

Eye Care Center: Dry Eye Syndrome Treatment Guide

Understanding Dry Eye Syndrome

Dry Eye Syndrome is a common and often chronic condition where your eyes don't produce enough tears or the right kind of tears to keep them properly lubricated. This can lead to discomfort, blurred vision, and even damage to the eye's surface if left untreated.

Common Symptoms of Dry Eyes

You may be experiencing Dry Eye Syndrome if you notice:

- A stinging, burning, or scratchy sensation in your eyes
- Sensitivity to light (photophobia)
- Eye redness
- A sensation of having something in your eyes (like sand or grit)
- Difficulty wearing contact lenses
- Trouble with night driving
- Watery eyes (your eyes trying to compensate for dryness)
- Blurred or fluctuating vision

These symptoms can occur in one or both eyes and may worsen in certain environments or with prolonged visual tasks like reading, computer work, or watching TV.

What Causes Dry Eye Syndrome?

Dry Eye Syndrome can be caused by a variety of factors, including:

- **Ageing** – It's more common in people over 50.
- **Medical conditions** – Such as diabetes, rheumatoid arthritis, thyroid disorders, or eye allergies.
- **Medications** – Including antihistamines, decongestants, hormone replacement therapy, antidepressants, and blood pressure meds.
- **Environmental exposure** – Wind, smoke, dry climates, or screen time can increase evaporation of tears.
- **Eye surgery** – Such as LASIK or cataract procedures.
- **Hormonal changes** – Especially in post-menopausal women.
- **Decreased blink rate** – Common with long periods of reading or screen use.

The Importance of Tears

Your tears are more than just water—they're a complex mix of water, fatty oils, and mucus. This tear film keeps the surface of your eyes smooth and clear and helps protect them from infection.

In Dry Eye Syndrome, either the quantity or the quality of tears is disrupted, causing the surface of your eye to become irritated and inflamed.

Diagnosis: How We Evaluate Dry Eyes

At Eye Care Center, our advanced diagnostic process includes:

- **Comprehensive eye exam** – We evaluate overall eye health and identify signs of dryness.
- **Tear volume tests** – Like the Schirmer test to measure tear production.
- **Tear quality analysis** – We assess how long your tears last before evaporating.
- **Specialized imaging** – To examine your tear film and meibomian (oil) glands.

Dry Eye Treatment Options

We tailor your treatment to the root cause and severity of your dry eye symptoms. Treatment options may include:

◆ Lifestyle Adjustments & Home Remedies

- Using a humidifier
- Wearing wraparound sunglasses outdoors
- Taking breaks during screen time
- Staying well hydrated

◆ Artificial Tears & Lubricating Drops

- Over-the-counter lubricating eye drops (without preservatives)
- Gel-based drops or ointments for night use

◆ Prescription Treatments

- Anti-inflammatory eye drops (like cyclosporine or lifitegrast)
- Eye inserts that release lubrication over time
- Antibiotics (topical or oral) to reduce inflammation or treat blepharitis

◆ In-Office Treatments

- Punctal plugs to conserve tears
- Meibomian gland expression or thermal pulsation therapy
- Light-based therapy (such as IPL) to improve oil gland function

Why Choose Eye Care Center?

At Eye Care Center, we specialize in treating Dry Eye Syndrome using the latest technology and patient-focused care. Our team is dedicated to improving your eye comfort and protecting your long-term vision.

We understand that no two eyes—and no two patients—are the same. That's why we design a treatment plan specifically for you.

Take the First Step Toward Relief

If you're experiencing symptoms of dry eyes, don't wait. Early treatment can prevent long-term damage and improve your quality of life.

Schedule your Dry Eye Evaluation today.

 Illinois - Burbank, Willowbrook, Addison

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