eye, burning sensation, foreign body sensation, and watery eye etc.



Corneal epithelial staining due to dry eye disease

## Classification of dry eye disease

There are different types of dry eye disease. Common types include evaporative, aqueous deficiency and mixed type dry eye.

### 1. Evaporative dry eye

This type of dry eye is caused by lack of a normal and stable protective lipid layer over tears causing fast evaporation of watery component of tears. It is usually related to blepharitis or Meibomian Gland Dysfunction (MGD).

### 2. Aqueous deficiency dry eye

This type of dry eye is caused by insufficient secretion of watery component of tears from the lacrimal gland. It is usually related to aging or immune system diseases.

### 3. Mixed type dry eye

This type of dry eye is associated with various factors resulting in combination of evaporative and aqueous deficiency dry eye.



Meibomian Gland Blockage (MGB)



Blepharitis

## Who will be more susceptible to dry eye disease?

- Aging population
- Prolonged computer or near work
- Contact lens wearers
- Previous refractive or corneal surgery
- On oral medications (e.g. antidepressants, antihistamines)
- With immune system diseases (e.g. Systemic Lupus Erythematosus)

## How to assess dry eye disease?

The assessment includes history taking, assessment of ocular symptoms by validated symptom questionnaire, comprehensive external ocular health examination, and tear assessment.

### Tears Volume Test



### Meibography



### Advanced Blepharitis Care (Demodex microscopy)



### Tears Osmolarity



## How to manage dry eye disease?

With respect to the assessment results, practitioners will recommend appropriate treatment options to the patients, including artificial tears eye drops, warm compress, punctal plug, dietary supplement, lid hygiene, and specialty contact lens fitting etc.

