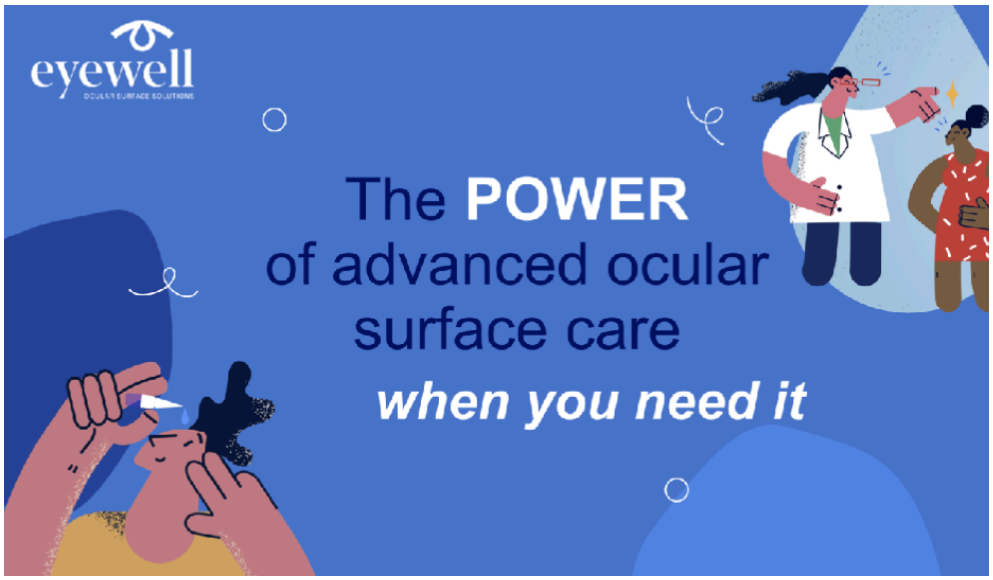
Phone: (617) 433-9895 Inquiries: info@myeyewell.com
Fax: 617) 675-2453 kristin.green@myeyewell.com

NEWSLETTER

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OCULAR SURFACE SOLUTIONS



DID YOU KNOW THAT DRY EYE SYNDROME IS 2 TO 3 TIMES MORE COMMON IN WOMEN THAN MEN?



APRIL IS WOMEN'S EYE HEALTH & SAFETY MONTH!

Why Women Are Disproportionately Affected by Dry Eye – and Why It Matters:
Dry eye is not evenly distributed–it's a women's health issue *hiding in plain sight*.

Biology is working against stability:
The tear film is hormonally regulated. Androgens support meibomian gland function, while estrogen fluctuations can destabilize it. Across a woman's life, puberty, pregnancy, perimenopause, and menopause shift and create predictable periods of tear film vulnerability. Yet care is largely reactive, not anticipatory (or preventative).

Women carry a higher autoimmune burden:
Diseases like Sjögren's syndrome disproportionately affect women and directly damage the lacrimal functional unit. In many cases, early dry eye is often missed or dismissed.

Modifiable, environmental exposures are overlooked:
Contact lens wear, periocular cosmetics, and common systemic medications all increase evaporative stress. These are not fringe behaviors – they are mainstream, daily exposures affecting millions of women, starting in adolescence.

Finally, the care system intervenes too late:
By the time women obtain specialized care, they've often seen multiple providers and present with advanced, symptomatic DE disease. The opportunity for early, lifestyle-based intervention has already been lost.

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WOMEN'S EYE HEALTH AND SAFETY MONTH
APRIL

WHAT CAN I DO RIGHT NOW?

- Educate all patients, starting at age 12, about the use of periocular cosmetics and the risk for dry eye.
- Recommend patients who wear false eyelashes to get comprehensive eyelid cleaning (microblepharoexfoliation) between applications
- Investigate whether systemic conditions that cause endocrine abnormalities exist
- Teach all patients how to clean their eyelids, starting at age 12
- Carry "clean" make-up and lid cleanser brands in your office
- Educate on how cosmetics can hurt contact lens comfort
- When suspicious of autoimmune disease, order serology
- Educate about how the use of aromatase inhibitors, birth control, and estrogen therapy can impact dry eye.

HELPFUL REFERENCES

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EYEWELL TREATMENT PROTOCOLS SHIFT DRY EYE FROM A ***LATE-STAGE DIAGNOSIS, FRUSTRATION-DRIVEN EXPERIENCE*** TO AN ***EARLY, DATA-DRIVEN, PREVENTIVE CARE MODEL & DRY EYE SOLUTION*** - ESPECIALLY IN AN AT RISK POPULATION

WANT TO REFER A PATIENT?
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