

Cromer optician **FRANCIS DONAGHY** talks about optical news and issues.

When is dry eye not a dry eye?

This is a common question asked by many patients who attend Cromer Eye Care.

True dry eye is a chronic, painful condition. The eyes lack tears, or have no tear production. Common systemic causes are arthritis, psoriasis, refractive laser surgery and the menopause. The sensation is like sandpaper rubbing against the eye.

Dry eye drops, such as Hyloforte and Hycosan Extra, helps with daytime lubrication. Eye bags and Hycosan Night are suggested for evening and night time use.

We can give tailor-made advice for your dry eye issues.

True dry eye won't ever disappear. It will remain active, therefore the treatment will be constant and ongoing.

A "wet/dry" eye is commonly described in the testroom also. The general cause of this phenomenon is an allergy,

leading to allergic conjunctivitis. This is definitely not contagious.

Common allergies are pollens, grasses, dust, old eye make up, mites and even laundry detergents. We at Cromer Eye Care suggest Hycosan Extra or Hycosan Dual.

We do suggest and sell these products, but we have no commercial interest in the company.

All drops mentioned within this article are available in store, and are preservative free. Once opened, they have a shelf life of six months, before disposal.

Preservatives are another source of irritation, hence why we try to seek products that are hypoallergenic. As this form of dry eye is dependent upon the cause of the irritation, looking to help with the source is also suggested. Antihistamines can be taken in conjunction with the ocular preparations. The usage of ocular drops



can vary dependent upon the cause of the irritation. Contact lens usage may need to be rethought, if you fall into this category.

We recently found out that dry eye, or allergic eye,

preparations are no longer medically prescribed. Therefore one should seek advice from ourselves, as a primary eye care provider.

Underpinning these treatments are your prescription and non-prescription sunglasses. They act as a very effective barrier to wind and air conditioning. Coming into the summer, we also suggest sunglasses for young adults and children.

As you can see, we have only scratched the surface of this area of debate. Much research is being done in the area of dry eye. Please pop in, or go online, for further advice.

For further details, please ask the staff at Cromer Eye Care, ring us on 01263-512345, or visit us online at www.cromereyecare.co.uk. We even have a Facebook page, so "like" us there.



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