

Ocular Surface Disease Index 6: OSDI 6

> Please answer the following questions by circling the numbers in the circles.

Constantly Mostly Often Sometimes Never

Have you experienced any of the following during a typical day of the last month?

1. Eyes that are sensitive to light?

(4) (3) (2) (1) (0)

2. Blurred vision?

(4) (3) (2) (1) (0)

Have problems with your eyes limited you in performing any of the following during a typical day of the last month?

3. Driving or being driven at night?

(4) (3) (2) (1) (0)

4. Watching TV (or similar)?

(4) (3) (2) (1) (0)

Have your eyes felt uncomfortable in any of the following situations during a typical day of the last month?

5. Windy conditions?

(4) (3) (2) (1) (0)

6. Places or areas with low humidity?

(4) (3) (2) (1) (0)

Sum of all questions: _____

Likely Dry Eye Disease (DED) if Total Sum ≥ 4



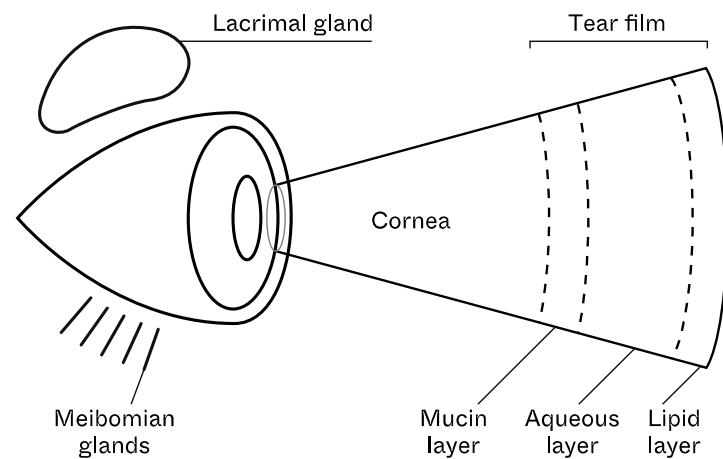
Do you suffer from dry eye disease?

- > Over 740 million people worldwide suffer from Dry Eye Disease, yet most aren't diagnosed
- > 1 out of 5 suffers from DED, above all women over 40 years old (>50%) and those in menopause (>90%)
- > Early diagnosis is extremely important, early, appropriate treatment is best

The Tear Film

The tear film, necessary to the functioning of the eye, is formed by three layers:

- > A mucous layer in contact with the eye globe, secreted by the conjunctival mucus cells
- > An aqueous layer secreted by the lacrimal glands
- > A lipid layer secreted by the Meibomian glands



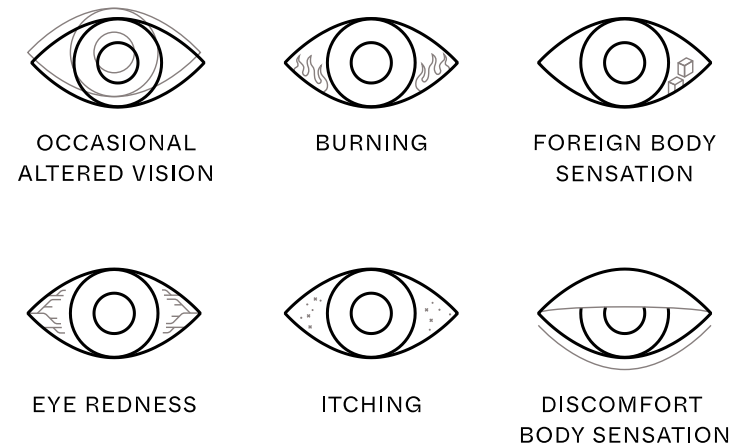
What is Dry Eye Disease

The Dry Eye Disease is a disorder of the tear film due to a reduced production or excessive evaporation of tears, which causes damage to the exposed ocular surface, and is associated with a feeling of eye discomfort.

Over 85% of DED cases is caused by Meibomian Glands Dysfunction (MGD). This occurs due to either the obstruction or malfunction of the Meibomian glands located in the eyelids, responsible for producing the lipid layer of the tears, resulting in excessive tear evaporation. When not working properly, they do not produce enough oil component in the tear film, so tears evaporate more rapidly. Insufficient or absent lipid layer can cause evaporation of the tear up to 16 times faster.

Do you have any of these symptoms?

These symptoms are often associated with Dry Eye Disease—ask your doctor for more information on how to treat them.



Risk Factors

- > Allergic conjunctivitis
- > Hormonal imbalances (e.g., menopause)
- > Use and abuse of eye cosmetics
- > Use of contact lenses
- > Chronic blepharitis
- > Age (especially after age 50)
- > Prolonged use of video terminals
- > Prolonged use of systemic drugs (e.g., antihistamines)
- > Air pollution

Get your quality of life back by treating DED

Dry eye diagnosis should always be made by the specialist with reliable tests.

You should avoid thus avoid self-diagnosis and self-treatment with over-the-counter drugs.

If you fall in the 85% of Meibomian Glands Dysfunction-induced Dry Eye Disease, ask your doctor if a light-based treatment is right for you.

Get your quality of life back!