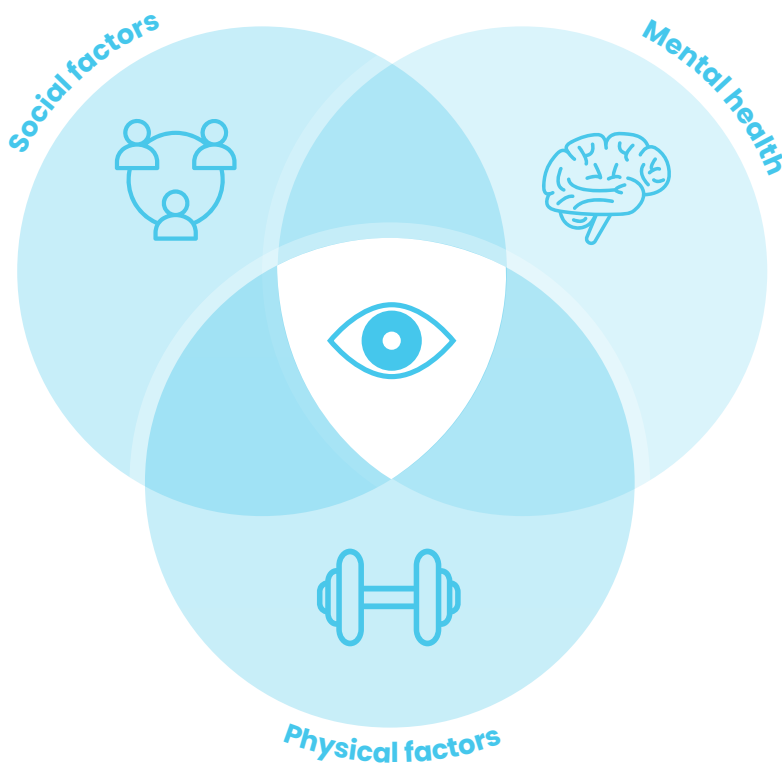


DED YOU KNOW?

Many lifestyle factors can affect ocular surface health and are associated with various aspects of dry eye disease (DED)¹



The TFOS Lifestyle Report highlights the impact that everyday choices and challenges can have on ocular surface health¹⁻⁴



For illustrative purposes only.

Social factors

- Smoking
- Alcohol
- Cosmetics

Mental health

- Depression
- Anxiety/PTSD
- Stress
- Sleep disorders

Physical factors

- Obesity
- Chronic pain
- Comorbidities

The signs and symptoms of DED can be influenced by lifestyle choices and challenges, which may include^{1-4*}:

Sleep disorders



Obstructive sleep apnea and CPAP machine use



MGD, reduced TFBUT, increased Schirmer's score, higher OSDI scores, floppy eyelid syndrome

Habits



Alcohol intake



Increased tear osmolarity, disrupted tear film, exacerbated symptoms

Tobacco smoke exposure



Ocular dryness and irritation, increased tear osmolarity, reduced tear film lipid layer, reduced TFBUT

Medications



Systemic antihistamines



Decreased tear and mucin production

Systemic corticosteroids



Increased DED symptoms

Anticholinergics



Reduced TFBUT, increased eye burning and dryness

Cosmetics



Preservatives and parabens



Disrupted tear film, meibomian gland loss

Retinoids



Damaged meibomian glands

Mascara ingredients



Blocked meibomian glands



Consider how lifestyle challenges and choices impact DED and how addressing DED may help optimize patient health

Learn about a treatment option for patients with evaporative DED.

*The lifestyle factors listed represent a selection of those discussed in the TFOS report.

CPAP, continuous positive airway pressure; MGD, meibomian gland dysfunction; OSDI, Ocular Surface Disease Index; TFBUT, tear film breakup time.

References: 1. Galor A, Britten-Jones AC, Feng Y, et al. TFOS Lifestyle: Impact of lifestyle challenges on the ocular surface. *Ocul Surf.* 2023;28:262-303. doi:10.1016/j.jtos.2023.04.008 2. Markoulli M, Ahmad S, Arcot J, et al. TFOS Lifestyle: Impact of nutrition on the ocular surface. *Ocul Surf.* 2023;29:226-271. doi:10.1016/j.jtos.2023.04.003 3. Gomes JAP, Azar DT, Baudouin C, et al. TFOS Lifestyle: Impact of elective medications and procedures on the ocular surface. *Ocul Surf.* 2023;29:331-385. doi:10.1016/j.jtos.2023.04.011 4. Sullivan DA, da Costa AX, Del Duca E, et al. TFOS Lifestyle: Impact of cosmetics on the ocular surface. *Ocul Surf.* 2023;29:77-130. doi:10.1016/j.jtos.2023.04.005