

Dry Lens

There is a vast selection of eye problems a person can go through in his entire life. Eye disease is not only caused by abusive use of your eyes alone but can be due to hereditary factors and such. Among the many irritating eye disorders you might experience is dry eye syndrome. This specific eye disease is a persistent lack of adequate lubrication and moisture in the eye. It usually results from slight to continuous pain to ocular inflammation of the front tissues of your eyes. This can be an extra nuisance to people who wears contact lenses.

Dry eye syndrome can be detected with the presence of various symptoms. These include continual dryness, scratching and burning in your eyes. Some people may also experience a feeling as if like there is a foreign particle in their eye. It may seem ironic but sometimes watery eyes can result from dry eye syndrome. This is because the extreme dryness works to over stimulate the watery component of your eye's tears. There are times where your eyes don't produce enough tears as well.

There are instances when your eyes are not able to produce the adequate amount of required moisture. This particular situation happens when a chemical composition that causes tears to evaporate rapidly is present in your eyes. It can also happen if you don't blink often enough. Most people who work for long hours in front of the computer are prone to dry eyes since they would most likely stay glued on the monitor without blinking sufficiently. Their tear film may be normal but it eventually evaporates at a faster rate, thus, resulting to discomfort.

Dry eye syndrome is also brought about by aging along with other several causes. It can also be either due to menopause or a side effect of a specific medication like antihistamine, antidepressants and birth control pills. It can also be brought about by the kind of environment you live in. you will be prone to be having dry eyes if you live in a dry, dusty or windy climate. It can also be a symptom of various diseases such as lupus and rheumatoid arthritis. It may also be an implication that you are suffering from Sjogren's syndrome which is a triad of dry eyes, dry mouth, and rheumatoid arthritis or lupus. Most people who wear contact lenses for quite a long time are also susceptible to this eye discomfort. It has even become the top and most common complaint among contact lens users.

There is no permanent cure for dry eyes at present. However, the accompanying dryness, scratching and burning can be temporarily managed. It is best if you go straight ahead to your eye doctor rather than settle for over the counter remedies. He can recommend prescribed artificial tears and other lubricating eye drops. These will help alleviate the dry and scratching feeling. Make sure you visit your eye doctor whenever you detect any discomfort in your eyes before things worsen.