

Dry Eye and Menopause

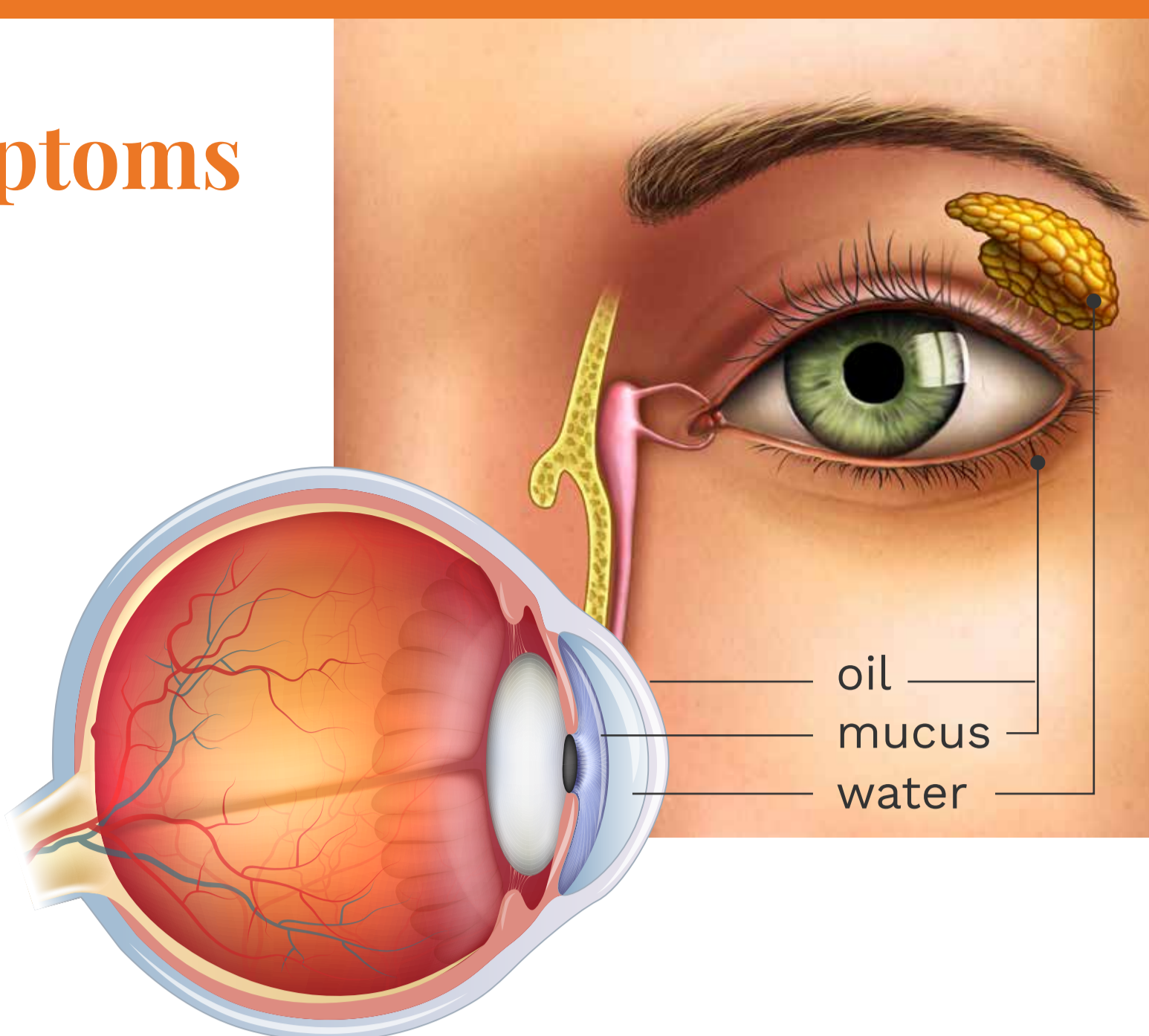
Did you know dry eye is a common menopause symptom? Here's why it happens and what you can do about it.

