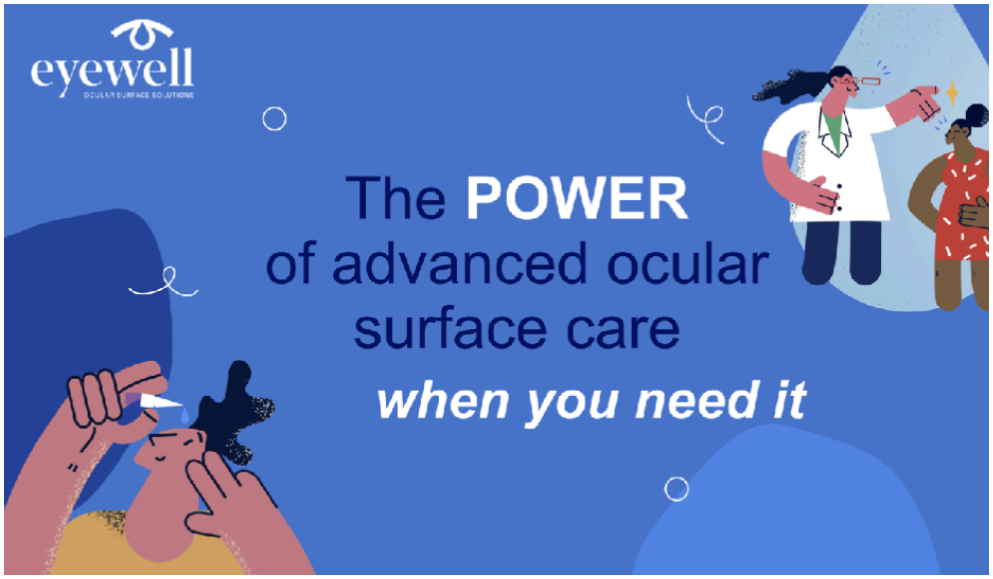
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NEWSLETTER

eyewell
OCULAR SURFACE SOLUTIONS



JULY IS DRY EYE AWARENESS MONTH

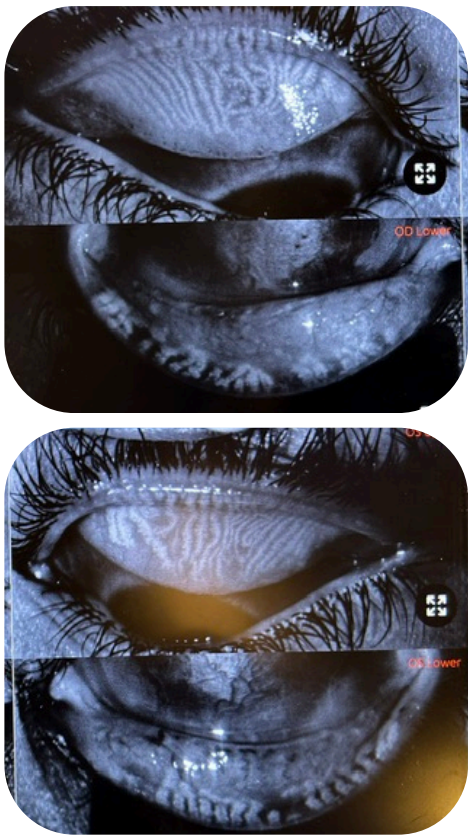
We're offering 50% off a Dry Eye Evaluation

Book your appointment today!

MGD/OSD BEGINS EARLY IN LIFE

In a recent article, Zou et al. conducted a meta-analysis to estimate the prevalence of pediatric dry eye up to 18 years of age, covering the period from January 1, 2001, to April 1, 2024. The included studies represent 48, 479 participants from 14 countries. The pooled prevalence of DED was 23.7%. A meta-analysis comprising 11 studies involving 2921 participants wearing contact lenses showed a pooled prevalence of DED of 42.6%. The overall prevalence of DED, after excluding 2912 children who wore contact lenses, was 23.6% . Based on a median prevalence rate of 23.7% observed in school and community studies, an estimated 495 million children worldwide are affected by ocular surface disorders. Notably, the analysis found that the prevalence of DED was 18.7% before and 44.1% after the COVID-19 outbreak. Addressing pediatric DED will require a multidisciplinary approach that considers both clinical and environmental factors. Enhanced awareness and targeted interventions are critical for mitigating the growing burden of pediatric DED and safeguarding children's ocular and overall health.

Zou Y, Li D, Gianni V, Congdon N, Piyasena P, Prakalapakorn SG, Zhang R, Zhao Z, Chan VF, Yu M. Prevalence of dry eye disease among children: a systematic review and meta-analysis. BMJ Open Ophthalmol. 2025 Feb 19;10(1):e002014. doi: 10.1136/bmjophth-2024-002014. PMID: 39971589; PMCID: PMC11840909.



FIRST MEIBOGRAPHY:
18 y/o F, recurrent styes, ocular rosacea. >75% MG atrophy, RLL & LLL.

ADOPT A COMMON SENSE APPROACH

Ask your pediatric patients about...

- *Screen time*- (age 8-18 average is 4.5 to 9 hours daily); 40% of 2 year olds have their own tablet.
- *Cosmetic use*- average age to start with cosmetics is 11-13 year olds
- *Contact lens wear time*- teen average is 14-15 hours daily without parental supervision.
- *Diet*- processed foods are known not only to be unhealthy but also to contribute to OSD.
- *Sleep hours* - 8 to 10 hours nightly is recommended. Most teens get about 7 hours.
- *Use of medications that cause dry eye including* antihistamines, decongestants, birth control pills, oral acne medications, and antidepressants.

Stapleton F, et al. TFOS lifestyle: Impact of societal challenges on the ocular surface. Ocul Surf. 2023 Apr;28:165-199.

Quick DE evaluation for kids

- Observe their blink habits
- Check for demodex blepharitis
- Look for conjunctival injection
- Lissamine green staining
- Meibography

*Meibography is key for detecting non-obvious MGD. In pediatric patients, the ocular surface is rarely inflamed.

Encourage healthy habits

Think the dental model– we know that nearly 90% of dry eye is from clogged oil glands and blepharitis. Establishing regimens of lid hygiene early can have a huge impact.

- Clean the eyelids with a hypochlorous acid-based eyelid soap when in the shower
- 20/20/20 rule incorporating blinking
- Warm compress once per week for 10 minutes

JULY IS DRY EYE AWARENESS MONTH.
ALL NEW PATIENT DRY EYE EVALUATIONS ARE OFFERED AT 50% OFF.

WANT TO REFER A PATIENT?
SCAN TO INITIATE REFERRAL OR GO TO:
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