

10 Sjögren does not exclusively involve dry eye disease, so an assumption of solely dry eye disease should not be made

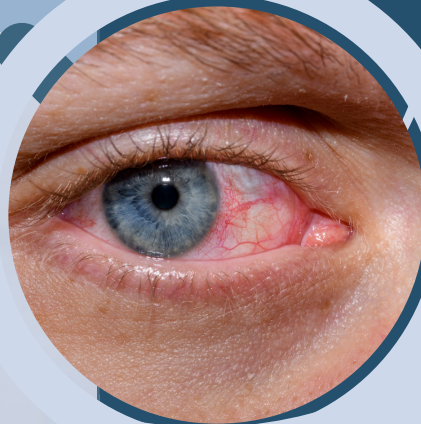
Other eye conditions are present in Sjögren, some rarer than others. For this reason, not all eye symptoms should be attributed to dry eye alone. Other conditions can occur and are more common in Sjögren. It is a common misconception that dry eye is the only condition associated with Sjögren.

11 Other eye conditions and other health conditions may influence the effect on dry eye in Sjögren's disease

Other eye drops such as glaucoma treatments can exacerbate dry eye, as can all those containing preservatives. In addition, other health problems such as diabetes and certain types of arthritis can cause dry eyes. Certain medications (not just eye drops) can also trigger or worsen dry eye. Dry eye is truly a multifactorial condition.


12 With the help of a specialist, dry eye can be effectively controlled in Sjögren's disease


It is important to emphasise that dry eye in Sjögren's disease can take different forms and that each patient should have a personalised treatment according to their condition. In the majority of cases, it can be effectively controlled.



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SJÖGREN AND DRY EYES

12 points regarding the topic



12 points

1 Dry eye is a multifactorial disease

There is often not just one type of dry eye; and not all Sjögren patients have the same type or form of dry eye.

2 Dry eye in Sjögren is not fully understood

There is still much to learn about the mechanism of dry eye in Sjögren, but there are more and more effective treatments with positive results.

3 Dry eye is still underdiagnosed and undertreated

There are still people with Sjögren's disease who remain undiagnosed. There are many reasons for this, but often because the threshold to refer to a specialist for dry eye may be higher than for other conditions.

4 Symptoms of dry eye disease can vary widely

Dry eye symptoms are extremely variable and can also range in intensity. Some sufferers may have mild symptoms, but have quite advanced changes on examination. The opposite can occur when the signs do not match the level of symptoms.

5 The majority of dry eye patients are postmenopausal women

This aligns with those who are diagnosed with Sjögren's and demonstrates the importance of sex hormones in Sjögren's and dry eye disease alike.

6 Dry eye in Sjögren's disease can lead to other problems if not treated adequately

If not treated effectively, problems such as corneal ulcers, including bacterial infections, can occur. Poor condition of the ocular surface can lead to other inflammatory risk factors, including blepharitis leading to secondary corneal infections.

7 There have been significant advances in dry eye treatment over the past few years

Dry eye treatment is not limited to lubricating drops. Dry eye is thought to be multifactorial with a significant inflammatory component. Therefore new treatments aim to address the inflammation. There are also newer lubricating drops which aim to replace specific parts of the tear film and also aim to have a more lasting effect

8 Specialist contact lenses are effective in advanced cases of dry eye disease in Sjögren

There are specialist contact lenses which keep the surface of the eye well hydrated throughout the time the lens is in place. These lenses have a rigid shape which hold fluid within them creating an interface between the lens and the surface of the eye. When fitted by a specialist, they can be very effective in certain severe cases.

9 The environment plays a crucial role in dry eye disease

Environmental factors which can be modified may play a vital role in successfully controlling the effect of dry eye disease in Sjögren. Although Sjögren's disease has an autoimmune basis, many environmental factors may influence the symptoms and effects of dry eye. (e.g. air conditioning, central heating, humidity, pollution). These factors can affect the quality of life in this condition.

