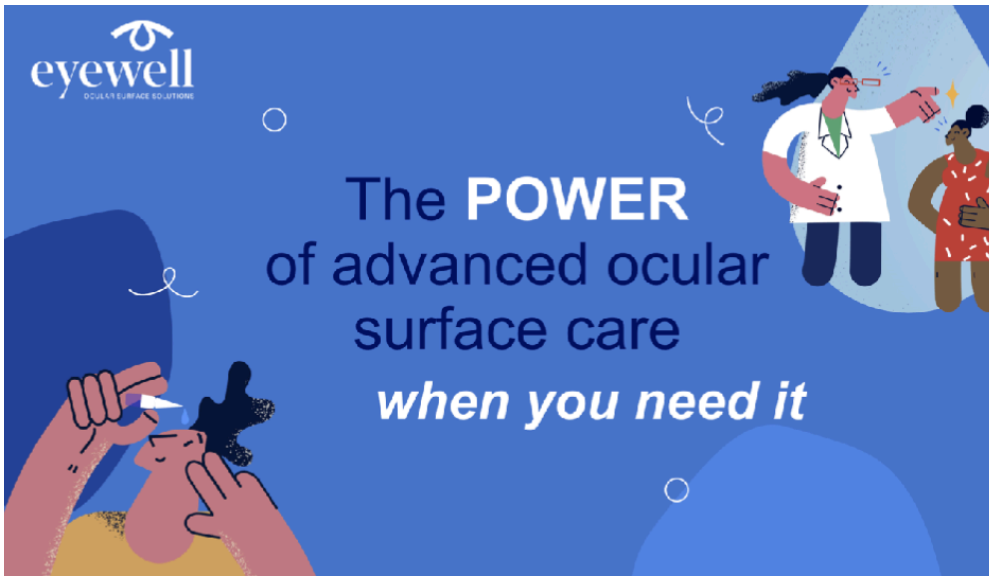
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NEWSLETTER

eyewell
OCULAR SURFACE SOLUTIONS



June is MEN'S HEALTH MONTH

*Dry is eye is still most common in women > 50 however, the **fastest growing incidence** of dry eye is in young men and women aged **18-34 y/o!***

Consider the risk factors for Dry Eye in Men

The Role of Androgens in Dry Eye Disease

Androgens such as testosterone and dehydroepiandrosterone (DHEA), play a critical role in maintaining healthy meibomian gland function and tear film stability. As androgen levels decline due to aging, certain medical conditions, or use of systemic medications, meibomian gland dysfunction may develop. Meibomian gland dysfunction is a leading cause of increased tear evaporation and ocular discomfort. Research has demonstrated that androgen deficiency is associated with a higher prevalence of dry eye disease, highlighting the importance of hormonal influences on ocular surface health.

A pilot study suggests that applying androgen gel to the eyelids was effective in improving tear TBUT, dry eye symptoms, tear meniscus height, and meibomian secretion grade in moderate to severe dry eye patients. But, this is not ready for widespread use yet. Additional work is needed to improve the absorption into tissues, determine optimal androgen formulas, dosing regimens and outcomes metrics as well as potential negative side effects.

Sullivan DA, et al. TFOS DEWS II Sex, Gender, and Hormones Report. Ocul Surf. 2017 Jul;15(3):284-333
Jiang JR, Khankan R, Ridder WH 3rd, Nguyen AL, Paugh JR. A pilot randomized controlled trial of topical androgen treatment in dry eye. Ocul Surf. 2025 Oct;38:56-63. doi: 10.1016/j.jtos.2025.06.002. Epub 2025 Jun 14. PMID: 40523500.
*Barabino S. Is dry eye disease the same in young and old patients? A narrative review of the literature. BMC Ophthalmol. 2022;22(1):85. Published 2022 Feb 22. doi:10.1186/s12886-022-02269-2

DRY EYE AND THE AGING MALE

The Environmental & Lifestyle Stress:

Generally men face higher exposure to outdoor elements that increase evaporation and can exacerbate dry eye symptoms. More men than women tend to work outside as construction workers, dock workers, or fishermen. Outdoor recreational activities also expose them to the wind and sun, which can cause dry eye. Evaporative stress destabilizes the tear film. Exposure to UV light promotes the development of pinguecula and pterygium, actinic keratosis, lentigo maligna, basal cell, squamous cell, and melanoma.

Patients who spend a lot of time outdoors should be advised to wear wrap around sunglasses to protect against wind and sun damage. More generous use of lubricants outdoors may also be helpful. For those with more severe conditions, medications that promote tear production (varenicline/acoltremon) or tear retention (e.g. plugs) can be helpful.

Medication Side Effects:

Medications often prescribed for aging men–such as treatments for high blood pressure, benign prostatic hyperplasia, diabetes mellitus, hypothyroidism, migraine, depression and seizures can cause tear film dysfunction. The DREAM (**DR**y **E**ye **A**ssessment and **M**anagement) study explored the effects of antidepressants, antihistamines, aspirin, corticosteroids, diuretics, nonsteroidal anti-inflammatory drugs, proton pump inhibitors, statins, vitamin D3 for their association with dry eye disease. Certain systemic medications may be associated with more severe DED. This may guide prescription practices in patients with DED.

Taking a thorough medical and medication history can reveal systemic risk factors and medication side effects which may be contributing to dry eye symptoms in your patient.

Guo M, et al; Dry Eye Assessment and Management Study Research Group. Association between systemic medication use and severity of dry eye signs and symptoms in the DRy eye assessment and management (DREAM) study. Ocul Surf. 2024 Apr;32:112-119.

GET READY!! 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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