

Dry eye symptom self-check!

1a During a typical day in the past month, how often did your eyes feel discomfort?

Never	Rarely	Sometimes	Frequently	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?

Never have it	Not at all intense				Very intense
0	1	2	3	4	5

2a During a typical day in the past month, how often did your eyes feel dry?

Never	Rarely	Sometimes	Frequently	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?

Never have it	Not at all intense				Very intense
0	1	2	3	4	5

3 During a typical day in the past month, how often did your eyes look or feel excessively watery?

Never	Rarely	Sometimes	Frequently	Constantly
0	1	2	3	4

Sum of score from 5 questions =

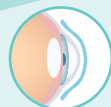
Score > 6 suggests you may have dry eye problem
You need to consult optometrists for further assessment

Management of dry eye disease

Based on the assessment results, optometrists will recommend **targeted** interventions to effectively alleviate the dry eye symptoms. For example,



Artificial tears eye drops



Specialty contact lenses



Warm compress and lid hygiene



Punctal plug



Quantum molecular resonance electrotherapy



Dietary supplement



Extranasal neurostimulator



Lifestyle modification

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

Web booking:



<https://ocwb.polyu.edu.hk>

Phone: (852) 2766 5225

Enquiry: <https://polyu.hk/FkIBM>

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

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

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THE HONG KONG
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香港理工大學



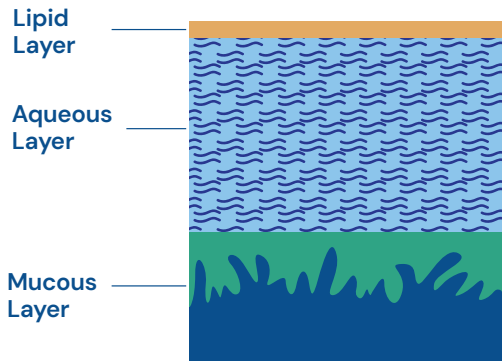
眼科視光學院
SCHOOL OF OPTOMETRY

DRY EYE

Assessment and management

Causes of dry eye disease

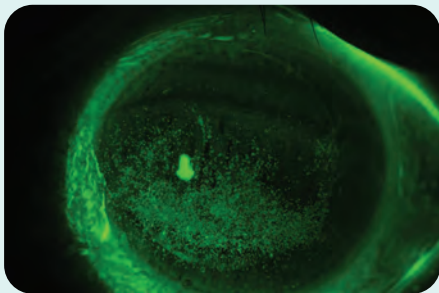
Dry eye disease is a multifactorial disease characterized by a loss of homeostasis of the tear film associated with insufficient tear production or instability of tears quality.



Structure of tear film

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, watery eye, etc.



Corneal epithelial staining due to dry eye disease

Classification of dry eye disease

There are different types of dry eye. Common types includes 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 Dysfunction



Blepharitis

Risk factors of dry eye disease

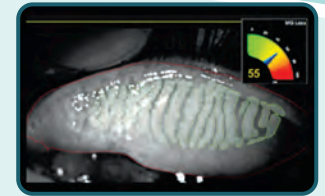
- Aging population
- Prolonged computer or near work
- Contact lens wearers
- History of refractive or corneal surgery
- Using oral medications or eye drops (e.g. antihistamines, glaucoma eye drops)
- With immune system diseases (e.g. Systemic Lupus Erythematosus)

Assessment of dry eye disease

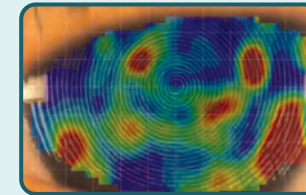
Including history taking, assessment of ocular symptoms by validated symptom questionnaire, comprehensive external ocular health examination, and tear assessment.



Tears Volume Test



Meibography



Tears Stability Analysis



Lipid Layer Thickness Analysis



Advanced Blepharitis Care (Demodex microscopy)



Tears Osmolarity