

Managing Dry Eye Webinar (Rebecca Petris, 2/24/2023)

Resource List

Symptom questionnaires: OSDI, SPEED, DEQ-5 were examples mentioned.

- See dryeyezone.com/osdi for a self-scoring version of OSDI that you can print out
- Search “dry eye osdi” in the app store for a smartphone app version

IASP Definition of pain

- <https://www.iasp-pain.org/publications/iasp-news/iasp-announces-revised-definition-of-pain/>

Moisture chamber glasses

- Ziena eyewear (<http://www.zienaeyewear.com>) (indoor/outdoor)
- 7eye Airshield styles (<https://7eye.com/collections/airshield>) Outdoor - but some people get these made with clear lenses and use them indoors. Also note that the manufacturer has extra dark lenses (not suitable for driving) that can help with severe photophobia symptoms.
- WileyX Climate Control styles (<https://www.wileyx.com/sunglasses/collection/climate-control>) Outdoor. I mentioned during the Q&A that some of their widest styles wrap deeply enough to possibly be suitable for driving. Also note that AirRage is their smallest style and a particular favorite for women.
- Guard Dogs Evaders (<https://guarddogs.com/collections/dry-eye-goggles>) Lost cost goggles with soft foam shields that seal very well

Night “cover up” products

- See <http://www.eyeeeco.com> - search under “Rest & sleep” for various moisture goggle/shields that can be worn to hold in moisture at night
- Plastic wrap, alone or with a sleep mask
- A new product I forgot to mention - <https://helloworldjoy.com/>

Eye drop information

- FDA approved drugs <https://www.dryeyezone.com/dry-eye-drugs>
- Drug pipeline <https://www.dryeyezone.com/dry-eye-drug-pipeline>
- OTC drop Ingredients <https://www.dryeyezone.com/lubricant-eye-drop-reference>
- 1-page flier about preservative free eye drop safety <https://bit.ly/3xP0uzd>
- Video about bottle contamination <https://www.eyedropsafety.org/frankenstein-bottles>
- Safety alert eye drops <https://www.eyedropsafety.org/alerts>
- Benzalkonium chloride preservative <https://www.dryeyezone.com/eye-drops-preserved-with-bak>

Understand the dry eye community's experiences: Our DEDAM survey results

- <http://www.mydryeyedata.org>

Getting connected

- Dry Eye Foundation - info@dryeyefoundation.org, 800-484-0244 or use [this link](#) to schedule a helpline call
- Dry Eye Happy Hour - many people enjoy these videos
https://www.youtube.com/playlist?list=PLPDHzo_y_scDL0x_tbTlwATk1U_56HVA0

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Q&A

- Someone asked about dry eye and hormones. This report is a really great resource:
http://www.tfosdewsreport.org/report-sex_gender_hormone/61_36/en/

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