What causes dry eye symptoms during menopause?

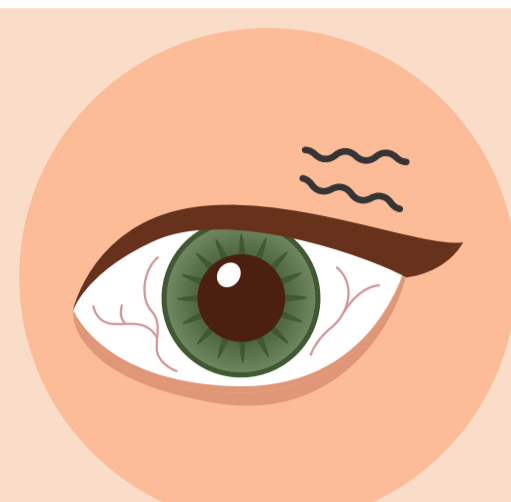
The tears that keep your eyes moist are made of three layers: water, oil and mucus.

When levels of the hormones estrogen and androgen drop during the menopause transition, so does the amount of oil in your tears.

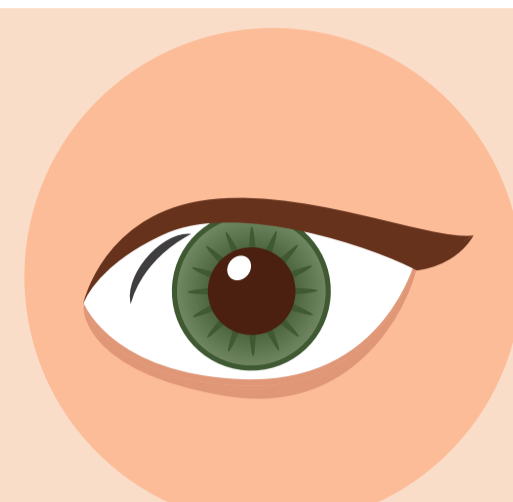
Without enough oil, tears evaporate too quickly — leaving you with dry eyes.



Some symptoms of dry eye during menopause are:



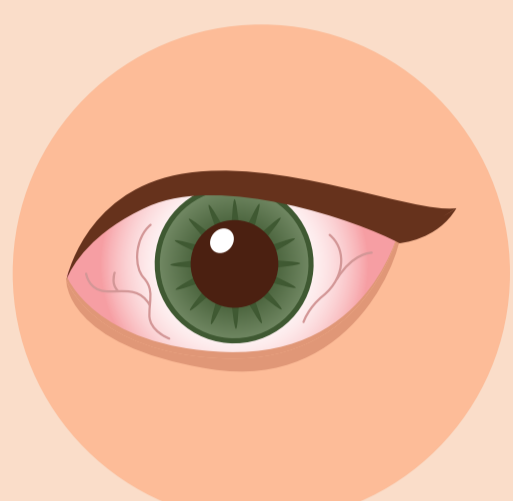
Dryness, grittiness



Feeling like you have something in your eye



Redness



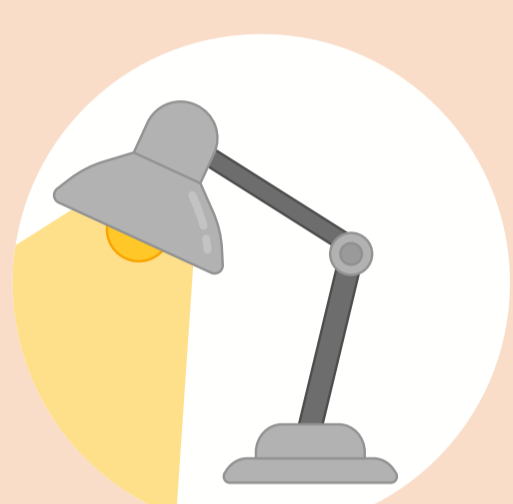
Burning and stinging



Leaking tears



Blurry vision



Sensitivity to light

DYK?

