



# HERON EYECARE NEWSLETTER

Edition Two

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***We are pleased to present the second edition of the Heron Eyecare Newsletter. Our goal is still to keep you informed of all the latest news at Heron Eyecare and also share insights on new optical technologies and advancements.***

***When you visit Heron Eyecare you will notice a couple of fresh faces in Nicole and Jess. They are new to optics but they are fast learners! Brie and Renee complete the team with their expertise in frames and lenses. Recently Brie was promoted to practice manager. Her diligence, loyalty and wonderful patient care have been a huge asset to our team for several years.***

***In this edition, we will be talking about Dry Eye Syndrome. Heron Eyecare are now offering an extensive range of diagnosis and treatments, to help alleviate and treat the symptoms of Dry Eye.***

## **What is Dry Eye?**

The tear film helps maintain a smooth surface for the eye to see through, and helps protect the eye from infection. Every time you blink, the tear film layer is replenished and replaced.

When the tear film is not working well, you can develop dry eyes. This is caused by inadequate tear production, or the tear film evaporating too quickly. The result is poor quality tears which can damage the eye surface and cause blurred vision.

Damage to the surface of the eye from dry eye can lead to more problems. Like wounds on your skin, the

**Did you know?** Dry eye is one of the most under-diagnosed ocular diseases, and yet it is the most common reason why patients go see their eye care professional

## **What are Dry Eye Symptoms?**

There are many different symptoms for dry eyes apart from feeling dry. These include:

- Stinging or burning
- Watering
- Itchiness
- Blurred vision
- Redness
- Tired eyes
- A feeling of grittiness, or the sensation of something foreign in the eye.

## **Different types of Dry Eye.**

**Aqueous deficient dry eye** is dry eye caused by reduced secretion of the water part of your tears. This can be caused by a general health condition, particularly the autoimmune diseases, and by using some medications.

**Evaporative dry eye** is caused by the tears drying out too quickly and is the most common cause of dry eye. This can be caused by poor blinking or eyelid closure, particularly while sleeping. Another common cause is from poor secretion of the oil layer of your tears from the Meibomian glands along your eyelids. This is called Meibomian gland dysfunction and together with blepharitis, inflammation of the eyelids, causes poor tears which evaporate easier.

## ***INTRODUCING...***

### **THE HERON DRY EYE CLINIC**

Heron Eyecare have the best equipped clinic for diagnosing and treating Dry Eye. Our diagnostic equipment includes Tear Lab (tear salt content measurement), Tear film analysis (evaporation measurement), and eye surface photography.

#### **What can we do?**

Dry eye is a complicated condition so the first step in treating the problem is finding the exact cause of the problem. Your tears have a unique mix of a bottom sticky mucin layer, a middle watery aqueous layer, and an oily lipid layer on top, so diagnosing and treating the correct tear film layer is very important.

The optometrists at Heron Eyecare have the expertise and equipment to treat these conditions. This includes BlephEx and Intense Pulsed Light (IPL).

#### ***TearLab***

Tears are naturally salty. But if the tears evaporate too much, or there is not enough water layer, tears become too salty. Our TearLab takes a tiny sample of your tears and measures the osmolarity. It allows us to measure how severe the dry eye condition is and then monitor improvement with treatment.

#### ***Tear Film Analysis***

If the oily lipid tear layer is not functioning properly, tears evaporate faster than they should. Our tear film analysis can measure the quality of your tears and the speed of evaporation. It is also a good tool to monitor the success of the treatments.

#### ***Eye Surface Photography***

A special microscope is required to see the tear film layers and eye surface damage. Dry eye diagnosis is not possible without it. Our microscopes are also able to take digital photos to show you the cause of your dry eye problem and how treatment is allowing the damaged surface to heal.

### ***Blephadex***

Evaporative dry eye is the most common type of dry eye. The oily lipid layer is produced by the Meibomian glands. Meibomian gland dysfunction (MGD) is often associated with Blepharitis, or inflammation of the eyelids. The eyelids become inflamed from extra bacteria living on the eyelids and lashes. Our BlephEx treats blepharitis and MGD to allow better oily lipid secretion for evaporative dry eye.

### ***E-Eye IPL***

IPL (intense pulse light) is also a treatment for MGD evaporative dry eye. IPL has been used for skin conditions for years but only recently for dry eye. The intense light pulses are believed to stimulate the Meibomian glands to function better and improve oil secretion and tear evaporation. IPL treatment has been found to be highly successful for many people with dry eye.

#### **Can diet help?**

Yes. Omega 3 essential fatty acids have many health benefits including dry eye. The suitable omega 3 oils are from oily fish and flaxseeds. It is important to discuss omega 3 supplements with an optometrist or GP regarding your suitability.



**Our three optometrists: Miriam Heron, Henry Heron & Hugh Bradshaw**