Common Signs of Dry Eye

Dry eye symptoms vary between people and can sometimes resemble other eye conditions.

1. **Gritty sensation**
   Your eyes may feel scratchy
2. **Burning or stinging**
   Irritation or discomfort
3. **Watery eyes**
   Excessive tearing can occur
4. **Redness or itching**
   Irritated eyes or eyelids
5. **Sensitivity to light**
   Bright surroundings may bother you
6. **Fluctuating vision**
   Sight may become blurry at times

Dry eye affects **a third** of Australian adults and half of those aged over 50.

Comfort Begins With An Eye Check

Dry eye may be confused with allergies. An optometrist or ophthalmologist can assess your tear film, symptoms and suitable care.



When to seek advice

Persistent irritation, pain or changes in vision deserve assessment by an eye care professional.

Dalcross Wellness Hospital

28 Stanhope Road, Killara NSW 2071

(02) 7228 6700

DWHAdmin@machealth.com.au

SCAN FOR INFO



A Guide To Dry

Understanding symptoms, causes and everyday are.

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What Is Dry Eye?

A healthy tear film coats the surface of the eye. Dry eye occurs when too few tears are produced, or tears evaporate too quickly.

How does dry eye affect you?

Dry eye may cause ongoing discomfort and make reading, screen use, watching television or driving more difficult.

Why dry eye happens

Not enough tears

The eyes may produce too little moisture.

Tears evaporate quickly

The tear film may not stay on the eye.

Oil-gland problems

Blocked eyelid glands can affect tear quality.

Females are at greater risk of developing dry eye.

How Dry Eye Is Assessed

An ophthalmologist may use several tests, alongside your symptoms, to understand what is causing discomfort.

1. **Schirmer tear test**
   Checks whether your eyes make enough tears.
2. **Tear break-up time**
   Measures how quickly the tear film breaks up.
3. **Corneal staining**
   Looks for changes to the eye surface.
4. **Symptom questionnaire**
   Explores how dry eye affects daily life.
5. **Tear-film osmolarity**
   Examines the concentration of the tears.

Over 85% of Australians have experienced dry eye symptoms at some stage in their lives.

Treatment & Ongoing Care

Dry eye usually needs ongoing management. Treatment aims to relieve symptoms and protect the eye surface.

Lubricating eye drops

Artificial tears may help keep eyes more comfortable.

Warm compresses & lid care

Gentle warmth and lid hygiene may support oil-gland function.

Everyday adjustments

Blink regularly, limit dry air and protect eyes from wind.

Specialist treatments

An ophthalmologist may consider Intense Pulsed Light (IPL), thermal pulsation or other therapy.

Dry eye affects more than vision. It can reduce work productivity and quality of life, with its impact compared to severe angina.