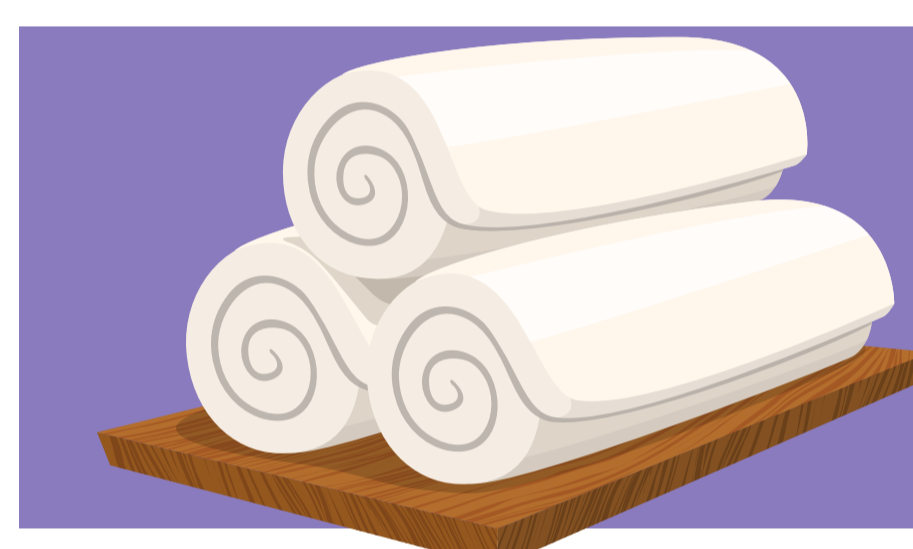
6 out of 10 perimenopausal and menopausal women deal with dry eye symptoms.

How is dry eye during menopause treated?



Over-the-counter eye products

Artificial tears
Eyelid cleaners



Warm compresses to increase oil in your tears



Prescription medicines

Eye drops
Pills
A nasal spray that helps boost tear production



Procedures

Light therapy
Eyelid massage

Lifestyle changes that can help dry eye symptoms



Take a break from screens



Use a humidifier



Eat foods that contain eye-supporting fatty acids

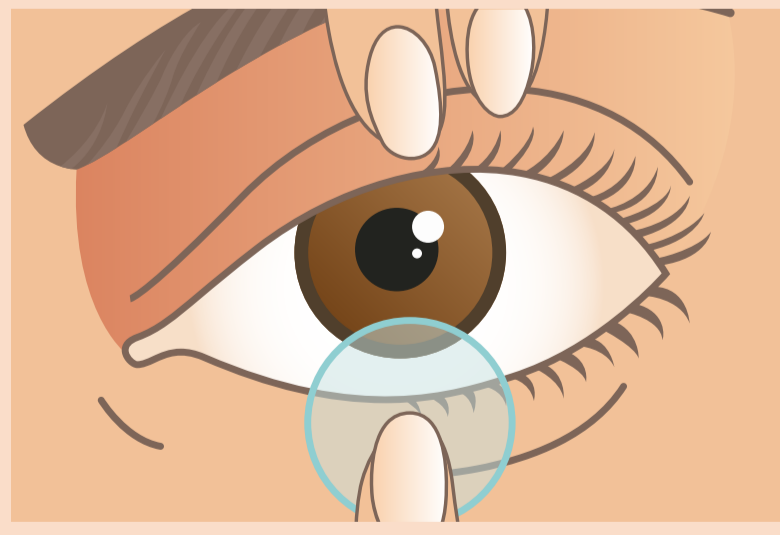
Fatty fish like salmon and mackerel
Flax seeds
Chia seeds
Walnuts



Drink plenty of water



Wear sunglasses to protect your eyes from light and wind



Don't wear contacts if they bother your eyes

Dry eye during menopause is common, but you don't have to suffer through it.

See a healthcare provider if your dry eye symptoms:

- ✓ Are affecting your daily life
- ✓ Don't go away with over-the-counter treatments
- ✓ Don't improve with lifestyle changes
- ✓ Are causing you pain
- ✓ Are causing you to have trouble seeing

